

	Organisation	Amount awarded	Primary Beneficiary	Project Outline
1	Age UK, Bristol	£18,798.00	Older people	Towards the <i>Walk More Bristol</i> project. Working with local communities/partners to significantly increase the levels of physical activity and wellbeing of people aged 55+ in Bristol by inspiring and enabling people to walk more.
2	Ashley Community Housing Ltd	£7,800.00	Refugees / asylum seekers / immigrants	To deliver the <i>Advocating for Myself</i> programme. The part-course, part-peer support group will combine Cognitive Behavioural Therapy (CBT) based exercises with a focus on improving self-awareness and wellbeing life skills, aiming to improve mental health, resilience, advocacy skills and personal agency of refugees in Bristol.
3	Autism Independence	£39,700.00	Minority communities	The Health & Wellbeing grant will fund work that will reach out to families caring for a family member with Autism, who have been hit hard by the pandemic. Monthly tailored one-to-one support will be offered, including education, social and health care support.
4	Avon Wildlife Trust	£14,690.00	People with mental health issues	Towards the <i>Wellbeing with Nature – Recovery and resilience</i> programme, providing structured green care interventions that support people to connect with nature and move on with the coping strategies that they need to self-manage their own wellbeing.
5	Bluebell Care Trust	£20,000.00	Minority communities	Bluebell Care Trust provide support to help families manage their mental health and wellbeing during pregnancy and after birth. Funding will go towards increasing and improving the reach of services through collaboration and co-production. The grant will help enable better access and support for perinatal mental health within Bristol's Black Asian and Minority Ethnic communities.

6	Centre for Sustainable Energy	£19,975.00	Minority communities	Towards the co-designing of warm homes support services for multi-generational South Asian households in Bristol through focused research and engagement. The project will address increasing reach of services, tackling inequality and reducing the environmental impact of housing and widening access to warm homes advice and support to support longer term health and wellbeing outcomes.
7	Free Your Instinct	£39,100.00	People with mental health issues	<p>Free Your Instinct is a young and dynamic charity that helps people with mental health support needs through the delivery of specialist Parkour classes by qualified and experienced coaches.</p> <p>Funding will cover the cost of employing a part time employee to coordinate and develop their activities with the aim of being able to expand their services and sustain a set of core activities in Bristol.</p> <p>The group aims to support people that identify as having a mental health issue who are likely to be at greater risk of developing long-term health conditions, acting as an early intervention/preventative activity</p>
8	Grassroot Communities	£35,474.00	Children & Young people	Grant funding will support young people and the wider community to develop a community led Knowle West Bike Club and develop a dirt track or/and create wooden bike ramps, with the aim of improving health and wellbeing. The activity will be based in an area where the population is at greater risk of developing long-term health conditions. The project will promote physical activity and healthy lifestyles among children and young people.
9	Groundwork South Trust	£37,354.00	Local residents	To support growing wellbeing needs within the Lockleaze area of Bristol with an aim to have a transformable impact on access to mental health services for the most vulnerable, disadvantaged and socially excluded local residents.
10	inHope	£19,785.00	People with alcohol / drug addictions	Towards turning inHope's existing <i>Life Recovery Programme</i> into a social enterprise that will train other organisations to deliver the recovery programme, which supports people in recovery from addiction, trauma and poor mental health.

11	Lovewell	£20,000.00	Minority communities	To support Lovewell to develop and expand in their work to provide women with a permanent safe exit out of sex work.
12	Many Minds	£10,000.00	People with mental health issues	Many Minds is a Bristol based mental health charity that facilitate creative spaces and make performances that put people who identify with experiences of mental ill-health in the driver's seat as a way to break down stigma and trigger generosity and equality and advocates for better access to the arts. The workshops and involvement in membership of the group are a form of self-care and could play an important role in prevention and early intervention in relation to mental health issues. Funding will provide time, space for the group to plan for the future of their organisation, or to increase their action on diversity, equity & inclusion.
13	Marmalade Trust	£39,950.00	Older people	Towards the work of Marmalade Trust in a city-wide effort to support people experiencing loneliness in Bristol.
14	Mind Your Music	£20,000.00	People with mental health issues	To run weekly music workshops over a two-year period, for people struggling with Mental Health difficulties in the Bristol area.
15	One 25	£20,000.00	Women	Towards the continuation and expansion of the <i>Peony</i> service for women facing multiple disadvantages, helping them break free from trauma by providing peer support and access to activities, training and employment.
16	Redcatch Community Garden	£8,100.00	People with mental health issues	The Community Garden is based in Redcatch Park in Knowle. The Health & Wellbeing grant will go towards increasing and improving the group's capability to collaborate with other local organisations to broaden and develop the services provided by this community garden which seeks to improve the health and wellbeing of local people.
17	Self-Injury Support	£39,678.00	Minority communities	To develop a suite of new self-help resources to help people move from self-harm to self-care, particularly for marginalised groups.

Bristol City Funds BCH – Health & Wellbeing Grant Programme
 Grants approved in Jan & Feb 2021 to local organisations meeting the fund’s priorities.



18	We Care & Repair	£32,000.00	Older people	Towards improving the health and wellbeing of older people and disabled people through expert information and support to improve their housing situation.
19	Womankind	£35,850.00	Women	Towards Womankind’s Bristol Befriending service, providing isolated women with enduring mental health issues with a volunteer befriender, to provide support to improve their mental health and wellbeing.
20	Young Bristol	£7,288.98	Older people	Young Bristol will use the Health & Wellbeing funding to pilot a new “walking football” community project in the Stockwood area of Bristol to benefit people aged 55+
	Total approved following first funding round¹	£485,543.00		

¹ We will advertise upcoming grant rounds until the available funding has been distributed. The next grant round will open at 8am on Tues 23 March 2021 and close at 11am on Tues 27 April 2021. Please be aware that we will be reviewing learning from the first funding round at a session on the 16th March and we may make changes to the funding criteria and guidelines after this date. More information can be found from the Quartet Community Foundation website here: <https://quartetcf.org.uk/grant-programmes/bch/>