**Tameside CVD and Diabetes Microgrant**

**Grant Guidance Notes**

**Background**

This micro grant programme is designed to support community-led activities that contribute to the prevention of cardiovascular disease (CVD) and diabetes. Funding will be deployed to VCFSE (Voluntary, Community, Faith and Social Enterprise) organisations to deliver projects that is rooted in communities and led by grassroots groups and VCFSE partners.

**Aims of the Fund**

The programme aims to reduce health inequalities by supporting inclusive, locally tailored initiatives that engage people at higher risk of CVD and diabetes. These risks may be linked to lifestyle factors, social determinants of health, or membership of particular demographic groups.

While funded projects should be designed to attract and support those at higher risk, they do not need to be exclusively targeted at these groups. A broader, more inclusive approach may be appropriate where it helps build trust, reach more people, and embed prevention into everyday community life.

**Principles of the Fund**

The Community-led Wellbeing principles have been co-designed with Tameside’s VCFSE sector and describe the behaviours, hopes and values that are intrinsic to community led prevention. All groups applying for the Tameside CVD and Diabetes Microgrant must meet the following principles of the Tameside Communities Fund:

1. We work with people one life at a time – on their terms, at their pace for as long as they need us.
2. People trust in us, to work alongside them consistently with compassion, and without judgement. We don’t give up on people.
3. We are safe open spaces where everyone can feel connected, and feel they belong.
4. We are peers and facilitators within communities who can spot the signs of what is really going on with others and encourage them to make informed choices.
5. We are the trusted voice within communities and the link to everything else, advocating for the most vulnerable and those in crisis.
6. We offer positivity and hope - opportunities for people to gain a sense of purpose and grow their skills, confidence, and resilience.
7. We are our communities. We grew out of our communities; we are committed to being here for the long term.

**Priorities**

* Supporting new or existing activities, delivered by the VCFSE sector, that address the **social determinants of health\* to reach people experiencing disadvantage**, but also take opportunities to incorporate detection or action on modifiable disease factors as appropriate. For example, supporting the running of a local food pantry, where this leads to opportunities for health checks and conversations.
* Projects that support people to engage with **opportunities for healthy eating, physical activity or smoking awareness**. These projects would not need to be primarily aimed at those at high risk but designed to be attractive to and inclusive for these groups. For example, a boxing group accessed by middle aged men, or a cultural dance group that attracts and engages women from global majority communities in regular opportunities for activity and healthy lifestyle conversations.
* **Catching ill-health as early as possible** and supporting people to seek treatment – such as outreach activities for health checks that are in places accessed by and trusted by local communities who experience inequalities – for example, partnerships with local Mosques. Supporting engagement and training in opportunistic conversations around health concerns and supporting people to take action.
* **Tertiary Prevention\*\*** – Community led activities for rehabilitation and management of existing conditions.

\*The social determinants of health are defined as any non-medical factors that influence people’s health, from their access to education, income/employment, to their gender, and their exposure to the impacts of climate change.

**\*\*** Tertiary prevention refers to interventions aimed at managing and reducing the impact of chronic diseases or injuries after they have occurred. The primary goal is to improve the quality of life for people by minimizing disease-related complications and enhancing their ability to function.

**Grant Amounts:**

Microgrant of up to £2,000

**Grant Values and Expectations:**

Each application will be assessed on its own merits, applicants should be working with communities who are at increased risk of CVD and/or diabetes, including (but not limited to):

* People from ethnic minority backgrounds
* People with disabilities
* LGBTQ+ communities
* Refugees and asylum seekers
* People experiencing homelessness
* Individuals with low income
* Older adults, including:
* Adults aged 65 years and over
* Other inclusion health groups or underserved populations

**Key Dates**

* All grants must be awarded before **30 November 2025**
* We will stop accepting applications on **24 October 2025**
* All funding must be spent and projects delivered by **31 March 2026**

**What we can fund:**

* New services or projects which meet the fund priorities.
* Existing services or projects which create additional capacity.
* Expansion of your service or activities into other areas within Tameside.
* Revenue costs and general running core costs including staff costs, rent room hire, project costs/resources and for IT.
* Reasonable capital costs (This will be at the panels discretion. Quotes may be required).

**We cannot fund:**

* Any service/project that is not delivered within Tameside.
* Activities or travel abroad.
* Seed funding for business start-ups.
* Retrospective costs (i.e. money that’s already been spent or project already taken place)
* Sponsorship/fundraising events or contributions to larger/major appeals
* Any activity that does not contribute to the grant themes (identified in the guidance), unlawfully discriminates against people, or is illegal.
* Sponsorship/fundraising events or contributions to larger/major appeals.
* Presents/gifts.
* Major capital requests i.e. building and construction work.
* Attendance at conferences and mandatory training which organisations are required by law to provide.
* Academic or medical research and equipment.

**Please note that all items requested will be assessed and awarded at the panel’s discretion.**

**Who is the funding for:**

* You are a voluntary, community, faith and social enterprise (VCFSE) group locally rooted or
actively working in the borough of Tameside; *and*
	+ are a member of Action Together CIO (you can register for free to become a member [here](https://www.actiontogether.org.uk/become-member)); *and*
	+ are formally constituted; *and*
	+ have at least three people on your board or committee who are not related; *and* have a bank account in your organisation’s name requiring at least two unrelated signatories
	+ VCFSE organisations with an annual income of less than £500,000

**Who is the funding not for:**

**Applications will not be accepted from organisations that:**

* Are trading for profit or are statutory services (including schools and non-VCFSE nursery settings) or are intending to redistribute grant awards.
* Are aimed at increasing the membership of a particular Political party.
* Are aimed at the promotion of one/a religious belief or for activities with any religious affiliation.

**Decision making process:**

Decisions will be made internally by the Action Together Tameside Investment team including the Tameside Operations Manager, Tameside Grants and Membership Administrator, and Tameside Partnerships and System Change Manager.

You will be contacted within 7 working days after decisions are made unless you are asked for further information or to redevelop aspects of your proposal.

All applications must be sent to funding@actiontogether.org.uk and you will receive the decision via email.

**Please note:**

* We will only accept applications from organisations who have completed monitoring for any previous funds received from Action Together. If you have any queries about monitoring, please email saman.nisar@actiontogether.org.uk
* Action Together is an accredited Living Wage Funder. This means we encourage organisations that employ staff to become an accredited [Living Wage Employer.](https://www.livingwage.org.uk/become-a-living-wage-employer)

**Completing the application form**

* Please ensure that ALL boxes on the application form are completed.
* When completing your budget, please clearly evidence how you have arrived at your costings and use exact figures.
* Please ensure you include information in your application about how you will measure the impact and success of your project.
* If you have any queries about the application form or application process, please contact Saman Nisar on 0161 339 2345.
* Please note, we can only accept one application per partnership.

**Along with your completed application form you will need to submit the following documents:**

* Governing document (e.g. Constitution, Memorandum of Articles of Association)
* Community bank account **in organisation’s name** with at least two unrelated signatories
* Public Liability Insurance (if applicable)
* Safeguarding Policy
* Project Risk Assessment/s

Action Together have Community Development Officers assigned to local areas who support local people and organisations to build capacity in local communities in an asset-based way. The team can also guide and support you with application forms. You can contact them on 0161 339 2345. We strongly encourage you to speak with your local Development Officer before making an application:

* **Jonathan King**

Jonathan.king@actiontogether.org.uk

* **Dawn Acton**

dawn.acton@actiontogether.org.uk

**Monitoring:**

The organisation will complete an end of project monitoring report. This will help us understand the reach and impact of the programme and identify learning for future initiatives. The reports will include:

* Brief overview of activities completed/methods used.
* Reporting on final numbers engaged with across activities.
* Reflections on what has worked well, and any outcome and impact metrics collected, as relevant.
* A case study
* Photos, feedback sheets, promotional materials or anything else relevant to the project.

**The use of AI within your application**

We recognise that AI can be a valuable tool in various aspects of project development, such as brainstorming or editing responses. However, we strongly discourage its use for the drafting of answers within funding applications, as it can compromise the integrity of the application process.

It is often clear when an organisation uses AI to draft their application as we notice similar or identical language and content within numerous funding applications. Strong applications help us understand your organisation and your community, but when they are drafted by AI the generic language which is used makes it hard to understand what your organisation is planning to do and why.

AI written responses often claim to have taken certain steps to develop their project idea, such as a needs assessment, focus groups or consultation with users. Unless the group includes statistics and quotes in their bid, it raises doubt about whether these steps have actually happened. This can affect the decision-making process and an outcome of an application as the authenticity of the application can be called into question.

Where there is doubt about if your application has been drafted by AI, we will ask for some additional information to support your application.