



1. Introduction

Paths to Health is a vibrant network - bringing people together to share learning and support each other to achieve a common goal – more people, more active in Scotland. Paths to Health supports this network in a number of ways:

- Providing financial investment to partnerships delivering health walk projects
- Supporting health walk projects to strategically plan, monitor and evaluate
- Training for project staff and volunteers
- Opportunities to share and learn from other health walk projects
- Dedicated Development Officer contact

Paths to Health empowers projects – supporting them to reach their goals to improve Scotland's health.

The aim of Paths to Health is **to support inactive people in Scotland to become more active through walking**. One way to achieve this is by providing grants to support local Paths to Health projects across Scotland.

The following information is designed to assist potential grant applicants by explaining how your application will be assessed against a number of criteria. This document also sets out the procedure for making an application.

2. What sort of projects will we fund?

Your project should support the overall aim of Paths to Health and your application needs to show how you will contribute to this aim. If your idea will encourage more inactive people to walk more then we will consider it for grant support. Paths to Health promotes walking in your local community and does not normally fund transport costs. We don't normally fund building of path infrastructure.

3. Who can apply?

Any organisation, group or partnership which can demonstrate that it is working in the interests of the wider community and can properly account for the expenditure of public funding is eligible to apply. For example; community groups, voluntary organisations, local health walks groups, local authorities, health services. Applications will be considered from anywhere in Scotland.

4. How long will we fund a local project?

The maximum period of time that we can support a local project is three years. The length of your project will depend on the type of project you are planning.

We welcome applications for both short and long term (up to three years) projects.

5. How much can we fund?

The amount we will consider funding will depend on the contribution of the project to Paths to Health aims and the extent of match funding secured from other sources. As a guide, a three year project is awarded £30,000 on average. No grant will exceed £40,000 or more than 40% of the total project costs.

6. How will your application be assessed?

Demand for Paths to Health grants usually exceeds the funds available. We will be using the following criteria in order to prioritise grant awards:

- **Health gain**

We know that getting inactive people to do a moderate amount of activity gives the greatest benefits in terms of health gains. However, we also know that this target group is the most difficult to motivate and involve. We need to know how your project will involve those who are not currently meeting guidelines for physical activity.

- **Partnership funding**

For all projects we will be looking at the level of funding commitment from other partners. The greater the amount requested from Paths to Health, the more this criteria will be important. For grants of £2,000 or less, where funding is requested for pilot work or to help develop a case for a health walk project we will not necessarily expect other funding contributions. However, at the other end of the funding spectrum we will be looking for significant funding from other partners.

- **Sustainability**

Paths to Health funding is designed to support the establishment of sustainable health walk projects and funding can be made available for up to 3 years. We understand that the time required to develop sustainable community based projects varies. If you apply for a grant for a 3 year project, Paths to Health will work with your Partnership to maximise opportunities for sustainability beyond the funding period. Paths to Health are unlikely to fund one off events which have no longer term impact.

- **Community involvement**

Applications should demonstrate the involvement of the local community in planning and running local projects. The development of volunteers within the community to help run the scheme is integral to achieving long-term sustainability of led walk programmes.

- **Partnership**

The development of local partnerships between the public, community and voluntary sectors is important. We would encourage applicants to work in partnership with relevant agencies in preparing a grant application.

- **Disadvantaged areas/health inequalities**

Priority will be given to projects operating in areas of disadvantage or targeting people suffering greatest health inequalities.

- **Project management & evaluation**

You must provide information to show that your grant will be managed effectively. This includes providing a realistic budget, having clear and feasible aims and objectives and showing how you will monitor and evaluate your project.

Existing projects funded by Paths to Health

Paths to Health will consider continuation of funding for projects which have already received 3 years funding, based on the following criteria.

1. Implementation of learning/new approach based on evaluation
2. Significant expansion of work or development of new ideas/innovation
3. Evidence of significant increased proportion of funding coming from local sources

7. Grant application procedure

Before deciding to submit an application you should discuss your ideas with a Paths to Health Development Officer. Telephone 01259 218855 or email: info@pathstohealth.org.uk. Paths to Health will work with your group during the grant application phase.

There are two separate application forms for:

1. grant requests of less than £2,000
2. grant requests exceeding £2,000

The level of information required in the application form will depend on the nature of your project and advice on this is available from a Paths to Health Development Officer.