

Appendix A. Eligibility Criteria

The central aim is to encourage projects which are designed to improve health and wellbeing for the people of Rutland by enabling people to have a healthy life; schemes should enable people to be more active, to improve diet and nutrition and be a healthy weight, have good mental health and offer opportunities for social connection, with a view to improving wellbeing for Rutland residents and prevention or postponing ill health.

- Projects should target people who have low levels of activity (sedentary) and/or who at risk of social isolation and will support people to sustain their mental and/or physical health and wellbeing. Providing information and support programmes which help and enable people to improve their general wellbeing.
- Be evidence based or innovative
- Projects should contribute to the aims of the Rutland Better Care Fund programme:
 - Reducing hospital admissions (through avoidance of ill health)
 - Reducing injuries due to falls
 - Reducing delays to hospital discharge
 - Enabling people to remain living independently at home as they get older, if this is their wish
 - Overcoming the barriers to people becoming more active or making social connections

Projects may focus on:

- Encouraging motivation
- All ages - Multigenerational participation and benefit
- Improving accessibility
- Transport (e.g. by increasing activities in the villages reducing the need for travel).
- Use of proven national frameworks – e.g. Mental Health First Aid and Five Ways to Wellbeing
- Projects tailored to specific communities, building on existing community assets - village halls and greens, playing fields, paths, allotments, local organisations, village shops and venues (pubs and cafes), workshops, bus services, allotments, local businesses, skills and knowledge of local people, veterans, care homes.

Projects must be able to demonstrate:

- Community support

Projects **will score more highly** if they demonstrate:

- Scope for sustainability beyond the lifetime of the grant or an exit strategy
- How they are working in partnership.
- Co-funded projects.