

**Grants to help people with poor Mental Health and/or Learning Disabilities to stop them getting diabetes or to help them if they already have diabetes.**



Healthwatch Darlington and Darlington Borough Council are working together to give money to organisations to try and stop people getting diabetes, to help people learn about diabetes and to help people who might already have diabetes.



We want to work with organisations who work with people who have poor mental health and/or a learning disability.

We will support ideas that will help prevent type 2 diabetes.



We want you to help stop further diabetic problems amongst people who already have diabetes.



We want you to help people understand their diabetes risk and talk to their doctor.

We want you to support people to take part in organised learning courses. To help prevent diabetes or to help people take control and manage their diabetes.



We want you to use the money to work with other organisations that will help support diabetes learning and care in the future.

## About the grants



A grant is a sum of money that we will give you to deliver a new project or run an event or activity.



The project, event or activity must be about diabetes and it must take place in Darlington.



You can apply for a grant as an organisation.

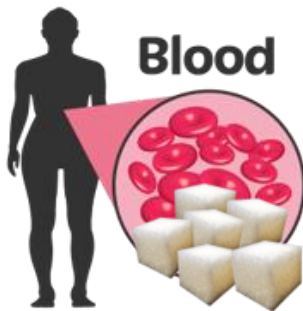


The grants are between £500 and £8000. This means the least you can apply for is £500 and the most you can apply for is £8000.



We want to support projects that improve the lives of people with poor Mental Health and/or Learning Disabilities in Darlington who are at risk of getting diabetes or who already have diabetes.

## What is Diabetes



Diabetes is an illness that means there is too much sugar in your blood.

Your body can not turn the sugar into energy, so it stays in your blood.



This causes problems.



Normally your body makes something called insulin. Insulin helps you to turn your blood sugar to energy.



When you have diabetes your insulin is not working properly, or your body is not making enough insulin.



Diabetes can happen to anybody.

## Things to think about



The grants are for non-profit activity. This means that you can't make any money from it.

You must apply for a grant by Friday 12<sup>th</sup> May 2023. It can be for any amount between £500 to £8000.



We have £8000 to spend so we could give all our money to just one project or we could give smaller amounts such as £500, £2000, £5000 to a few projects.



Your project or activity must take place after we have confirmed the grant with you. We can't fund you for work that you are already doing.

The project or activity should be delivered within 12 months of you getting the grant.

## There are some things we cannot give grants to:



Repeat activity – your project must be new.

School or college projects or activities.



Your everyday costs like wages or electricity bills and others.

Projects that are not in the Darlington Borough



Projects that want to spend more than half of the funding on equipment.

Charity fundraising events, competitions or lotteries.



Projects that promote party political or religious views.

## How to apply



Complete the application form.



Your answers will help us to learn what your project is about, who it is for and if it's likely to be a success.

The more you tell us, the easier it will be for us to imagine and understand it.



We also ask some questions about your organisation. This is so we know how to contact you.



When you tell us about your project you can write up to 500 words for each answer.





If you prefer you can answer the questions in a video or audio recording. Any recording should not be longer than 15 minutes.



You can also send us a budget for your project. A budget is a plan to show what you will spend the money on.



It is also helpful to send us a plan of your project. This could show when things will happen and any important deadlines you have to meet.



If you would like to talk to someone about your project before applying then please call 01325 380145 or email [info@healthwatchdarlington.co.uk](mailto:info@healthwatchdarlington.co.uk)

Make sure you do this in plenty of time before your deadline.