

Call for Grant Applications Long Term Conditions Peer Support Programme

Funded through the City & Hackney Clinical Commissioning Group [CCG]

Grant Funding of up to £4,000 is available for local community groups and organisations who are working with people and communities that traditionally under use primary care (GP services) and other statutory support services to develop peer support courses for people who have Long Term Conditions.

We are interested in funding groups and organisations with a focus on one of more of these areas:

- Ethnicity – e.g. The Turkish community
- Language – e.g. the Francophone community
- Faith – e.g. a church or mosque based group
- Age – e.g. a 40 years plus group
- Geography – e.g. an estate based group
- Service use – e.g. a group of people who use mental health services
- Disability – e.g. a group of with people with learning difficulties/ disabilities or of visually impaired people.

We have been funded by City & Hackney Clinical Commissioning Group to provide grants to local community organisations for Long Term Conditions peer support groups. This programme is a very important pilot that is seeking to illustrate how local community groups with reach into local communities who are least likely to access statutory services can support people to make lifestyle changes, to take control of their medical condition and develop support networks.

Funding can be used for coordination of activities, group facilitators, speakers, sessional tutors (e.g. for exercise/ cooking workshops), volunteer expenses, venue costs and refreshments.

How much is available and how will decisions be made?

We have two remaining Grant Rounds. The first grant round took place in October 2016:

Grant Round 2: Launch will be in February 2017

Funds of up to £4,000 will be available to run each Long Term Conditions Peer Support course of 12 sessions.

Groups that have successfully received a grant in round one and have met their targets will be able to apply to run further courses.

There is a total of £70,000 available for these grants for period October 2016- September 2017.

An additional £10,000 is available for groups to apply for, to meet the access needs of participants once they have been recruited. This is to ensure all individuals, who want to, can be supported to attend sessions. Separate guidance for this will be issued to successful groups.

Funding decisions are made by a Programme Board made up of members from the Clinical Commissioning Group and clinicians.

What are we hoping to achieve?

There are approximately 75,000 people living with a long term condition in City and Hackney. People living with conditions such as diabetes, sickle cell disease, heart failure, renal disease, chronic obstructive pulmonary disease (COPD) can experience a reduced quality of life, social isolation, health problems and premature mortality.

Nationally managing long term conditions, which can be controlled by medication or other therapy but not cured, accounts for almost 70% of the NHS hospital and primary care budget. These costs are set to increase due to an ageing population and rising levels of obesity and inactivity.

Hackney CVS will work with the CCG to evaluate the findings and to establish how such services could be delivered in the future.

The Long Term Conditions that you can focus on:

- HIV / Aids
- Depression/anxiety
- Cancer
- Arthritis/ Rheumatism
- Multiple Sclerosis
- Sickle Cell Disease
- Chronic Obstructive Pulmonary Disease
- Heart Disease
- Diabetes
- Epilepsy
- Dementia
- Other conditions (you must explain why you think they are eligible)

We will not accept applications for projects addressing severe mental illness.

PLEASE NOTE: IF YOU ARE APPLYING TO DO MORE THAN ONE COURSE YOU WILL NEED TO ATTRACT NEW PARTICIPANTS EACH TIME. YOU WILL NOT BE ABLE TO RE-ENGAGE THE SAME PEOPLE OVER AND OVER.

The Long Term Conditions Peer Support Courses will:

- Run for 12 sessions (weekly in the majority of cases).
- Engage a minimum of 8 and a maximum of 16 people.

The courses will need to:

- Support people to understand their condition better
- Support and motivate people to better manage their own health
- Support and motivate people to make long term lifestyle and behaviour changes to their diet and/or levels of exercise
- Support people to be proactively involved in drawing up their own care plans

- Support people to get the best from the healthcare system.
- Help people to develop ongoing support networks

Monitoring and evaluation of the Peer Support Groups

For those organisations that are successful in their applications we will need to ensure that you gather information that will allow us to assess how successful you have been.

A condition of receiving a grant is that you will collect data using our template monitoring and evaluation forms:

These include:

- ***Individual beneficiary registration forms and baseline assessments.*** You must support your group to fill these in on the first day of engagement.
- ***Satisfaction questionnaires*** which must be filled in at the first session, a session mid-way through, and at the final session.
- ***Outcomes questionnaires*** which must be filled in at the final session.

On these forms there is a section for important health measurements, these are

- Blood Pressure
- Waist measurement
- Weight measurement
- Height measurement
- BMI (Body Mass Index measurement)

You will be supported at your first and final sessions by a Monitoring Officer who will collect these measurements.

It will be your role to provide a quiet corner for these to take place and you will be responsible for collecting all other information on the monitoring forms.

A detailed training session and guidance on monitoring and evaluation will be provided which it is compulsory for a staff member to attend if you are successful in gaining funding.

Conditions and support

All organisations funded to run peer support courses will need to

- allow the Monitoring Officer to attend their sessions
- attend all compulsory training sessions (these include a Safeguarding Session; Motivational Interviewing and Grant Monitoring Training. You should allow for 2 days of staff time for someone working on your project to attend these).

Please build the associated costs with taking part in the above into your grant budget.

What the funding can pay for?

What the fund CAN pay for? This fund can pay for

- core staff time,
- sessional staff
- guest speakers expenses
- venue costs
- marketing material
- volunteers expenses
- equipment which is necessary to deliver your activities.

(If you require funding to support individuals access requirements there is a separate small pot of funding available to meet these requirements which you can apply to once people are recruited). Successful applicants will be informed of how to apply for this after being selected.

What the fund can NOT pay for?

The fund cannot pay for

- equipment other than that needed to deliver the activities in your Activity Plan.
- activities that happen or start before we confirm the start date for your activity.

- any costs you incur when putting together your application.
- any expenditure incurred or committed before we confirm your grant (including deposits).
- endowments (to provide a source of income).
- fundraising activities for your organisation or others.
- loans or interest payments.
- political or religious activities.
- routine repairs and maintenance.
- VAT that you can recover.

Application form guidance:

About your organisation

Successful applications will need to demonstrate:

- Which Long Term condition you are focussing on and why you have the skills and experience for this.
- Who you will reach – what links you have into your communities?
- What is your track record in working in Hackney?
- How you will reach a wide range of people, especially people with protected characteristics under the equalities act – i.e (see appendix B)
- How your organisation is managed and run?
- That you have all the necessary policies and procedures in place.
- How the people working on the project will be managed and supported.

About the Peer Support course

Successful Applications will need to demonstrate:

- A well thought out course that addresses your particular target groups needs and includes activities that will appeal to your chosen community (this can include exercise / walking etc).
- How you will reach people in your chosen community living with the Long Term Condition you are focussing on.
- Who will be delivering the project and attending the training. What their skills and experience are?

- We will need commitment from 1 identified staff member / sessional worker/ volunteer that they will attend the compulsory training.

Who can apply?

- Charities, registered CIC's, not-for-profit organisations, community organisations and social enterprises.
- A network or partnership of organisations (we will expect applicants to evidence who will be the Lead Partner and partnership agreements with other partners).

How to apply sessions

Hackney CVS will hold 'How to Apply' sessions to give full information on how to make an application. These will be announced when each grant round is launched.