



# South Yorkshire and Bassetlaw Green Social Prescribing Grants Programme

## Guidance for Applicants

### 1. Welcome and introduction

Thank you for your interest in the South Yorkshire and Bassetlaw Green Social Prescribing Grants Programme. This guidance is essential reading for applicants, and aims to help applicants understand the aims of this programme, our funding priorities, and to offer important information for completion of the application form.

#### Background to programme

'Preventing and tackling mental ill health through green social prescribing' is a two year national programme to improve our health by increasing the connection to and time spent in nature through social prescribing. Please see here for more information on the national programme: <https://www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/>

Building on the government's commitment to transform mental health services and increase social prescribing (NHS Long Term Plan), the programme will also help to deliver on the governments 25 Year Environment Plan to help more people, from all backgrounds to engage with and spend more time in green and blue spaces in their everyday lives.

Over the course of the Covid-19 pandemic, we have all spent more time at home than ever before. For many this meant being able to explore their local area and appreciate the nature around them. For others, this led to increased anxiety and loneliness.

Spending time in and connecting with nature is shown to improve people's mood, anxiety levels and physical health, and in South Yorkshire and Bassetlaw we are surrounded by world renowned 'green' and 'blue' spaces. As one of the seven test and learn sites for the national programme, health, care, voluntary and community organisations across our region's [Integrated Care System](#) are working together to join-up activities and services, improve and ensure equitable access to green and blue space activities, understand and document the impact of the programme on mental health and improve the capacity and sustainability of voluntary and community groups.

South Yorkshire Community Foundation is managing this fund on behalf of the South Yorkshire and Bassetlaw Integrated Care System.

#### What is social prescribing?

Social prescribing is the practice of supporting people to engage in a range of community based activities and services, often delivered by the voluntary and community sector, that will benefit their mental, emotional, physical or social health. This is done through social prescribing link workers (or sometimes others known to the person) who build relationships



with people based on a “what matters to you” conversation and an offer of practical and emotional support.

South Yorkshire and Bassetlaw has highly regarded social prescribing schemes in all five of its Places (Barnsley, Bassetlaw, Doncaster, Rotherham and Sheffield).

### **What is green social prescribing?**

Green social prescribing, or green-blue social prescribing builds on this, and is the practice of supporting people to engage in nature-based interventions and activities, and includes both green and blue (water) environments. The activities which people may be linked to include local walking schemes, community gardening projects, conservation volunteering, green gyms, fishing, paddle sports, waterside walks, eco-therapeutic activities, arts and cultural activities which take place outdoors and any physical activity sessions which encourage people to move more.

The term green-blue social prescribing simply recognises that time spent in ‘blue’ environments such as canals, rivers and lakes have health and wellbeing benefits, which may be different to those in more commonly recognised ‘green’ environments such as woodlands and grasslands. Both of these types often go under the same banner of ‘green social prescribing’.

## **2. Funding Priorities**

Applications are invited from voluntary and community organisations who can demonstrate that they can support the programme funding priorities as follows:

### **Green and/or blue activities**

All funded projects will need to demonstrate that they connect people with the outdoors. This might include connecting people with green or blue space in the following ways:

- Horticulture
- Conservation
- Physical activity (moving more)
- Wilderness focussed
- Integrating alternative therapies
- Craft focussed
- Integrating talking therapies
- Nature appreciation
- Care farming
- Other

We will fund *existing* activities that can support our programme objectives and need additional funding to expand, develop or adapt. We will also fund *new* activities that help to increase the breadth and diversity of provision.

All groups that we fund must be prepared to receive referrals from their local social prescribing team. If a connection is not already established, you will be helped to make one.

Projects that connect people to one another and to outdoor space could be impacted by the pandemic and by adverse weather, particularly throughout Winter. We are keen to hear



about how you plan to manage this risk in your application. For instance, can some or all of your activities be delivered in alternative ways, can your timeline be adjusted?

Please note that we would expect that funded activities will be delivered in line with Covid national guidelines. Please see here for more information: [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread).

### **Supporting people with mental ill health**

The key aim of the programme is to tackle and prevent mental ill-health, and will offer green and blue activities to people with a variety of identified mental health needs. This will range from those with low level emotional and psychological needs, for example loneliness, worry and low mood, to people with mild to moderate diagnosed mental health need, such as mild depression and anxiety, to people with severe and enduring mental health conditions, who may need support in their recovery and to prevent relapse.

The programme aims to improve people's mental health outcomes as early as possible in the presentation of an individual's mental health need. That may be at the very early stages to prevent someone who is feeling worried and stressed from becoming depressed or developing anxiety or at the initial presentation of a diagnosable mental health difficulty, or the prevention of relapse of diagnosed mental health conditions and disorders. The focus is on prevention and support during recovery, and the programme does not aim to provide clinical support to anyone experiencing acute mental illness.

The aim is to ensure that there is coverage of funded activities supporting people at the earlier stages of mental ill health through to supporting people in recovery with severe and enduring mental health conditions.

### **Improving access to green prescribing for communities impacted by Covid 19**

The South Yorkshire and Bassetlaw Green Social Prescribing Programme aims to improve access to green prescribing for the general population. However, we know that some communities were particularly impacted by Covid 19 and health inequalities. For that reason, we will prioritise activities that are inclusive of diverse communities, and that can specifically improve access to green or blue activities for any of the following communities:

- Black and Ethnic Minority Communities
- Young People
- People who are Clinically Extremely Vulnerable to Covid (i.e. people who were asked to 'shield')
- People living in areas of deprivation (Index of Multiple Deprivation most deprived 20% Lower-layer Super Output Area).

### **Place Specific Priorities**

Sheffield and Rotherham Wildlife Trust has led stakeholder engagement for the Green Social Prescribing programme over a number of months to help us understand Place based priorities for the grants. We will prioritise activities that can demonstrate a strong connection within the community they are working with and support the following priorities:



## **Sheffield**

Priority will be given to applications that address one or more of the following points:

- Projects working with people from areas of deprivation (top 20% IMD)
- Projects with a clear commitment to increasing diversity and inclusion, that can demonstrate close links to the communities they plan to engage
- Projects that support development of volunteers as GBSP advocates/champions that can act as connectors to target communities
- Projects that incorporate volunteer befriending and peer support schemes allied to delivery of GBSP activities
- Projects that support training and awareness of green/blue spaces to facilitate longer-term engagement

## **Barnsley**

Priority will be given to applications that address one or more of the following points:

- Projects that incorporate volunteer befriending and peer support schemes allied to delivery of GBSP activities
- Projects that will add value to an organisation's existing activities
- Projects with a clear commitment to increasing diversity and inclusion, that can demonstrate close links to the communities they plan to engage
- Projects that include personal development and accreditation opportunities for participants as part of GSP activities (for example the John Muir award) – this may be particularly relevant to those projects engaging young people
- Projects that incorporate awareness raising and activities linked to addressing the climate and ecological crisis as part of their GBSP offer, in reflection of Barnsley's ambition to become a zero carbon borough

## **Bassetlaw**

Priority will be given to applications that address one or more of the following points:

- Projects that will engage the target cohorts in Bassetlaw: young people (aged 16-25) and people living with dementia and their carers
- Activities specifically requested by cohorts have included:
  - i) Young people – Intergenerational activities and skills swaps; Community gardening; Conservation and Sustainability projects to gain skills; Star Gazing; Bushcraft; Blue activities including cleaning areas for fishing; Cycle trials
  - ii) Those with dementia/their carers - Gardening including sensory gardens, Conservation and Wildlife projects; Bowling/Boules; Boat trips; Intergenerational activities and skill swaps; Outdoor arts and crafts; Outdoor exercise including tai chi; importance of all activities including socialising opportunities
- Projects that support intergenerational activities
- Projects that include personal development and accreditation opportunities for participants as part of GSP activities (for example the John Muir award) – this may be particularly relevant to those projects engaging young people



- Projects that will add value to an organisation's existing activities
- Projects that will ensure that new participants feel welcome and the environment is safe
- Projects that demonstrate how they will make activities accessible considering barriers of mobility and transport

### **Rotherham**

Priority will be given to applications that address one or more of the following points:

- Projects that will add value to an organisation's existing activities working with the target communities
- Projects from volunteer led community groups new to GBSP
- Projects that will link target communities to GBSP activities in accessible natural greenspaces close to where they live
- Projects that support access to natural greenspaces as safe and welcoming spaces and deliver inclusive and culturally appropriate activities
- Projects that incorporate volunteer befriending and peer support schemes allied to delivery of GBSP activities
- Projects that support development of volunteers as GBSP advocates/champions that can act as connectors to target communities

### **Doncaster**

Priority will be given to applications that address one or more of the following points:

- Projects that incorporate volunteer befriending and peer support schemes allied to delivery of GBSP activities
- Projects that demonstrate how they will make activities accessible considering barriers of mobility and transport
- Projects that will add value to an organisation's existing activities and in particular where they are already working with the target communities
- Projects that support access to natural greenspaces as safe and welcoming spaces and deliver inclusive and culturally appropriate activities

The full report on stakeholder engagement offering additional insight and information is available to read here: <https://sybics.co.uk/green-social-prescribing> and <https://www.sycf.org.uk/greensocialprescribinggrants>

### **Programme Outcomes**

We are interested in supporting activities that can achieve the following outcomes:

Outcomes for individuals

- **Improved mental health**
- Improved physical health
- Improved wellbeing
- Improved social connections

Outcomes for communities (neighbourhoods and communities of interest)

- Improved green/blue space



- Improved access to green/blue space
- Increased range of activities available
- Improve capacity and sustainability of voluntary and community groups

Outcomes for the health and care system

- Strengthened social prescribing pathways
- Improved understanding of barriers to green prescribing and effective ways to address this
- Better evidence of the value of green prescribing for health and care professions
- Sustainable services/activities
- Reduced pressures on health and care services
- Reduced health inequalities

### **3. Who can apply:**

Grants are specifically to support voluntary and community organisations, including small community led groups through to larger established organisations.

The applicant must be:

- A registered charity,
- A community interest company, or
- Another constituted community organisation or social enterprise (including companies limited by guarantee, cooperatives and community benefit societies which are strictly not for-profit)

To be eligible, applicants must:

- Have a governing document (e.g. a constitution or memorandum of association),
- Have a board or management committee of at least three unrelated people,
- Have a bank account in the name of the group requiring at least two unrelated signatories,
- Have an equal opportunities and safeguarding policy,
- Have beneficiaries who live in South Yorkshire and Bassetlaw.
- Be locally led and run in South Yorkshire and Bassetlaw.

Grants will not be awarded to:

- Individuals, partnerships, or any structure with less than 3 unrelated directors
- Statutory organisations- though statutory organisations can be a named partner in an application an application led by a voluntary or community group.
- Private companies limited by shares
- Sole traders
- Organisations that discriminate on the basis of race, religion, national origin, disability, age or sexual orientation
- Organisations that promote hate speech
- Retrospective funding for activities or projects that have already taken place

### **4. How much can I apply for?**

There is a total fund of £400,000, £250,000 of which is funding from the national programme 'Preventing and tackling mental ill health through green social prescribing' (see <https://www.england.nhs.uk/personalisedcare/social-prescribing/green-social-prescribing/>)



for more information about national partners), and £150,000 of which is NHS funding that South Yorkshire and Bassetlaw Integrated Care System has contributed. The funding will be allocated across our five Places. Three sizes of grant can be applied for:

Micro Grants - under £1,000

Small grants – £1,000 - £10,000

Medium grants – over £10,000, capped at £30,000

Please note, due to the total amount of funds available for distribution and anticipated interest in the fund, we expect that the majority of successful applications will be for micro or small grants.

Medium grant awards are only for *exceptional* projects that have strong local partner support. Applicants seeking to bid at this level are encouraged to discuss their application prior to submission with the Sheffield and Rotherham Wildlife Trust team.

Sheffield and Rotherham Wildlife Trust is not applying to the fund, and is not on the grants panels. The team can discuss your activity, how it connects with the programme objectives and Place priorities, and how you might maximise nature connectedness and inclusion.

Contact: [greenprescribing@wildsheffield.com](mailto:greenprescribing@wildsheffield.com)

Please note, it is a requirement of this funding that your grant should be spent by **31 December 2022**. Please keep this in mind when deciding how much your organisation applies for.

## 5. When can I apply?

We are accepting application forms from 4<sup>th</sup> October until 9am Monday 25 October 2021.

## 6. How do I apply?

The application forms are available here:

Micro Grants - <https://ukcf.secure.force.com/forms/SouthYorkshireCF/GreenPrescmicro>

Small grants – <https://ukcf.secure.force.com/forms/SouthYorkshireCF/GreenPresc>

Medium grants – <https://ukcf.secure.force.com/forms/SouthYorkshireCF/GreenPrescmedium>

Please answer the questions with as much information as possible within the word count. If you would like to discuss your funding request before submitting, then please contact the South Yorkshire Community Foundation grants team at [grant@syfc.org.uk](mailto:grant@syfc.org.uk).

An activity that spans more than one Place can be submitted on one application form, clearly indicating all Places of benefit.

More than one application can only be submitted by the same group if each application is for a different project *and* Place.



## 7. Eligible spend for grants

Grant funding can support project costs including operating, revenue and capital costs.

Categories of spend that cannot be supported:

- Statutory fines and penalties, criminal fines and damages, legal expenses in respect of litigation, debt interest, other fines or financial penalties
- Recoverable VAT

## 8. Conditions of Grant

Successful grant applicants must be willing to:

- Utilise the grant for the agreed purposes only
- Support the programmes learning objectives by implementing an agreed approach to monitoring and evaluation
- Support the aims of the programme to promote green prescribing e.g. by using agreed programme branding and communications tools
- Inform South Yorkshire Community Foundation if there are problems in delivering the agreed activity and agree a plan.
- Accept that this is a one off grant payment, and there is no commitment to further grants.

## 9. Selection process:

On receipt of your application form, we will check your eligibility and supporting documents.

The application process will include due diligence where SYCF will review your eligibility, governance and financial records. Your application will be assessed against the grant criteria and priorities. Shortlisted applications will then be assessed by an independent decision-making panel.

## 10. Reporting Requirements:

As this is a test and learn programme, monitoring, evaluation and capturing learning is an important feature of the grants programme.

The team leading the Green Social Prescribing Programme will work with you to agree an approach to capturing and sharing your impact and a reporting schedule. They will be interested in your experience of delivering the activity, stories of impact that your activity has both with the individuals you work with and the communities you connect with. They are also interested in data, and will work with you to ensure that this is appropriate to your activity and the amount of funding that you receive.

As a guide, they will discuss the following with you and agree an appropriate reporting and sharing approach together:

- How many people take part in your activity
- How many people from our target cohorts you have connected with
- How many people started and then completed the activity. If they didn't complete the activity, why was this?
- Information about who referred people to your activity



- How you plan to measure the impact with individuals? Do you have a way to measure outcomes? e.g. using ONS4, WEMWBS, or SWEMWBS. Is this something you might want help with?
- Can you share case studies/stories with us?
- Are you able to take part in a telephone or online interview with us towards the end of your project to discuss the experience, what went well, and any challenges you experienced?
- Are you interested in joining online meetings with other grant recipients to share your experiences and offer peer based support?
- Are you interested in sharing your project and learning in media opportunities or national learning events?

### **11. Important Dates**

4 <sup>th</sup> October	Grants launch
6 <sup>th</sup> October	Grants webinar
9am 25 <sup>th</sup> October	Application deadline
Mid November	Grants decisions
31 <sup>st</sup> December 2022	Project delivery ends
January to March 2023	Final monitoring and evaluation submitted