

# 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 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.



# 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.



#### WILDLIFF PROJECTS

bird boxes & feeders, bug hotels, hedgehog houses

### SELFCARE AND WELLBEING

yoga equipment, smoothie maker kit, slow cooker

## NATURE WATCH

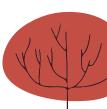
wildlife & nature guides, binoculars, umbrellas

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