

Active & Healthy Workplace

Small Grants Scheme



What is the Active & Healthy Workplace Initiative?

The Sussex County Sports Partnership Trust (SCSPT) worked in partnership with; West Sussex Ahead of the Game, the University of Chichester, the University of Brighton and the University of Sussex to apply for funding from the BIG Lottery Fund and Sport England to set up a workplace health programme. The partnership were successful and the funding was granted in 2008. After a comprehensive planning process, the Active & Healthy Workplace Initiative was launched in early 2009.

The initiative strives to raise awareness of the importance and the benefits of creating an Active & Healthy Workplace. It aims to support employers to make a positive change and targets the development of workplace physical activity, sport and health initiatives to effect a lasting change in the culture within workplaces across Sussex.

More specifically it aims to:

- Provide support, guidance and sign posting to employers developing Active & Healthy Workplace programme.
- Increase the number of Active & Healthy Workplace policies, initiatives and programmes within workplaces in Sussex
- Increase Active & Healthy Workplace related training opportunities for employers and employees by 2011

The programme takes a holistic approach to health and wellbeing in and around the workplace, however there is specific funding associated with the following themes:

- Physical Activity
- Mental Wellbeing
- Healthy Eating

What is the Active & Healthy Workplace Small Grants Scheme?

As mentioned above, there is funding associated with the three themes. There is a pot of money that has been set aside to allow organisations to bid for up to £500 towards an Active & Healthy Workplace related programme that will address one or more of the themes.

What will the Active & Healthy Workplace Small Grant Scheme fund?

We will be looking to fund projects that seek to improve the health and wellbeing of their employees, specifically around physically activity, mental wellbeing or healthy eating. Projects can choose to focus on one of the themes or try and address more than one of them.

You can apply for up to 100% of the cost of a project, however match funding (including in-kind support) will be viewed favourably.

Grants are subject to available funding.

Below are some examples of what would be considered eligible project cost and what would not. Please note that this is not an exhaustive list.

Eligible	Ineligible
<ul style="list-style-type: none">• Coaches or instructors costs (i.e. yoga instructor, badminton coach, weight management programme)• Sports or physical activity equipment (i.e. mats, bikes, weights, table tennis table)• Training course for staff to lead activities (i.e. jog leaders course)• Training course for staff (i.e. coping with stress, healthy eating)• Facility hire for sport or physical activity sessions	<ul style="list-style-type: none">• Salary costs (Wellbeing Co-ordinator)• Shower facilities• Lockers• Activities and/or programmes that are already running• Entry fees to Active & Healthy Workplace events

Who will the Active & Healthy Workplace Small Grant Scheme fund?

The grant scheme is open to any business or employer in Sussex. If your organisation has multiple sites and some are outside Sussex you can only apply for funding for the sites that are based within Sussex.

What do I have to do?

All you have to do is complete the application form with as much detail as you can and send it in by the deadline.

If your application is successful and you receive funding, you will have to spend the money in accordance with what you have stated in the form and provide the Active & Healthy Workplace Initiative with some monitoring and evaluation information. Below is an example of the kind of thing we would be looking for....

- Total number of people benefiting from the project
- Number of people attending each session (if more than one session)
- Some qualitative information from staff (i.e. quotes stating how they feel about the project)
- Short case study (nothing scary, just a brief description about the project, how the grant helped and a picture if possible!)

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