

WINTER WELLBEING GRANTS

DISCOVER THE JOYS OF NATURE THIS WINTER



Winter is coming and we continue to cope with Covid, but that doesn't mean that you can't still enjoy yourself! In fact, there are lots of winter activities which bring us a great deal of **joy** and **happiness**. As well as being **safer**, spending time outside and introducing nature into your everyday life can **positively affect** your mental and physical wellbeing.

Our **Winter Wellbeing Grants** aim to help you discover and nurture the joys to be found during the winter months. From observing seasonal wildlife, to cooking comforting and nourishing meals using seasonal produce, to engaging in selfcare activities indoors.

Be
involved
@creativesupport.co.uk

WINTER WELLBEING IDEAS...

We're encouraging applicants from services wanting to **start** or **develop existing** wellbeing focused projects that will enrich the lives of the people they support during the winter months. See below some ideas. Please see our 'Item Menu' for a full list of items available.

WILDLIFE PROJECTS
bird boxes & feeders,
bug hotels, hedgehog
houses

SELFCARE AND WELLBEING
yoga equipment, smoothie
maker kit, slow cooker

NATURE WATCH
wildlife & nature
guides, binoculars,
umbrellas

We also have **ten** grants of **£250** available for **your own project** which you can apply for, providing it reflects our winter wellbeing focus.

If you would like to request an application pack, please email internal.grants@creativesupport.co.uk

All applications must be submitted by **27th November 2020**

opportunity choice and wellbeing