

Community Grants Application Guidelines



What is the Northern Regional Wellness Coalition?

The Northern Regional Wellness Coalition membership is comprised of community-based organizations, agencies and non-governmental departments. The goal of the coalition is to improve the wellness of its residents. Its guiding document, Achieving Health and Wellness, is a Provincial wellness plan for Newfoundland and Labrador residents that aim to improve the overall health of the province and help individuals achieve their optimal state of wellness. In keeping with this ideology, the Coalition is complementing these efforts with initiatives that promote and encourage the following priority areas: healthy eating, physical activity, tobacco control, injury prevention, mental health promotion, environmental health, child & youth development and health protection.

What is the purpose of Community Grants?

The purpose of Community Grants is to provide monetary and resource supports to engage community involvement and encourage actions to promote the priority areas previously mentioned. In addition to funds, promotional items can be made available (please see budget section of application).

Who is eligible to apply?

The Regional Community Grants will target non-profit groups who are working to promote wellness in their communities. Examples include schools, town councils, community/service groups, etc.

Please note:

Eligible groups must be operating within the geographical area served by the Northern Regional Wellness Coalition. The Coalition serves a rural region that is broken into two parts: South Labrador Coast (L'Anse au Clair – Normans Bay) and the Northern Peninsula (Reef's Harbour/New Ferrole to St. Anthony and all points in between).

Are there deadlines for the submission of applications?

There is an open call for grant application submissions.

Please Note: The committee will not fund or reimburse an event/activity that has already started or taken place. Successful applicants must allow approximately 6 weeks for review of application and the receiving of funds.

What is a community grant used for?

The Community Grant can be used to fund a variety of activities/initiatives that promote one or more of the following wellness priority areas:

Healthy Living (e.g. physical activity, being smoke-free)

Healthy Environment (e.g. recycling program, pollution education)

Mental Health (e.g. stress management, coping skills, self-esteem building)

Injury Prevention (e.g. helmet use, falls prevention, etc.)

Health Protection (e.g. sexual health, etc.)

Chronic Disease Prevention (e.g. Type II Diabetes, etc.)

Child and Youth Development (e.g. Healthy Relationships, etc.)

Some Eligible Expense Examples

- Small scale sport equipment such as balls, racquets, bats, nets
- Exercise equipment such as exercise mats, weights or resistance bands
- Physical activity equipment such as snowshoes, skis and active games (CSA recommended)
- Community gardening tools and supplies
- Healthy equipment such as blenders, fridges/coolers, toaster ovens
- Small hardware or paint to repair physical activity equipment
- Small scale playground equipment (CSA recommended)

What will not be funded /not eligible?

- Contributions to a fund-raising drive; annual or otherwise.
- Core operating expenses (salaries, utility bills, rent).
- Capital expenditures (computers, office equipment, large exercise equipment)
- Scholarships or bursaries awarded to individuals.
- Infrastructure (initiatives that may require construction, maintenance, etc.)
- Conference attendance or professional development workshops
- Large scale exercise equipment like treadmills, elliptical, stationary bikes, etc.
- Clothing or uniforms
- Second hand equipment

What amount of funding will be available?

Grants are available for a maximum of **\$1000**. The NRW Steering Committee reserves the right to determine what projects will receive funding and the amount.

School Trips/Come Home Year Celebrations/Snacks

Up to a maximum of \$500 is available for school trips and Come Home Year Celebrations to help offset the cost of activities that have a wellness focus or to provide healthy snacks.

For any request for funding for healthy snacks, a maximum of \$3.00 per person will be allotted.

How do groups/individuals apply for a Community Grant?

Each group/individual must complete an application that has been included in this package. Potential recipients can apply/submit online (<http://www.northernwellnesscoalition.com>) mail or fax the document to the Northern Regional Wellness Coalition using the address indicated on the form.

How and when will successful applicants be notified?

Within 30 days applicants will be informed via letter/fax/email of the status of the application.

Do grant recipients have to complete a final report for the Coalition?

Yes. All grant recipients will be required to submit a final report. Please refer to the Project Reporting Form. When completed please send via mail, email or fax to the address indicated. All reports and receipts are to be submitted within 30 days of the end of the project. Failure to provide the required documentation will affect the likelihood of receiving funds for future projects.

Revised January 22,2020