

District Small Grant Scheme

Healthy and Thriving Communities

Outcomes

Reduced isolation and greater sense of belonging

Increased participation in physical activity, local community groups, and volunteering

Supporting good mental health and wellbeing

Wider digital access

Reducing the burden of increased cost of living

Supporting older people and inclusion health groups

Examples

Opportunities for healthy lifestyles include activity clubs for older people, sports for those with disabilities, and healthy eating workshops for families.

Projects that increase access for all to outdoor recreation and the natural environment through walking, cycling and active transport.

Counselling services or wellbeing cafes which increase awareness and support for mental health and wellbeing.

Enhancements to community centres, community gardens or local open spaces that matter to communities.

Improved training and support for residents /communities to access and benefit from new technologies, digital devices and online services.

Events, celebrations, or festivals that unite communities and offer opportunities for participation, as well as those that promote volunteering and provide necessary training for volunteers.