



# Totnes Wellbeing Fund

*Supporting small changes that make a big difference to wellbeing*

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## Introduction

Welcome! The concept of the Totnes Wellbeing Fund (TWF) is simple: if you're a local community group or an individual with an idea that will boost wellbeing in and around Totnes (Devon, UK)<sup>1</sup>, we want to help.

Because a small change can make a big difference, we're keen to support initiatives where a little input from us could really enhance personal, community and environmental wellbeing.

We offer seed grants between £100 and £500 to help turn your ideas into reality. With very few exceptions, funding is only available for new initiatives which have not yet received external funding, where a small, timely grant will unleash significant positive impact.

## About NOW

The [Network of Wellbeing](http://networkofwellbeing.org) (NOW) is a registered charity. Our vision is of a world where everyone's wellbeing needs are met within the planet's natural limits. We're committed to holistic wellbeing, believing that lasting wellbeing for individuals comes from how we care for our relationships with others and with the planet, as well as how we engage with the community that surrounds us.

A person's wellbeing depends on the wellbeing of the community in which they live and work, while the wellbeing of their community depends on the wellbeing of society as a whole, and the long-term health of the natural world on which we all depend.

Therefore actions to promote wellbeing cannot simply be those that make individuals happier. One person's wellbeing must support, not come at the expense of, others' and the planet. For us at NOW, wellbeing means happier people, healthier communities and a sustainable planet.

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<sup>1</sup> Whilst the Totnes Wellbeing Fund applies to the Totnes area, we are keen to see it adapted for other communities. If you're interested in developing a fund for your area, please get in touch: [info@networkofwellbeing.org](mailto:info@networkofwellbeing.org)

NOW provides information and practical support to individuals and community groups, as well as public and private sector organisations, on ways to support holistic wellbeing. We aim to develop our work in Totnes so that it can be used by other communities throughout the UK, and potentially around the world.

To find out more: [www.networkofwellbeing.org](http://www.networkofwellbeing.org)

### **Criteria: Who can apply to the Totnes Wellbeing Fund?**

We will accept applications from community groups (including unincorporated associations and social enterprises) and individuals with a turnover of £4,000 or less, who need support for non-profit-making projects. We will not consider applications from limited companies.

Your project must boost personal, community and environmental wellbeing in Totnes and adjacent parishes (radius approximately 3 miles).

We provide seed funding to initiatives that, with very few exceptions, are new and preferably cannot access funding from other sources. One aim of the TWF is to provide a starter grant, giving projects the experience of applying for and managing grants, as it can be challenging to access funding until projects have a track record. We want you to think creatively about how you spend your grant, and we want to know that you're spending your money wisely.

Please be aware that the TWF will not consider reimbursement for events/activities that have already taken place.

We encourage applications which show how they will:

1. Actively enhance personal, community and environmental wellbeing;
2. Maximize the impact of the grant (e.g. through match-funding, by using the grant as seed funding for a larger project, by enabling volunteers to develop skills, etc.);
3. Be environmentally, socially and financially sustainable:
  - Environmentally: how will your project enhance environmental wellbeing and minimise environmental damage?
  - Socially: how will your project look after the health and wellbeing of volunteers, participants, etc.?
  - Financially: how will your project be financed in the future? For example, will it become self-financing?
4. Be ethical (e.g. by using ethical products);
5. Be inclusive and reach out to a wide cross-section of the community;
6. Target disadvantaged or vulnerable groups;
7. Be imaginative and innovative (e.g. by finding new approaches to enhancing wellbeing);
8. Be happy to comply with our monitoring and evaluation requirements (see the Monitoring & Evaluation Form at the end of this document).

We wish to support as many of the suitable applications that we receive as possible, but please note that the decisions of the Totnes Wellbeing Fund Panel are final.

For those who have already been granted the TWF: you're entitled to apply once more for the TWF if at least two years have passed since your first application. You will need to clearly demonstrate how the first grant has been used, how the project has developed and how some further funding will support you consolidate your project.

**The Totnes Wellbeing Fund will not fund groups/projects which:**

- Have over £4,000 annual turnover;
- Use surplus funds for the benefit of a business or an individual;
- Promote a particular religion, although we welcome applications for religious or faith-based projects that are designed to benefit all faiths in the community;
- Conduct party political activities (e.g. we would not support applications to support fund-raising, campaigning or any other activity associated with a political party);
- Primarily benefit an individual (e.g. we would not support applications for personal equipment, bursaries or scholarships – other grants exist for this such as the Elm Grant Trust see [www.elmgrant.org.uk/](http://www.elmgrant.org.uk/)).

Please note: For additional support, you may also like to contact South Hams CVS who can offer advice on the full range of grants available as well supporting you in developing your project/organisation: [www.southhamscvs.org.uk/](http://www.southhamscvs.org.uk/)

**How to apply**

Complete the Application Form below, and email it to Mirella Ferraz ([mirella@networkofwellbeing.org](mailto:mirella@networkofwellbeing.org)) by Friday 21<sup>st</sup> June 2019. Funding is allocated every six months (in July and in January). All applications are determined at the next meeting of the Totnes Wellbeing Fund Advisory Panel. We intend to inform you of the outcome of your application within eight weeks of the application deadline.



## TOTNES WELLBEING FUND (TWF) APPLICATION FORM

Please read carefully the TWF Criteria before completing this form. **All sections** must be completed (including tick boxes) in order for your application to be considered. If you need any further information, please contact Mirella Ferraz: [mirella@networkofwellbeing.org](mailto:mirella@networkofwellbeing.org) or 01803 849107.

**Your name:**

**Organisation/project's name:**

**Address:**

**Telephone:**

**Email:**

**Website:**

**Social media channels:**

**1. Amount of grant applied for: £**

**2. Give an outline of your project/organisation, including its aims, who it helps, how long it has been in existence, its location etc. (50-150 words)**

**3. Purposes of the grant: please explain how the grant would be used, including a break-down of proposed expenditure (100-500 words)**

**The grant would be spent on the following:**

**4. Your organisation's income and expenditure for the last financial year (if available)**

5. Please outline how the grant will enhance personal, community and environmental wellbeing (100-500 words)

Personal wellbeing

Community wellbeing

Environmental wellbeing

6. How did you hear about the TWF?

7. If awarded a grant, do you agree to monitor and evaluate the grant's impact by following the procedure outlined in the Monitoring & Evaluation Form below?

Yes

No

8. Which indicators will be used to assess the impact of this grant and measure its success? (30-150 words)

9. If awarded a grant, do you agree to acknowledge and help promote the Totnes Wellbeing Fund so that others can benefit from it? For example, we ask that you add NOW's logo on your website and engage with NOW via our social media channels, where possible. We may also follow up with you to invite you to write a guest blog post, or interview you, via video or in writing, about the difference the TWF has made to your project.

Yes

No

10. Payment: if your application is approved, payment can be made immediately by direct bank transfer. Please provide the bank account details to expedite this process (*Please note: this is optional at this stage*):

Name of Bank:

Name of account holder:

Account number:

Sort code:

--END--

Please make sure you have filled in every section (Question 10 is optional) including tick boxes.



## TOTNES WELLBEING FUND (TWF) MONITORING & EVALUATION FORM

Your name:

Name of the project/organisation (if applicable):

Today's date:

Date and amount of award:

Date, amount and purpose of monies spent – *please keep all relevant receipts/invoices*

Date	Amount	Summary description of Spend

**1. How many people have benefited from your project to date?** (*By this we mean the number of people you think have been directly impacted by the work you have been able to achieve with the help of the Totnes Wellbeing Fund. If you cannot give an exact number, please give an estimate, and it would be great if you could mention the evidence you have*).

**2. Please provide a summary for NOW's website of your organisation/project, what you do and a description of the wellbeing impacts (personal, community and environmental) achieved to date:**

**3. Please provide a testimonial about the benefits the TWF has brought to your project:**

**4. What are your plans for future financing of project?**

**5. Please provide a photo that illustrates your project and, where possible, what you're using the TWF for:** *(You can also email it to [mirella@networkofwellbeing.org](mailto:mirella@networkofwellbeing.org). This may be used to accompany promotional material, and we will always credit you as the original source of the photo.)*

**6. Have you publicly (e.g. via social media channels, your website etc.) acknowledged that your project was granted the Totnes Wellbeing Fund provided by the Network of Wellbeing? If so, how have you done it?**

If you have any questions about this form, or about the Totnes Wellbeing Fund in general, please contact [mirella@networkofwellbeing.org](mailto:mirella@networkofwellbeing.org)