

KEEP WELL

IN YOUR COMMUNITY



Galway County
Public
Participation
Network

Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe

Keep Well Christmas Grants Scheme GUIDELINES

What is it about?

The Government of Ireland has launched a national campaign called '[Keep Well](#)', aimed at supporting individuals and communities to mind their **physical and mental health** over the coming months.

This is part of the [Government Plan for Living with COVID-19](#) which highlights the important role that individual and **community resilience plays** in the ongoing response to COVID-19.

The 'Keep Well' campaign builds on the '[In this Together](#)' campaign launched previously and is focused on five main themes:

- **Keeping active** - keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.
- **Staying connected** - staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.
- **Switching off** and being creative - switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.
- **Eating well** - by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.
- **Minding your mood** – equipping people with information on where to go if they need support.

To **support** the 'Keep Well' campaign, the County Galway PPN invites communities, voluntary groups, sporting organisations, those involved in creativity and the arts, local heritage and history, businesses, to find ways to **support everyone** to discover **new activities and routines** that will do us **good**.

Isolation of people of all ages is a significant risk during the COVID-19 pandemic and periods of tight restrictions on movement and social interaction. Particularly over **Christmas and the winter months**

social isolation and loneliness can be more keenly felt. The PPN has therefore launched this **'Keep Well Christmas Grant'** Scheme.

What can I do?

Galway County PPN want help Member Groups to keep well and help communities while we continue to stay apart, particularly over this Christmas period, which will be unlike any other.

We invite you to carry out **projects** that will benefit groups and individuals in your community this Christmas (in line with the current health and safety guidelines). Projects should be designed to bring **positivity** to your community this Christmas and help everyone **stay connected**.

Examples of projects funded can include:

- Live, mobile, or pop-up entertainment in your community or healthcare / nursing home settings
- Online events, concerts, reading/writing clubs or story telling
- Online local lectures or webinars
- Creative engagement around a Community Christmas Tree or distributing an individualised craft for each household's tree
- Activity packs with useful resources, games or news
- creative arts, crafts, reading, writing, cooking or photography projects or competitions
- Inter-generational projects
- creative engagement with your community using phone, post, local media, digital platforms or social media
- creative projects to capture community memories of this unique time in our history
- any other ideas/projects designed to create connection and positivity

Who can apply?

Galway County PPN Member Groups / Organisations.

Application Process

- Call open Mon 9th Nov 2020
- Application **deadline** Tues 24th Nov 2020 @4pm
- Letters of Offer Friday 27th Nov 2020
- Funding projects should run between 1st and 31st Dec 2020
- Drawdown claim with receipts to be submitted by Friday 22nd Jan 2021 or grant is forfeit

Assessment Process

All applications will be **individually** assessed.

Projects will be assessed according to their contribution to **fulfilling the aims** of staying connected.

We encourage applicants to be aware of the 4 other aims of the 'Keep Well' campaign: Keep Active, Switch Off, Eat Well, Mind your Mood.

We encourage a 'whole of community approach' and especially welcome projects that reach out and engage groups at risk of **social isolation**.

How much funding is available?

Small grants of up to **€400 max.** per project will be available. The grant can be used to cover the cost of materials, prizes, equipment or resources required for the project.

A higher rate of grant will be considered where groups in a town/village come together for a whole-of-community approach to their project proposal.

We encourage grantees to **shop local**, supporting local businesses where possible.

Any questions please contact galwaycountypn@galwaycountypn.ie or call 091 509130.

More info:

Find out more about the Galway County Public Participation Network [here](#).

Email: cmay@galwaycoco.ie

[Facebook.com/GalwayCountyPPN](https://www.facebook.com/GalwayCountyPPN)

Twitter: [@GalwayCoPPN](https://twitter.com/GalwayCoPPN)

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Keep Well Christmas Grants Scheme APPLICATION FORM

Name of Community Group(s):	
Contact Name for Correspondence:	
Address for Correspondence:	
E-mail Address for Correspondence:	
Telephone No. for Correspondence:	
PPN Registration No.	
Tax Reference No. or Charity Registration No.	
Tell us about your proposed project for the 'Keep Well' Christmas Grant Scheme:	

How many people will benefit from your project?													
What will you use the funding for?	<table border="1"> <thead> <tr> <th>Description of Costs:</th> <th>Amount €</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>TOTAL</td> <td>€</td> </tr> </tbody> </table>	Description of Costs:	Amount €									TOTAL	€
	Description of Costs:	Amount €											
TOTAL	€												
AMOUNT REQUESTED:	€												

On behalf of our Group/Organisation, I confirm that:

1. I have read, understood, and accept the Terms & Conditions applicable to this funding.
2. I certify that all information provided in this application is truthful and accurate.
3. I agree to the processing and disclosure of information by Galway County Council and to other third parties if required for fund administration, reporting evaluation and audit purposes, and further consent to the disclosure of this information (name of applicant organisation, amount of grant award, details of project/event funded) by these parties relating to the marketing or promotion of this funding.
4. I confirm that we have adequate and comprehensive insurance cover for our activities and agree to indemnify Galway County Council.
5. I understand that this is a competitive process and agree to accept the decision of the assessment of my application as final.

This Declaration must be signed by Chairperson, Secretary or Treasurer, on behalf of Applicant Organisation:

Name (in block capitals):	
Signed:	
Position in Applicant Organisation:	
Date:	

Please submit your completed application by post to
PPN Unit, Economic, Rural & Community Development Department, Galway County Council, Prospect
Hill, Galway, H91 H6KX,
or by e-mail to galwaycountypnn@galwaycountypnn.ie (this is our preferred method of receipt – please
sign the form first, then scan & e-mail it).

**Closing date for receipt of completed application forms is
4.00 p.m. on Tuesday 24th November 2020.**