## What is the Living Well in Winter Grant?

The Living Well in Winter Grant is aimed at supporting people in our communities to thrive over the winter months. The funding is aimed at helping local VCFSE (Voluntary, Community, Faith and Social Enterprise) organisations tackle issues prevalent in our communities over the winter months, and exacerbated by the Cost of Living crisis, such as:

* Increased social isolation due to shorter winter days and poor weather, limiting access to recreation, socialising and connecting with others.
* The risks to health due to tighter household budgets, and people struggling with the cost of heating their own homes.
* The associated risks to mental health through the above.
* Decreased physical activity due to social isolation and costs of accessing activities.

## Living Well in Winter Grant Priorities

Through this funding, we want to:

* **Support people to manage their finances**, through greater understanding and skills. We are seeking community-based projects that improve household budgeting skills, cooking on a budget, tools and networks available to people to deal with the cost of living.
* **Support access to recreational activities**. To remove financial barriers of access to activities. We would encourage groups to consider activities that increase social and emotional skills through creative arts, cultural experiences and sports.
* **Support people to make new connections** and sustain activity that provides social support. We are seeking community based, local activity to support people to connect with other people without cost being a worry. Activities could take place at any time of day including taking place in the evening to enable those at work in the day, to develop a sense of community.
* **Support new physical activities or activities for previously inactive people**. We are seeking projects to develop opportunities to get more people physically active, and encourage healthy behaviours such as stopping smoking. Activities that improve wellbeing overall, could also include group walks, outdoor activities that take place in the evenings to get people out and about whilst also addressing feelings of loneliness and isolation.

We would encourage applicants to consider the timings of activities and sessions to fit around all members of our communities, especially working-age people and families.

Successful applications will be shared on our website and with partner organisations such as Suffolk Centres for Warmth, Feel Good Suffolk and Citizens Advice made aware to maximise potential for further engagement with and visit each project.

## Who can apply, and for how much?

Constituted VCFSE organisations can apply, such as Parish Councils, Uniformed Groups, Sports Clubs, Pre Schools, Village Halls, Parent Teacher Associations (PTAs) and Faith settings where the wider community is able to attend. Organisations must be place-based and already be providing a service to residents of Babergh or Mid Suffolk.

The application process is competitive and will be assessed via a scoring matrix. We will require applicants to develop one outcome and associated indicators for monitoring purposes.

Groups can apply for a maximum amount of £2,000.00. Applications can be submitted from Wednesday 3rd September until Sunday 19th October. Applications will be scored once the application window closes, and applicant organisations will be informed of the outcome of their application by Friday 24th October.

If funding remains unallocated as of 24th October, Living Well in Winter Grants will remain open for applications on a first come, first served basis.

Funding awarded must be spent within 6 months of a grant offer being accepted, with activity taking place between November 2025 and March 2026 (five months). Organisations will be required to submit invoices/receipts relating to spend and to fill out a monitoring form to be submitted upon completion of project.

## What can be funded?

Examples of eligible projects are:

* After school clubs
* Provision of warm or social spaces
* Subsidised family sports sessions, such as swimming (places must be subsidised in an equitable way)
* Multi-generational activities (e.g., subsidised sports, arts and crafts, cooking sessions)
* Lunch clubs/supper clubs
* Enrichment activities that offer experiences to develop core skills and try new hobbies.
* Associated core costs (these cannot be the focus of applications)

Ineligible projects include:

* Applications for running costs

## How do organisations apply?

The application form and scoring matrix used to assess applications are available on our website. Visit the Grants and Funding webpage for [Babergh](https://www.babergh.gov.uk/web/babergh/w/babergh-district-council-funding-1) or [Mid Suffolk](https://www.midsuffolk.gov.uk/web/mid-suffolk/w/mid-suffolk-district-council-funding).

## Additional Information

A few questions to consider when developing your project:

* Is your chosen venue warm, welcoming and accessible?
* Where is the need in your community? What could your group do to help fill this need?
* How will you advertise your group/session/event?

If you have any questions about Living Well in Winter Grants please contact the Grants Team at BMSDCGrants@baberghmidsuffolk.gov.uk.