

Waltham Forest Giving & Community Health Champions Wellbeing Grant Scheme

Frequently Asked Questions

What is Waltham Forest Giving? (WFG)

Waltham Forest Giving raises and distributes funds and resources to help local organisations support the people in our borough.

It is an independent initiative, hosted by Groundwork London, which connects and enthuses local people, businesses and organisations to address local needs.

We aim to provide a straightforward approach for individuals and businesses to contribute funds, time, knowledge, or skills to support grassroots community projects.

It is led by Charlie Blair who is supported by a steering group of Waltham Forest residents who have informed the strategy and design of the scheme. We have co-designed this giving scheme with stakeholders from the voluntary, statutory and private sectors.

Waltham Forest Giving is part of a wider network of 18 giving schemes in London.

Our Values:

- Equity and Inclusion – ensuring resources reach those most in need
- Community Led – empowering local people to shape the scheme based on evidenced needs
- Sustainability – promoting long term impact
- Collaboration – working with local charities, business and residents to maximise our impact
- Transparency and Trust – making it easy for people to give and receive support without unnecessary barriers

Why are groundworks hosting the WF Giving programme?

We are an interdisciplinary social regeneration charity with extensive experience working in Waltham Forest.

We act as facilitators, enabling communities to meet their priorities – including those who are hardest to reach. We have experience in co-producing over 600 community projects/activities across London.

We have been working with the VCS in Waltham Forest for a number of years now on projects such as 'legends of the forest' so we will use our existing expertise and networks to ensure the success of this programme. We are well placed to nurture and sustain actions that people want to make changes to their places and lives.

What is Waltham Forest Community Health Champions?

The Community Health Champions Network consists of residents, volunteers, Voluntary groups and front-line workers, who receive regular health and wellbeing training and connect with people in familiar and safe community spaces. They sign-post people to trustworthy health information, services, and activities. Their insights and lived experience make them trusted messengers and powerful advocates for better health in our borough.

How much money is available?

Grants of up to £2,000 are available for projects and activities that promote physical and mental wellbeing, support people in maintaining good health, prevent illness, and address health inequalities in the borough.

A total of £10,000 is available to distribute across 5-10 health focused projects

- Individual residents and informal groups can apply for a micro grant of up to £750
- Constituted community groups, charities, voluntary organisations, CIC's and social enterprises can apply for up to £2000.

Applicants awarded £1,500 or more are encouraged to deliver activities that are open to the wider public.

Do you have to live in Waltham Forest to apply?

The priority for this fund is to support Waltham Forest resident led projects, however we will consider applications from individuals who do not live in Waltham Forest but have a strong connection to the borough and are proposing to deliver a project benefiting residents in Waltham Forest. Individuals are welcome to apply on behalf of an informal group – such as a group of residents who have a shared goal.

What type of projects are you looking to fund?

We want to support creative, community-led projects that:

- Promote physical and mental wellbeing
- Help people stay healthy and prevent illness
- Empower residents to take charge of their own health
- Are rooted in and led by the communities they serve

This funding is to support all communities. However, we are particularly interested in funding projects which support the mental health of Black men and young boys – in line with local public health priorities.

We know that culturally relevant approaches are often underfunded and under-represented, and this fund aims to help address that gap.

We also welcome applications from and for:

- Black and South Asian men
- LGBTIQ+ communities
- Disabled residents
- People whose first language is not English
- Romanian residents

What Health Priorities Should Projects Address?

Your project should support one or more of the following local health priorities:

- Mental health of Black Men and Young People
- Healthy weight and eating
- Sexual health
- Vaccinations and immunisation awareness
- Drug and alcohol misuse
- Stopping smoking

Projects can take many forms, such as:

- Group exercise or movement sessions to promote healthy weight
- Healthy eating workshops, cooking clubs or community food growing
- Social groups or creative activities that reduce loneliness or isolation
- Peer-led support groups for smoking cessation or substance misuse
- Activities to improve access to sexual health information and services

What is the eligibility criteria?

To be eligible for this grant, your project must:

- Benefit residents of Waltham Forest
- Take place within the borough
- Be health focused
- Be delivered between September 2025 and March 2026

- Not benefit a single individual
- Offer clear, measurable outcomes
- Represent value for money
- Be inclusive, open to the wider community (not limited to a specific religious or political group)
- Include collaboration with other local organisations or services where appropriate

We Cannot Fund:

- Activities or costs that have already taken place
- Projects that are solely for personal or commercial gain
- Schools, businesses, or local authorities
- Activities that promote religious doctrines or political ideologies
- Lobbying or campaign activities as defined by law
- Profit-making ventures

Organisations with religious or political affiliations may apply, but activities funded must be non-religious, non-political, and inclusive of all community members.

How will funding decisions be made?

A community panel will work alongside Waltham Forest Giving and Community Health Champions to assess and award funding.

We expect to be able to let you know the outcome approximately three weeks after the deadline.

How do I apply?

The application form is in Microsoft Word format and can be downloaded from our webpage:

[Waltham Forest Giving - Groundwork](#)

Please send your completed application form in .docx format via email to **walthamforestgiving@groundwork.org.uk** along with the supporting documentation

We are unable to accept postal copies of the form.

Please meet the application deadline. In the interests of fairness, late applications cannot be considered.

Please note: If you have any technical difficulty with the form, please contact us on the above email address for advice.

Applications must be received by 11.59pm, Monday 28th of July 2025

Is there any additional support available for applicants?

Waltham Forest Giving will be running online application surgeries. Please see the Waltham Forest Giving website for details. These workshops will explain the grant scheme and cover how to complete an application. You will have a chance to discuss your project idea. If you cannot make any

of these sessions or would like to discuss your project idea another time, please contact the Waltham Forest Giving team on: walthamforestgiving@groundwork.org.uk

Who can I contact for more information?

Please contact the Waltham Forest Giving team on: walthamforestgiving@groundwork.org.uk

You can also reach us by phone on: 07548315149