TOWER HAMLETS COUNCIL SMALL GRANTS FUND
Theme 6: Loneliness Theme Guidelines

The Mayor of Tower Hamlets has established a loneliness “task force” that aims to reduce the impact of loneliness and social isolation on the residents of the borough. The goal of the taskforce is for Tower Hamlets to be a place that is welcoming and friendly where people of all ages and backgrounds have opportunities to connect with each other in ways that are enjoyable, fun and life enhancing.

We know that loneliness deeply affects people in Tower Hamlets and there are factors in Tower Hamlets that increase vulnerability to loneliness such as low incomes and the dense urban environment. One of the impacts of the Covid-19 pandemic has been to make people feel more isolated from each other and many surveys have identified an increase in reported loneliness.

Although loneliness is commonly recognised to affect older people and can be triggered by retirement or the loss of a partner the national statistics show that it also impacts on significant numbers of young people and young adults at the times of transition in their lives, such as leaving home or going to university. Disabled people report the highest levels of loneliness and the additional physical barriers mean they are at significant risk of social isolation.

The council recognises the far reaching impact of the Covid-19 pandemic on local communities. Organisations are actively encouraged to develop ideas for projects that respond to the specific needs that they have identified as a result of this.

Before applying for funding, please read the following guidance carefully.

What Funding is Available?

Grants of up to £1,000
Through the small grants we want to encourage local actions that help people to connect with each other, enjoy each other’s company and enhance their quality of life. We are particularly interested in small local actions that make a difference to people even if it is in just one street and we want to stimulate people to think creatively about what might make a difference. To support this, small grants are available up to £1,000 which can be accessed by people without an established group, although you will need to identify an “accountable body” that will support you by holding the funds for you.

Grants of up to £5,000
We will also support larger grants up to £5,000 if you can show how it will make a difference in a neighbourhood or to a wider group of people as well as being innovative. You will need to think about how you can deliver your project if social distancing remains an issue.
Who Can Apply?

Organisations with an annual turnover in excess of £250,000 are not eligible to apply to this theme.

The fund is open to voluntary and community organisations. These are defined as:

- Registered charities
- Community groups
- Community associations
- Tenants and residents’ groups
- Green spaces friends’ groups
- Co-operatives and social enterprises
- School/parent groups which are independent of the schools they work with
- Faith organisations
- Sports, environmental, arts and heritage organisations
- Grant making trusts
- Housing associations
- Un-constituted groups of residents working together to make a difference in their local communities*

*Un-constituted groups will need to identify a constituted organisation to act as their accountable body or ‘parent organisation’. For example, this could be a local charity, constituted TRA or housing association that is willing to hold the grant money on your behalf. The application form must be completed by the un-constituted group and you must have written agreement from the accountable body demonstrating they support you.

We cannot accept applications from:

- For-profit organisations
- Individuals seeking funding for personal benefit, or sole traders
- Organisations based outside the UK

If you are unclear whether your organisation is eligible to apply to the Tower Hamlets Council Small Grants Fund, please contact the EECF Grants Team on 020 7345 4444 or grants@eastendcf.org

What We Will Fund

Funding can be used flexibly but is primarily intended to cover revenue costs. Funds can be used to fund a whole project or to pay for elements of a wider project there must be a quantifiable contribution to the proposed activity either in cash (other funding) or in kind (volunteer time, rent free premises etc). However, we do not require match funding.

What We Won’t Fund

- Expenditure or activities that have already taken place
- Religious or political activity (we are able to fund religious organisations if they are providing benefit for the wider community)
- Activities where a profit will be distributed for private gain or projects that have no charitable or community element
- Activity that replaces government funding or is a statutory responsibility, for example, we can only fund school activities that are addition to the curriculum
• Activities that benefit individuals, rather than a wider community
• Retrospective costs and loan repayments
• Foreign travel

What We Look for in Organisations We Support

We’re particularly interested in supporting organisations that demonstrate they are people-led, strengths-based and connected to Tower Hamlets communities or residents.

*People-led* - We’re looking for meaningful involvement of the people you’re working with in the development, design and delivery of your project. Tower Hamlets wants to make real its commitment to the co-production of services and projects with the people intended to benefit from those. As a result, we want to hear how the people or community you’re working with has influenced your project and will continue to shape its delivery.

*Strengths based* - We want to hear how you’ll be making the most of, and building on, the skills and experiences of people and what already exists within our communities.

*Connected* – Tower Hamlets Council does not want to duplicate what already exists and we want to ensure you have a good understanding of what others are doing. We are keen to understand how your project is connected with other relevant organisations, how your idea complements what they are doing and how you have used these relationships to develop your project.

How to Apply

• To apply for a grant of up to £1,000 please [click here for the online application form](#)
• To apply for a grant of up to £5,000 please [click here for the online application form](#)

If you would like a paper application form, please contact the EECF Grants Team on 020 7345 4444 or email [grants@eastendcf.org](mailto:grants@eastendcf.org)

Supporting Documents

To enable East End Community Foundation to consider your application you must attach the relevant supporting documents to your online application. Alternatively, you can send these by email to [grants@eastendcf.org](mailto:grants@eastendcf.org). All supporting documents must be submitted by the application deadline.

*If you are an informal group who is working with an accountable body all you need to provide with your application is confirmation from the constituted organisation that they agree to hold the money on your behalf. This can either be an email or a simple letter.*

Please ensure you have the following documents ready to submit:

• Constitution or articles of association
• Approved annual accounts or a record of income and expenditure for the organisation
• One bank statement dated within the last 3 months
• Equality & Diversity Policy*
• Safeguarding Policy *(If applicable)*
• A document detailing the names and addresses of the organisation’s management committee members.
* Tower Hamlets Council and East End Community Foundation are committed to equal opportunities for all, and we expect groups and organisations applying for grants to show that they are aware of equal opportunities and can demonstrate commitment to them. Accordingly, organisations applying for grants are required to submit their Equality and Diversity Policy with their application.

**Application Timetable**

Applications can be submitted at any time and will be considered after each deadline. Applications and supporting documents must be submitted online by the following deadlines:

- **12 noon on Monday 20th June 2022**
  If your application to this deadline is successful, your project should not start until 1st October 2022.

**Project Delivery and Monitoring**

If your application is successful funded projects must:

- take place over a period of no more than 12-months
- demonstrate how the proposed activities will address The Mayor’s Task Force on Loneliness priorities and have a measurable positive impact on local residents (for grants over £1,000)
- have a contingency plan should social distancing measures still be in place at the time of delivery.
- have demonstrable outcomes related to The Mayor’s Task Force on Loneliness

You will need to keep financial records of how the grant is spent including receipts and invoices for expenditure. You will also be required to keep records how many people benefit, and the difference the project has made to them. This information must be submitted in an end of grant report.

You will need to keep and provide the following:

- Financial records of how the grant is spent, including receipts and invoices
- Records and evidence of the identified outputs e.g. number of people benefiting, number of sessions, audience numbers, records of attendance etc.
- Records of the identified outcomes e.g. the difference the project has made to participants, participant feedback, staff observations, external reports from partners
- Anything that your organisation has learned from delivering the activities
- Photographs and videos of the project activities (if appropriate)
- A case story from at least one participant

The contribution of the Tower Hamlets Council Small Grants Fund must be acknowledged in any promotional literature or annual report issued on your behalf within twelve months of receiving the grant or any instalment of the grant. We reserve the right to use any photographs or details of the project in any future literature and/or promotion.
Theme 6: Loneliness Theme

Reducing the Impact of loneliness and isolation

The purpose of this theme is to support voluntary and community sector (VCS) groups to reduce the impact of loneliness and social isolation on the residents of the borough. The goal of the taskforce is for Tower Hamlets to be a place that is welcoming and friendly where people of all ages and backgrounds have opportunities to connect with each other in ways that are enjoyable, fun and life enhancing.

Through the small grants we want to encourage local actions that help people to connect with each other, enjoy each other’s company and enhance their quality of life. We are particularly interested in small local actions that make a difference to people even if it is in just one street and we want to stimulate people to think creatively about what might make a difference.

Theme Priorities

All applications must contribute to at least one of the following themes:

- A welcoming and friendly Tower Hamlets
- Neighbourhoods that are rich in opportunities for people to enjoy each other’s company and where residents can be part of creating these opportunities
- Reducing the loneliness and social isolation experienced by Tower Hamlets residents

Theme Outcomes

All applications must evidence how the proposed activities will achieve at least one of the following outcomes:

1. **Making it visible that Tower Hamlets is a friendly and welcoming borough.** What more can we do to show people that Tower Hamlets is a place that welcomes and embraces people regardless of their background or circumstances?

2. **People feel connected with their neighbourhood and the local community.** What can we do to make it easier for people to feel part of their local community and enhance their sense of belonging?

3. **Less people feel isolated from others or lacking regular social contact.** How can we engage the people who are most at risk of being isolated or excluded such as the housebound, people with disabilities and long-term conditions, refugees and other newly arrived people?

4. **Young people and young adults have more opportunities to feel engaged with their peers and/or the local community.** Making sure that young people and young adults feel included and valued, develop positive relationships with older people and can play an active role in the community.
### Project Examples

Some examples of the type of activities we would support (but don’t be limited by this list as we are looking for creative proposals that we might not have thought of!)

- Projects that enable disabled people to enjoy more social interaction and activities with others
- Support for befriending activities such as supporting more volunteer befrienders
- Supporting access to community transport to help people to get about such as training for volunteer or employed drivers
- Providing tailored support to help people to use the internet, e.g. to engage with friends and relatives through social media
- Intergenerational activities that bring the different generations together
- Local interest groups that support more social activity
- Projects for young people that engage the young people and young adults that might be less confident or lack the social skills to readily join in with other people, including people with disabilities
- Training that helps people and organisations to be more dementia friendly
- Crafts, arts and cultural activities that help people to connect
- Other projects that contribute to the outcomes above including gardening where it brings people together that may be isolated

### Eligibility

1. **Size of organisation**
   We welcome applications from small local organisations including from informal/unconstituted groups for grants up to £1,000. We also welcome applications from established community groups for grants up to £5,000.

   Organisations with an annual turnover in excess of £250,000 are not eligible to apply to the Small Grants Programme.

   Individuals are not eligible.

2. **Not for Profit**
   The grants programme will only support activities run by groups which can demonstrate they are set up as not for profit groups. The types of organisations which the Council considers to be not for profit is set out in the VCS Strategy and included in the TH Grants Policy framework.

3. **Locally based**
   The grants programme is intended to support the local VCS and community activity. The eligibility criteria for all grant themes reflect this principle. Organisations based outside the borough are not excluded from eligibility, but they must show very clear connections to Tower Hamlets either through existing activity or local leadership of the proposed project. Applications will be encouraged from organisations based across the borough.

4. **Good governance**
   Organisations will be expected to achieve an acceptable level of governance with appropriate policies for the activities they propose to undertake. The acceptable level will be proportionate to the size of organisation and type of activity. The Council will accept applications from organisations in the process of developing appropriate policies, but funding will not be paid until they are in place.

5. **Other criteria**
We are keen to support grant applications under £1,000 from informal or un-constituted groups but these should be supported by an organisation with appropriate levels of governance which will act as the ‘accountable body’ for any funds awarded.

Grants Available

1. Up to £5,000 for one year with potential extension for a second year. Extension funding will be considered following a submission of monitoring and evaluation information and positive assessment of the project

2. The total budget for this theme is £50,000 for 2022-2023. We anticipate that this theme will fund 20 to 30 projects with a range of annual funding levels

Priority Target Groups for the Loneliness grants

1. You may apply to work with and on behalf of any group in the community, but we are particularly interested in addressing loneliness and isolation in the following:

   - Young people, including care leavers
   - People on low incomes
   - LGBTQ+ people
   - Different groups of Black, Asian and minority ethnic residents
   - Refugees, migrants, and people seeking asylum
   - Parents, including single parent families
   - Deaf and disabled people, including those who have been shielding

Monitoring Arrangements

1. You will be asked to submit a final monitoring report. EECF may also ask to conduct a project visit.

2. As part of your final monitoring report, you will be asked to provide case studies highlighting how residents or groups of residents have benefitted.

Tower Hamlets Plan & Strategic Plan Priorities

The Loneliness Theme contributes towards the following Tower Hamlets Strategic Plan Priorities;

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<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>C1</td>
<td>Strong, resilient and safe communities</td>
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<tr>
<td>C2</td>
<td>Better health and wellbeing</td>
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<tr>
<td>C3</td>
<td>Good jobs and employment</td>
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<tr>
<td>C4</td>
<td>A better deal for young people – aspiration, education and skills</td>
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<tr>
<td>S1</td>
<td>People are aspirational, independent and have equal access to opportunities</td>
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<tr>
<td>S2</td>
<td>A borough that our residents are proud of and love to live in</td>
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<td>S3</td>
<td>A dynamic outcomes-based Council using digital innovation and partnership working to respond to the changing needs of our borough</td>
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Download your application form at [www.eastendcf.org](http://www.eastendcf.org) or speak to the EECF Grants Team on 020 7345 4444