

‘Actively Merton’ Small grants engagement and activity

Project	Working with communities to (1) increase social and physical activity levels in Merton and (2) gain a better understanding of barriers and facilitators to being more physically and socially active in Merton.
Project lead	<ul style="list-style-type: none"> • Nadra Gadeed (nadra.gadeed@swlondon.nhs.uk) • Merton Engagement and Equalities Lead
NHS SW London lead	<ul style="list-style-type: none"> • Gemma Dawson (gemma.dawson@swlondon.nhs.uk) • Deputy Director Merton Health and Care Together
Merton Council lead	<ul style="list-style-type: none"> • Barry Causer barry.causer@merton.gov.uk • Public Health Lead for Adults, Health Improvement and Health Protection.
Date	Activities with Merton residents and communities to take place during July, August and September

1. Background

Actively Merton is a new partnership initiative to increase physical and social activity levels for all people in Merton, creating a movement and culture change to improve the health and wellbeing of Merton residents. It aims to:

- Increase physical and social activity levels in Merton, building on the recent Beat the Street programme
- Improve connections between residents and services by linking residents to existing physical and social activities and/or setting up time limited activities
- Showcasing existing opportunities to become more physically and socially active to the local community, showcasing the assets that are available across Merton

We are keen to work with our local voluntary and community sector in Merton to set up new time-limited opportunities over the summer, kick starting physical and social activities and to engage with local communities to learn more about:

- The barriers to getting physical and socially active
- How to make physical and social activity more accessible
- What local initiatives will help the local community to move more and connect more

The programme is open to all, but we are especially interested in hearing from community organisations who work with less physically and socially active groups and communities e.g. for physical activity these are women and girls older people and people with a disability.

NHS South West London and Merton Council will use the feedback and community stories gathered by the Voluntary and Community sector to inform the future plans for 'Actively Merton'. This is so the programme can meet the needs of the local population.

2. Activity and Engagement requirements

We want to find out about:

- What are the barriers to getting physical and socially active
- What needs to happen to make physical and social activity accessible
- What initiatives will help the local community to move more and connect more

We are seeking to fund local organisations up to £1000 to deliver short project of physical and social activity over the summer, gather insights during July, August and September. This could be through focus groups or by carrying out face-to-face and phone interviews. Running a series of coffee mornings, lunch clubs or walking groups.

We are keen for groups to explore, how they can gather insights and provide opportunities for their local communities to connect socially and become more physically active.

An example of this could be;

- A 6 week summer program for older people consisting of walking group in parks and refreshments in a café, asking the group members what would help them become more physically and socially active
- Coffee morning / Brunch for women and girls, over 6 weeks and opportunities to talk and share how physical and social activity can be made more accessible
- A lunch club with workshops over 6 weeks for people with disabilities in a local community space.

Reporting and monitoring

We are keen to keep the programme administration minimal but meaningful. At the start of the project we will provide:

- A simple monitoring form to be completed at the end of each event
- Guidance on how to report back on the insights collected and showcase the activities carried out

We would also welcome innovative ways of collecting insights eg: recording voice notes, video clips and recording a Q&A session.

We could also support filming / recording of activities (By prior arrangement) if helpful.

3. Activity and Engagement proposals

Interested organisations should submit proposals, by completing the attached application form – detailing how you would deliver activities and engagement reaching the target groups.

Please let us know what activities you could carry out during July, August and September, detailing how you would reach out to Merton residents – and in particular, women and girls, older people and people with disabilities across Merton.

If you would like to discuss this work, please email Nadra Gadeed (nadra.gadeed@swlondon.nhs.uk)

4. Timeframes

Engagement to take place during July, August and September