

# WINTER WELLBEING GRANTS

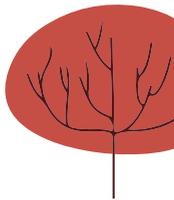
DISCOVER THE JOYS OF NATURE THIS WINTER



Winter is coming and we continue to cope with Covid, but that doesn't mean 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 is proven to **positively affect** your mental and physical wellbeing.



OUR SECOND  
GRANTS SCHEME  
IN 2020!



**opportunity choice and wellbeing**

## WE ARE DELIGHTED TO INTRODUCE THE WINTER WELLBEING GRANTS!

Our **Winter Wellbeing** programme aims to help you discover the joys to be found during the winter months. This round of funding has **two options** that you can apply for. The first is a simple 'ready made' Winter Wellbeing focused **item for you to select** that you think would benefit your service. The second is a more traditional grant of £250 for those services who have their own specific Winter Wellbeing project they would like to design and lead.

### 1. YOUR WINTER WELLBEING CHOICES...

We have created an **Item Menu** for you to choose from. There are some examples below, but you can see the full list on the accompanying document in the application pack.



#### WILDLIFE PROJECTS

bird boxes & feeders, bug hotels, hedgehog houses



#### NATURE WATCH

wildlife & nature guides, binoculars



#### SELFCARE AND WELLBEING

Yoga equipment, exercise bike, smoothie maker, slow cooker



- To make your Winter Wellbeing Choice, all you need to do is:
1. Choose your desired item off the Item Menu
  2. Complete the application form and return to us by **27th Nov**
  3. If you are successful, we will order and post the item to you!

### 2. YOUR WONDERFUL WINTER PROJECT...

If you have an idea for a '**Wonderful Winter Project**' which you would need funds for to realise, you can apply for one of our **ten £250 grants**, providing it reflects our winter wellbeing focus and will enrich the lives of the people we support.



### HOW TO APPLY...

To apply for either of our Winter Wellbeing programme options, you can request an application pack and 'Item Menu' by contacting **internal.grants@creativesupport.co.uk** and return your completed form by **27th November 2020**.

You can also contact the email address above if you would like additional support or have any queries with your application.

### APPLICATION REQUIREMENTS...

- On the application form, please ensure you **clearly select which item** from the item menu that you would like to be gifted from the fund
- For both of our Winter Wellbeing options, your application must include evidence of service users expressing interest in the item or project
- If you are applying for one of the ten available grants of £250 for your own 'Wonderful Winter Project', your application must be **fully costed** with **specific examples** of how the money will be spent. This will be decided by 7th December 2020.
- All recipients must follow corporate financial procedures
- Successful applicants must complete an **outcome form** within a specified time following the receipt of the grant and give permission for the marketing team to **promote** and **share this**

# HAVE YOU SEEN OUR WINTER WELLBEING CAMPAIGN?

This winter at Creative Support we think it is more important than ever for each of us to take care of our emotional, mental and physical wellbeing.

Our Winter Wellbeing campaign aims to help you find a balance between the things that bring you joy and happiness and the things that keep your body and mind healthy!



The campaign involves online sessions with our Creative Connections team and an **activities planner** to help positively structure the winter months.

Contact [be.involved@creativesupport.co.uk](mailto:be.involved@creativesupport.co.uk) for more information and to request your Winter Wellbeing pack!



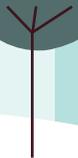
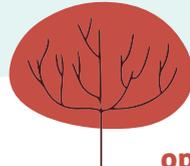
## GET IN TOUCH

For more information on how to apply or to request an application form, please contact [internal.grants@creativesupport.co.uk](mailto:internal.grants@creativesupport.co.uk)

Or call **0161 236 0829** and ask to speak to a member of the marketing team.

Winter Wellbeing Grants (Marketing)  
Creative Support Head Office  
Wellington House  
131 Wellington Road South  
Stockport  
SK1 3TS

YOU CAN  
ALSO REQUEST OUR  
WINTER WELLBEING  
ACTIVITY PLANNER!



**creative**  
**SUPPORT**



**opportunity**  
**choice**  
**and**  
**wellbeing**