

County Councillor Health and Wellbeing Budget Scheme

The **Health and Wellbeing Budget Scheme** continues again this year and allocates each County Councillor a one-off sum of £5,000 to promote and support the improvement of health and wellbeing in their local area. Councillors are able to put forward grant proposals which support local initiatives that empower communities to take responsibility for their own health and help people to become better integrated in their community, particularly those people who find it difficult to join in currently. It is expected that this funding will largely be directed towards voluntary/community groups, parish councils and not-for-profit organisations.

Members **can**:

- Apply for up to £5,000 between **1st August and 30th November 2014**
- Support any number of projects, with a minimum of £250 per award
- Make combined allocations with other Members to support larger projects
- Projects must meet at least one of the Somerset Health and Wellbeing Strategy objectives
- Please also see Equalities Impact Assessment on members webpage

Members **cannot**:

- Commit to on-going funding after 31st December 2014, or carry forward funds
- Support a project which is contrary to Council policy or in breach of the Council's legal powers
- Commit to a project in which they have a Disclosable Pecuniary Interest, Personal or Prejudicial Interest - unless details are clearly set out in their application

Examples from 2013-14 grants

- Trim Trails – enabling old and young to improve their fitness
- Equipment for cricket and football clubs
- Outdoor activity equipment across the county (for young and old – some adult equipment installed)
- Walking history trails
- Activities supporting families to learn cooking skills and developing gardening schemes
- School breakfast clubs and after school activities
- Projects with schools and young people's groups to develop gardening and growing food skills and allotment schemes with all ages
- Promoting access to clubs for older more isolated members of the community
- Projects supporting use of outdoor amenities and developing mental wellbeing

Other possible initiatives

- Allocate funding by applying the "Five Ways to Wellbeing":
 - * Connect
 - * Be active
 - * Take notice
 - * Keep learning
 - * Give

<http://nhssm.org.uk/wellbeing-in-your-pocket-testing-the-five-ways-app/>
- Road closures - closing the street to allow residents to take part in sport and activity
<http://www.streetgames.org/www/content/about-us>
- Intergenerational projects - perhaps involving volunteers going into schools ie reading projects, gardening, visit <http://www.bjf.org.uk/>
- Allotments - getting older and younger volunteers together, growing, cooking and eating together
- Lunch clubs held in schools - older people get a nutritious meal and children benefit from involvement in their class activities
- Increase older people's levels of activity - using activities which are appealing, such as dancing
- Health Walks - Somerset has Health Walk Co-ordinators across the County who can assist with their development
<http://www.walkingforhealth.org.uk/>
- 321 Runs/Walks - marked out running/jogging/walking routes that anyone can have a go at
<http://www.runengland.info/page.asp?section=3102§ionTitle=Run+England+3-2-1>

For further information

Visit: <http://change.somerset.gov.uk/home/what/members/publichealth/> and see Guidance Notes

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