

Healthy & Active Fund

Frequently Asked Questions

What is the Healthy & Active Fund?

- It is an investment fund which seeks to improve people's mental and physical health by helping or enabling them to lead healthy and active lifestyles.
- It delivers in an integrated way the Welsh Government commitments to introduce a Well-being Bond and a Challenge Fund for Sport.
- It will be delivered through a strategic partnership between Welsh Government, Public Health Wales and Sport Wales.
- The first phase of the Fund will support projects which activate community assets – people and places, to address the barriers faced by people who are not meeting the recommended levels of physical activity.

Why introduce a new fund?

- Meeting the challenges of becoming a healthier Wales requires us to work together to address the challenges we face now and to prevent problems arising in the future.
- The new Healthy and Active Fund is a practical example of how these principles are being put into practice. The Fund is a collaboration between Welsh Government, Sport Wales and Public Health Wales and has been created by connecting budgets and priorities to deliver our 'Healthier Wales' objectives. Successful projects will have involved the people they seek to support and be based on their needs to live happier, healthier lives.

Where can I find out more about the Fund criteria and when to submit an application?

- Further details about how the Fund will operate and what we expect to see in applications will be available in the coming months. Roadshows are being organised in different parts of Wales for September and Information on how to register for the roadshows will be circulated shortly.

When will projects be expected to start?

- Successful applicants will be notified in February 2019 with a view to going live in April 2019. This lead in time should be used to prepare any additional governance or management structures and any project management processes or to employ or deploy resources.

What are the objectives of the Healthy & Active Fund

- The overarching aim is to improve people's mental and physical health by enabling them to adopt healthy and active lifestyles. It will seek to increase physical activity, address poor nutrition, cut smoking rates and curb excessive alcohol consumption.
- Phase 1 of the Healthy & Active Fund will support projects which strengthen and develop community assets (such as community/sports groups or clubs, schools and workplaces) to:
 - Sustainably increase physical activity in those who are currently sedentary or have very low levels of activity
 - Improve levels of mental well-being by promoting social interactions and increase access to green, yellow or blue space.

What type of projects are likely to be considered?

- Projects that seek to reduce inequalities in outcomes and barriers in one or more of the following groups:
 - Children and young people
 - People with a disability or long term illness
 - People who are economically inactive or who live in areas of deprivation
 - Older people and those around the age of retirement from work.

How much Funding is available?

Phase 1 of the Fund will have £5m to invest over 3 years, from April 2019 – March 2022. A minimum and maximum threshold for the amount organisations can apply for will be shared at the roadshows in September.

Who can apply for the Healthy & Active Fund?

Statutory and non statutory bodies and organisations that have the structure and capacity to deliver the objectives are encouraged to apply.

How will projects be selected?

- Successful applications will be supported for a maximum of 3 years and funding will cease at the end of March 2022. Successful bids will need to provide a business case which demonstrates how the HAF would be used and how the project will be funded in the future. They will need to demonstrate:
 - A clear evidence of need for the project, either as a result of consultation with key stakeholders during the development stage and/or through alignment to local Public Service Boards Well-being plans.
 - How the project will meet the identified need.
 - Strong evidence the lead applicant has the necessary governance structures and management processes to engage with other partners and ensure the effective delivery of the project.
 - Clear evidence of partnership working between the statutory sector and other partners, including strong evidence of collaboration with community groups and the public in the development of the proposal.
 - The project demonstrates good value for money in terms of the number of people reached in relation to the amount of investment required and there is a clear business case for the continuation of the project beyond the initial funding. . There is also evidence of the ability to scale up projects to meet wider population needs if required.
 - The project explores the development of new approaches to enabling active lifestyle by exploring creative ways of using community assets (both people and places) and/or through the exploitation of digital technology.
 - Projects can be either new proposals or builds on and extends the reach of existing small scale projects.

How will projects be measured?

- A detailed set of indicators will be developed and shared with prospective applicants at the roadshows in September. The minimum expectations are that the projects evidence:
 - An increase in the number of participants meeting the agreed physical activity indicators.
 - An increase in the number of participants self reporting a positive change in their mental well-being

What happens next?

- Prospective applicants are encouraged to start discussions with partners and stakeholders to scope out projects that meet the overarching aim of phase 1 of the fund. Early engagement with the local community and local community groups is essential and applications will need to evidence collaboration and consultation.

What are the timescales?

- Expressions of interest will be invited towards the end of September from organisations who have registered their interest via the healthy and active mailbox or with officials/officers at the roadshows. Successful expressions of interest applications will then be invited to submit further details for a final decision to be taken by the middle of February 2019.