

# Healthy Families

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## Healthy Families

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## Accessibility

Also available upon request in other formats including large print.

## Our equality principles, mission and values

We are committed to bringing real improvements to communities and the lives of people most in need. To find out more about our equality principles, mission and values, visit our website.

## We care about the environment

The Big Lottery Fund seeks to minimise its negative environmental impact and only uses proper sustainable resources.

Big Lottery Fund is the joint operating name of the New Opportunities Fund and the National Lottery Charities Board (which made grants under the name of Community Fund).

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# Healthy Families – what’s it all about?

**Healthy Families** is a £20 million initiative that will make links between children’s play, nutrition and physical activity. These are essential to the healthy development of children and young people. Healthy Families will help to promote healthy and active lifestyles among them.

Healthy Families is made up of two programmes, **Child’s Play** and **Way of Life**.

# Child's Play

The Child's Play programme is aimed at children up to 12 years old living in Wales, and in particular children aged 8-12. It is a strategic programme that aims to make a big impact on children's play in Wales. Child's Play will support the development of the infrastructure needed to deliver play as well as giving grants to projects that offer opportunities for play.

We will give grants worth £13 million in total through this programme.

Child's Play aims to:

- develop new play spaces for children in their communities
- develop play opportunities that allow children to choose how they play

- develop staffed open access play opportunities
- help create sustainable support networks to promote the development of play opportunities across Wales
- develop links with nutrition and physical activity
- inform families and children about play opportunities.

### **Child's Play outcomes**

We will fund play projects that aim to achieve one or more of the following outcomes:

- more children have access to play opportunities
- a local infrastructure has been created to provide and plan for children's play activities
- strategic links have been made that promote a joined-up approach to nutrition, physical activity and play.

We will support two types of project under this programme;

**Infrastructure projects:** projects to develop the necessary infrastructure to provide play opportunities



**Play projects:** projects that directly offer opportunities for play.

## How much will we fund under Child's Play?

### Infrastructure projects

Infrastructure grants of up to £250,000 are available. Infrastructure projects may only apply for revenue funding and can run for up to four years. You must begin to spend your grant and start project activities within three months of being awarded a grant.

### Play projects

We will give grants of between £250,000 and £1 million for play projects. Projects can include both capital and revenue funding. Revenue only projects may run up to four years, but projects that include a significant capital element may run up to six years to allow time to develop the

capital aspects at the beginning of the project.

We have a contract with Play Wales, an organisation that has expert knowledge of play to help us deliver the programme.

Play Wales will:

- develop a strategic overview of children's play in Wales
- work with local organisations to help them identify gaps in services and agree priorities for investment
- give expert advice to applicants and help them to develop projects that meet agreed local priorities and fit national strategies.

# Way of Life

The Way of Life programme is a strategic programme that aims to:

- promote a joined up approach to healthy eating and exercise through community-based projects working with families
- contribute to the evidence of what works in promoting healthy eating and exercise in children and families
- foster joined up working on healthy eating and physical activity at local and national levels
- develop links with children's play.

The main beneficiaries of the Way of Life programme will be children under 12 years old living in Wales. Other family members can



also benefit as a result of their involvement with the programme. We will give grants worth £7 million in total through this programme.

## Models

This programme will test models that are based on good practice and new ideas to see what works.

We have a contract with Hall Aitken, which has expert knowledge of this area and will develop these models and help us deliver the programme.

Hall Aitken will help you to identify which of these models fits your needs and will support you in developing and running the project.

If you are interested in applying under this programme, we strongly recommend that you contact Hall Aitken for more information.

### **Way of Life outcomes**

We will fund projects that aim to achieve programme outcomes 1 and 2 below and where appropriate, outcome 3.

1. Increased awareness of healthy eating and exercise amongst children and families.

2. Positive changes in attitude and behaviour toward healthy eating and exercise amongst children and families.

3. Strategic links developed to promote a joined up approach to nutrition, physical activity and play.

### **How much will we fund under Way of Life?**

We will make grants of between £250,000 and £500,000 for projects running up to three years. You must begin to spend your grant within six months of getting it. We can fund all of your project costs, but we encourage you to get some of your



funding from other sources if you can.

**What will we fund?**

We will only provide revenue funding towards the operating costs of the project and will normally only provide funding of up to five per cent of our total

grant towards the cost of materials and small items of equipment (costing up to £10,000 each) that are necessary for running the project.

# Who can apply for funding under Child's Play and Way of Life?

Under the Way of Life and Child's Play programme we will only make grants to: voluntary, community or public sector organisations working individually or in partnership.

We will not give a grant to:

- ▶ Businesses and private organisations. These organisations may be involved as partners in projects, but not as lead applicants or grant holders, and it must be established that the grant would not contribute directly to their profits.

- ▶ Organisations that are applying on behalf of other organisations. The organisation applying for a grant must be the same organisation that will manage the grant.

Please read the full Guidance Notes for detailed information on these programmes. The Guidance Notes for both programmes are available on the Big Lottery Fund website - <http://www.biglotteryfund.org.uk/>

If you have any questions about Healthy Families, call us on 029 2067 8200 (textphone 01686 610 205)