



# HEALTH AND WELLBEING FUND GUIDELINES





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# OUR FUNDING

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## WIMBLEDON FOUNDATION

Our mission is to use the collective strength of the All England Club and The Championships to make a positive difference in people's lives.

## THE HEALTH AND WELLBEING FUND

The Health and Wellbeing Fund offers three-year grants to not-for-profit organisations who help local people improve their mental and physical health and wellbeing in Merton and Wandsworth.

## FUNDING AVAILABLE

Grants of between **£15,000** and **£30,000** per year for **three years** are available.

The total amount of funding available is £225,000 per year.

We expect to award around 8 - 10 grants.



# THE HEALTH AND WELLBEING FUND

We will fund organisations which help people in **Merton and Wandsworth** to improve their mental and physical health by delivering **projects** over **three years** which meet one or more of the fund themes.

## FUND AIM

The aim of the Health and Wellbeing Fund is to improve the mental and physical health and wellbeing of people in Merton and Wandsworth.

We want to help people in our local community to feel healthier, happier and less isolated, particularly those who are at greater risk of having poor mental health and wellbeing

## FUND THEMES

Applicants should achieve the fund aim by delivering projects in Merton or Wandsworth which meet one or more of the following themes:

- **Healthy Minds** - projects which support better mental health
- **Healthy Living** - projects which help people to take better care of their health
- **Making Connections** - projects which tackle social isolation

## LOCATION

The fund is open to organisations delivering activities in Merton and/or Wandsworth

## PRIORITY GROUPS

Your project must be addressing the mental or physical health needs of one or more of the following population groups:

- Communities facing racial disadvantage
- Children and young people
- People with disabilities or neurodiversity
- Socially isolated people
- LGBTQIA+ people
- People who are unemployed or not in education or training
- Looked after children
- Carers
- Young women
- Older people

These populations groups have been identified as being the most impacted by poor mental health and wellbeing in Merton and Wandsworth.

## PROJECT OUTCOMES

All projects for this fund must achieve the following outcome: improved health and wellbeing.

In addition, you must be able to report against three of the following outputs. Number of people reporting:

- Improved mental health
- Improved wellbeing
- Feeling less isolated
- Improved health
- Improved confidence
- Improved resilience
- Feeling better connected
- Feeling better able to manage their own health



# WHAT WILL WE FUND?

## DELIVERY COSTS

Applications should be for the direct costs of the project which can include the cost of staff salaries needed to deliver the work. We also encourage applicants to apply full cost recovery to their request.

Full cost recovery is when grantees secure the full costs of delivering a project, including any associated overhead or core costs. You can access more information [here](#).

## REAL LONDON LIVING WAGE

As a Living Wage Funder, we encourage all applicants to pay their staff the real London Living Wage or higher. For 2023-24 this is £13.15 in London. We encourage applicants to apply for an increased amount year on year within any staff cost requests in recognition of the fact that the real London Living Wage will increase each year. You can access more information [here](#).

## THE PREVIOUS ROUND

In the most recent round of the Health and Wellbeing Fund, nine charities delivered projects in which more than **3,000** people with high social and mental health needs were supported to improve their health and wellbeing.

## PREVIOUSLY FUNDED PROJECTS

Charity	Funded to
CARAS	provide support for young refugees and asylum seekers who are in care with mental health and wellbeing and casework support.
Catch22	provide school-based counselling for children and young people in Merton aged 11 to 16 who have been identified as requiring a one-to-one intervention for a range of emotional health issues.
Community Drug and Alcohol Recovery Services	deliver the 'Culture + Diversity = Cohesion Programme' to support people with mental health needs to improve their wellbeing.
Free2B Alliance	provide group and one-to-one support to LGBTQIA+ young people in Merton and Wandsworth schools with a focus on improving wellbeing and personal resilience.
Merton Vision	provide tailored support to people of working age with visual impairments with the aim of reducing isolation and loneliness and increasing their confidence and social interaction.
Off the Record Youth Counselling	provide counselling for 11 to 25 year olds in Merton.
Regenerate	deliver the Get Focused mentoring programme for young people aged 11 to 18 to grow in confidence and improve their emotional and social capabilities.
Thrive	deliver a therapeutic horticulture programme to support those living with life-changing health conditions.
Wandsworth Community Empowerment Network	deliver Black Minds Matter, a community mentoring programme for children and young people from Black communities.



## WHAT WILL WE NOT FUND?

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### WE DO NOT FUND

- For profit organisations
- Individuals
- Local authorities
- Public bodies
- Schools, colleges or other educational institutions
- Capital works including building work or purchases of vehicles
- Political or religious activities
- Fundraising events
- Activities which have already taken place
- One off events
- Overseas travel

### SPORTS ACTIVITIES ARE NOT ELIGIBLE

Sport and physical activity is important to the Wimbledon Foundation and we have a separate fund which supports this work. Therefore sports or physical activity focused projects are ineligible through the Health and Wellbeing Fund. For details on the Get Set, Get Active Fund, which supports community sport and physical activity, please visit our [website](#).

### MEDICAL TREATMENTS ARE NOT ELIGIBLE

We want to focus on promoting healthy living and the prevention of health risks, so we will not fund medical treatments through our Health and Wellbeing Fund.



# WHO CAN APPLY?

To be eligible to apply for funding, your organisation must meet the following criteria.

## GOVERNANCE REQUIREMENTS

Your organisation must be one of the following legal structures:

- A registered Charity
- A Charitable Incorporated Organisation (CIO)
- A Company Limited by Guarantee
- A Community Interest Company (CIC) Limited by Guarantee
- A Trust
- A Community Benefit Society
- A constituted voluntary organisation

In addition, your organisation must meet the following governance requirements:

- Have a minimum of three unrelated Trustees or Directors
- Have a signed governing document, constitution or articles of association
- Have a bank account registered in your organisation's name
- Have an in-date safeguarding policy
- Have a set of approved accounts or a record of income and expenditure for the most recent financial year

- For charitable companies and CICs, no individual should be registered on Companies House as having:
  - a) Ownership of more than 33% of voting rights
  - b) The sole right to appoint or remove Directors

## TRACK RECORD IN MERTON AND WANDSWORTH

Your organisation must be based in Merton or Wandsworth or be able to demonstrate a substantial track record of delivery in the boroughs.

## PREVIOUS GRANTEES

If you have previously received a grant from the Wimbledon Foundation and submitted your final monitoring report, you are eligible to apply to this fund.

If you are not sure whether you are eligible, please reach out to your Grants Officer or email the Foundation: [foundation@aeltc.com](mailto:foundation@aeltc.com).



## HOW TO APPLY

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You can apply to the Health and Wellbeing Fund through an online application form which you can access [here](#).

You will first have to complete an eligibility check based on the criteria outlined on page 7 before being taken to the form.

Applications will only be considered complete if submitted with the following supporting documents:

- Governing document (e.g. your constitution or articles of association)
- Most recent set of accounts
- A bank statement in the organisation's name and dated within the last three months
- An in-date safeguarding policy

**THE DEADLINE FOR APPLICATIONS IS 12PM ON MONDAY 18 MARCH 2024.**

We encourage anyone who wants to apply to:

- Carefully read the fund guidelines
- Refer to help notes next to the questions on the online application form
- Clearly describe the project activities
- Clearly outline the need that your project is addressing
- Clearly demonstrate how your project meets the fund aim and themes

While we are not able to review draft applications, please do not hesitate to contact us if you have any queries on [foundation@aeltc.com](mailto:foundation@aeltc.com).





# THE APPLICATION PROCESS

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Health and Wellbeing Fund opens:  
**Monday 19 February 2024**



Read the Health and Wellbeing Fund Guidelines



Meet the Funder event

**2pm Thursday 7 March** (To sign up please click [HERE](#))



Apply online and submit supporting documents  
**by 12pm Monday 18 March**



Applications are shortlisted by the Wimbledon Foundation team against the eligibility and fund criteria. Unsuccessful groups at this stage will be notified.



Shortlisted applicants will be called by the Foundation team to further discuss the application



Applications are reviewed by the grants panel and final grants are approved by the Wimbledon Foundation Board.



Applicants notified:  
**by w/c 3 June 2024**



Funded projects to start:

**1 August 2024 and complete by 31 July 2027**



Monitoring report submitted:

**Annual interim reports submitted with a final report submitted within four weeks of the end of the grant**



# HOW WE ASSESS APPLICATIONS

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## SHORTLISTING

The first stage of our assessment process is to review all applications and create a shortlist to take forward to the next stage.

We shortlist applications against the following criteria:

- Does the organisation fulfil all the eligibility criteria?
- Is the proposed project delivered in Merton and/or Wandsworth?
- Does the proposed project benefit at least one of the stated priority groups?
- Does the proposed project meet the fund aim and at least one of the fund themes?

## ASSESSMENT

Shortlisted applications are taken forward for a full assessment. This is carried out by the Wimbledon Foundation team and may involve us getting in touch with your organisation to request further information.

The assessment criteria closely match the questions in the application form:

- Project plan. Is the project plan clear and fully detailed and does the proposed project fit with the fund themes?

- Need. Does the application clearly evidence the need for the project and do the proposed activities address the identified need?
- Organisational experience. What previous experience do the staff or the organisation have delivering the proposed activities and working with the identified participant group? Does the organisation have a track record of delivering in Merton or Wandsworth?
- Outcomes and monitoring. Will the work make a difference to participants and how will the organisation measure this?
- Budget. Are the costs accurate and do they relate to the proposed project activities?

## TOP TIPS

- Carefully read the help notes next to the questions in the application form.
- Clearly describe the need, project activities and monitoring plan – feel free to use bullet points.
- Answer in sufficient detail for us to understand the great work your organisation aims to achieve.



# WHAT IS EXPECTED AFTER RECEIVING A GRANT?

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## MONITORING

If your application is successful, you will be expected to submit an annual report for each year of the grant period.

It is important that you gather information throughout the duration of your activities so that this can be submitted in the reports.

Each year you will be asked to report against the outputs you select in the application form, so make sure you select outputs which you will be able to achieve and measure.

In addition you will be asked for the following information:

- An overview of the activities delivered
- The number of people supported
- Demographic information about the people you supported
- Feedback from people benefiting from the work
- Any challenges or learnings from the project
- Two case stories
- An update on the budget for the project

An online monitoring form will be automatically sent to you each year.



# CONTACT DETAILS

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For further questions regarding the application process, please contact Lauren Palmer, Grants and Community Manager at: [foundation@aeltc.com](mailto:foundation@aeltc.com) or by telephone: **020 8971 2702**.

## THE WIMBLEDON FOUNDATION

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  @WimbledonFDN

The Wimbledon Foundation is a registered charity and company limited by guarantee.

Registered office: Church Road, Wimbledon SW19 5AE  
Charity registration number 1156996  
Company registration number 8559364.

## IMAGES

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