

Easy Read

Arts, Health and Wellbeing

Information about applying for funding



This document was written by the Arts Council of Wales. It is an easy read version of 'Arts, Health and Wellbeing. A National Lottery Arts Funding Programme'.

August 2023

How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. You can check what the words in blue mean on **page 43**.

Where the document says **we**, this means **Arts Council of Wales**. For more information contact:

Website: arts.wales

E-mail: grants@arts.wales

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Introduction



This document is about our **Arts, Health and Wellbeing National Lottery funding programme**.



This document will tell you about our fund. And help you prepare to apply for the fund.



If you want to apply for money from our fund, you should read this information first. And you should also read the information on this web page: arts.wales/resources/national-lottery-funding-guidelines

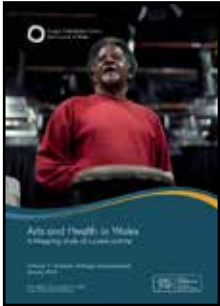


It will tell you more about who can make an application, and how much you can apply for.



And there is information about where you can get more help.

Our current work on this programme



We published the findings of our study on arts and health in Wales in January 2018. You can read about it here: arts.wales/sites/default/files/2019-02/Arts_and_Health_Volume_1_0.pdf



We have been working with people in Health services to find out how doing creative things can help build a healthier Wales.



We have worked with Health Boards across Wales to develop our work.



The Welsh Parliament's **Cross Party Group on Arts and Health** is helping to create awareness about this programme.



The **Wales Arts Health and Wellbeing Network (WAHWN)** are:

- Providing training.
- Providing a chance for organisations to work together.
- Sharing stories across Wales.



The **Health, Arts, Research, People** also called **HARP**, was an important programme. It was run by Y Lab at Cardiff University with Nesta and supported by the Arts Council from **2020-2022**.



HARP focused on finding new ways to support the health and **wellbeing** of people in Wales.

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.



We used what **HARP** found out through their research to improve this funding programme.



Arts organisations, artists, local authorities and Health Boards across Wales also do important work on arts and health.



Their work has helped to improve **participants'** and patients' health and **wellbeing**.

A **participant** is the name given to someone who takes part.



Many of these organisations need funding to continue with their work.



Our **National Lottery programme for Arts, Health and Wellbeing** aims to support this work and explore new ideas.



We want everyone in Wales to enjoy the health and **wellbeing** benefits of the arts.

Especially people who may not have the same chances to get involved in the arts. Like:



- People who are Black, Asian, or Minority Ethnic - Minority Ethnic people are people who live in places where most of the other people are a different race.



- People who are deaf or disabled.



- People from poorer areas.

About this fund



We know that the arts can help people with their health and **wellbeing**.



There are lots of projects that use the arts to help people feel better.



We want to give our money to organisations who run these projects.

They can be arts, health, nature, **social care** or **third sector** organisations.



Social care is work with children or adults who need more help. For example taking care of someone in their home.



The **third sector** is another name for voluntary, charity or campaign organisations.



They must be working together to use art to help people with their health and **wellbeing**.



We believe in a law called the **Wellbeing of Future Generations Act**.



So we will give lots of thought to **equality** and **diversity** when we give out this funding.

Equality means treating everybody fairly.



Diversity means including people from different backgrounds, such as Black, Asian and Minority Ethnic people. It also means including people from poorer areas. And people of different sexualities.



And we will give lots of thought to the Welsh language.



You can apply for money between **£500** and **£50,000**.



Only 1 of the organisations in your project can be in charge of your application.



There are some rules about which type of organisations can apply. Your organisations have to be the right type.



There is more information about this in this document. For more information click here: [arts.wales/resources/national-lottery-funding-guidelines](https://www.national-lottery.com/arts-wales/resources/national-lottery-funding-guidelines)

The types of project we want to give our funding to



We want our funding to go towards exciting art projects. And projects that are good for what is happening right now.



We want your project to help people in the way they really need it.



We want your project to be able to keep working for a long time. And we want it to work well in the areas it is meant for.



We want your project to really work for the right people. This means arts organisations will need to work with health care organisations.



We are interested in supporting new ideas to see if they work.



And we are interested in helping ideas that already work to keep on working.



And to make ideas that already work grow even bigger.



We are very interested in projects that try to stop people from becoming unwell in the first place.

Strong partnerships



A **partnership** is when 2 or more organisations work together on something.



We want to see how 2 or more organisations can work together to make their project.



We want to know that their partnership is strong.



This means they must be good at working together. And that they have the same goals.

Evaluation



Evaluation means looking at what was good or bad about a project and how it improves people's lives.



We only know if something is working if there is proof.



We will need to know that you have a good way to test if your project works.



You should make sure you know how much it could cost to do this.



You should keep some of your money aside especially for this.



You could ask other people to do this for you, like a **researcher**. Or you could put time aside to do it yourselves.

A **researcher** is someone who is very good at getting information about something. For example, they collect information and look at it closely to see what it means.



You should know lots about the work you are doing. And you should know about the other information that's out there too.



You should think about how the work you are doing can help people understand more. And how you can add to the information that is already out there.

Important ideas



There are many things you could chose to work on in health.



Covid-19 has meant that some areas of health work have become even more important. And we are especially interested in those areas.

Some of those areas are:



Mental health - This is about helping people to feel better about their feelings and thoughts. For example, a project that tries to help reduce loneliness through the arts.



Health inequalities - This means that not everyone is healthy. Lots of different things – like where people live, the job they do and their income – affects how well they feel.



We are especially interested in projects that include people with lots of **diversity**.



This includes Deaf and disabled people. And **neurodiverse** people.

Neurodiverse means people with brains that work in a different way to others.



Physical health and wellbeing - We are interested in arts projects that help people be more active.



Nature - This means projects that help people feel better by connecting with nature.

Who can apply



Organisations who are working with other organisations. Individual organisations or individual artists cannot apply.



At least 2 organisations must be involved in the project to apply.



1 of the organisations has to be an arts organisation. And 1 of the organisations has to be involved with health or social care.



If your project is about nature, you need a nature partner.



1 of the organisations will need to be in charge of the application.



Organisations can check this website to see if they can apply: arts.wales/resources/national-lottery-funding-guidelines



The health organisation could be a Health Board, an NHS Trust organisation or a group of doctors. Or it could be a charity or a group who focusses on social care or **wellbeing**.



If you're not sure if your organisations are the right type you must speak to us. You should do this before you start your application.

Creative Nature and Health projects



Nature can help improve **wellbeing**.

We want to support projects that want to:



- Help people connect with nature.
- Improve health or **wellbeing** through the arts.



Especially people who may not have the same chances to take part in the arts. Like:

- People who are Black, Asian, or Minority Ethnic.
- People who are deaf or disabled.
- People from poorer areas.



Creative Nature and Health projects must meet all the requirements for the **Arts, Health and Wellbeing fund**.



1 of the organisations has to be a nature organisation, 1 should be an arts organisation. And 1 of the organisations has to be involved with health or social care.



Nature organisations could be an environmental charity, an organisation that owns or looks after outdoor spaces or organisations that campaign for **climate justice**.

Climate justice is about looking after our planet and making changes to help stop it from being damaged by mankind.



But also, to make sure people are treated fairly, because people who live in some parts of the world are being affected much more than others.

How much can you apply for?



We have 3 different levels of funding. We call them **Groundwork and Test grants**, **Invest grants** and **Scale grants**.

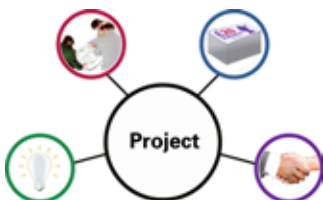
- **Groundwork and Test grants** are £500 to £15 thousand.
- **Invest grants** are £15 thousand to £35 thousand.
- **Scale grants** are up to £50 thousand.



Groundwork and Test grants can help you find organisations to work with and to test new ideas to see if they work.



Invest grants are for ideas that have already been tested. This is to help projects to reach more people and keep helping.



Scale grant is to grow a successful project in new areas and make it last longer.



When it is really needed, we will think about giving more than £50 thousand. You should talk to us if you think you have a project at this stage.



For any of the grants, your organisation will have to put in some of its own money as well.



We will also give funding to organisations for training their staff. The training should be about the arts and health.



We normally only give organisations 1 grant at a time. But we might give another grant if 1 of them is for training.



There are specific deadlines for this fund. These are published on our website.

What stage your project is at



Here is a guide of what stage your project could be at and what activities we would fund.



Groundwork and Test stage:

- You haven't tested your idea.
- You know what health challenge you want to explore.
- You have an organisation who wants to work with you on this project (this is called a partner organisation).

Activities we will fund:

- Meetings for health and care organisations.
- **Research.**
- Involving people to develop the project idea.



Invest stage:

- You have tested your idea.
- You have a clear way for people to be recommended to the project.
- The project idea works well, and you know how it will make a change.
- You want to reach more people.

Activities we will fund:

- Artists' costs to deliver the project.
- Other delivery costs.
- **Evaluation.**
- Communications like videos.
- Plans to make the project work for longer and make money for the future.



Scale stage:

- Your project idea has proved successful.
- You want to grow this project in new areas of health and social care.

Activities we will fund:

- Meetings with new partner organisations.
- Making new pathways and goals
- Training other organisations to deliver the project in new places.
- **Evaluation.**
- Plans to make the project work for a longer time and make money for the future.

What we will think about when we decide who to give funds to

When we give thought to an application these are some of things we will be thinking about:



- How good the idea is. And how well it will help with health and **wellbeing** for the people taking part.



- How important the health area is that the project is about. And whether there is proof that it is important at the moment.



- How strong the organisation's partnership is.



- How well they've done in the past, and if there is proof that they are good at working together.



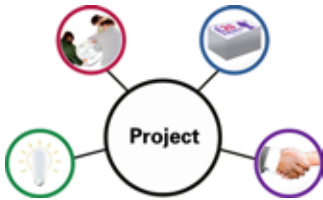
- How good the plan to make the project happen is. And if there is a good plan to check it works.



- If testing the project will help us to learn and understand more.



- How easy it will be to keep the project going.



- How easy it will be to make the project bigger.



- If the project can be useful for other areas of arts and health.



- If the project is well planned, and if everyone involved knows what they're doing.



- If the organisations have thought carefully about the amount of money the project will cost.

When we make a decision



If you apply for **£50 thousand or less**, we will aim to let you know if you will get the money or not within 8 weeks from the deadline date.



If you apply for **more than £50 thousand**, we will let you know if you will get the money or not within 12 weeks from the deadline date.



The amount you apply for may include **access costs**. **Access costs** are for things like using specialist software to help you read, using BSL interpreters or having a support worker.

After you finish your project



If you get money from us, we will need you to fill out a form at the end of your project. This is called a **Completion Report**.



This is to help us understand what worked well in your project, and what didn't work well. And we will want to share this information with more people we work with.



The Arts Council works with an organisation called the **Wales Arts, Health & Wellbeing Network**.



They have something called a **case study template**. A **case study** is when we take lots of information from a project and use it to learn.



Organisations we give money to must tell us how their project went through a case study. And use the Wales Arts, Health & Wellbeing Network template to do this.



Then you can add your case study to all of the others at Wales Arts, Health & Wellbeing Network. wahwn.cymru/case-studies



This will help add to the information we have about the arts, health and **wellbeing**. So, others can learn from this information too.



If you use a **researcher** to do your **evaluation**, you can send a report from them too.

What questions will we ask

This is how the application form will be set out. It has 17 sections:



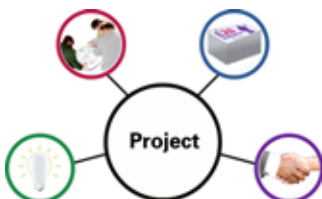
1. Pre-application Checks

This will give you an introduction and a list of things you will need to check.



2. Contacting You

You will need to give your contact information. Including any language needs you might have and your bank account information.



3. About your Project

This is where you tell us about the important bits of information about your project. What it's called and when it will start and end. And how you will spend the money you are applying for.



4. Project Proposal

This is where you tell us all about your project. It has 3 sections to answer:



a. What part of arts and health does your project help? You can have more than 1 answer.

Mental Health & Wellbeing. This means helping people to feel better about their feelings.

Physical Health & Wellbeing. This means helping people to feel better and more active.

Health Inequalities. This means helping people who are not as well as others.

Staff Wellbeing. This means helping people who work in the arts, NHS or social care to be healthier.

Creative Nature and Health. This means projects that help people feel better connected with nature.



b. Where are you with your project? You can only choose 1 answer.

- **Groundwork and Test** – we have an idea we want to test.
- **Invest** – we've tested our idea and we want to develop it more.
- **Scale** – our idea works, and we want to keep it working and reach more people.



c. We'll ask you to explain what has happened with your project. This is called a summary. We might share this information with others and the public.



5. Your partnership

This is about the organisations you are working with. There are 2 parts.



a. Who are your partners for this Arts and Health project?

Please list them in the application form. Tell us who will be doing what in your project. At least 1 of your organisations has to be an arts organisation, and at least 1 has to be a health organisation.



b. Tell us about your partnership with your other organisations. It is important to us that you have a strong partnership.



6. Health Challenge

Which area of health does your project focus on?
How can your other organisations help with that?



7. Your Project

Tell us very clearly about the arts activities you want to include in your project.

- Why do you want to do this project?
- Which artists will be part of it?
- Where will the activities happen?
- Who will it help?
- How will you find the people who you want to help?

8. Equalities, diversity, inclusion



There is a lot of health inequality in Wales. We are very interested in projects that might help to change this.



This means projects that include Deaf and disabled people, **neurodiverse** people and Black, Asian and Minority Ethnic people. And people from poor areas.



We want to know how your project will include these people. And how it might help people who do not usually take part in art.



And we will want to know how you are going to check this and keep track of it.

9. Your impact



You will need to have clear targets for the different groups of people in your project. There will be a table in your application form where you will need to put this.

10. Learning and evaluation



Evaluation is very important. Testing things means we can understand why things do or don't work, and we can learn from this.

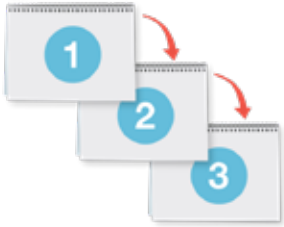


We are interested in projects that can learn right from the start of their work.



We want you tell us how you will **evaluate** your project. We would like you to tell us this by answering these questions:

- Who will be in charge of evaluating your project?
- How much proof is there already about what you are doing?
- What do you want to find out from this project? What questions are you and your partners hoping to answer?
- How will you keep track of how your project is helping? And how will you record this?
- How will your work add to the proof and information that is already out there?



11. What are your hopes for this project in the future?

Tell us how you hope your project will keep going and how it will grow.



12. Artform

Give us information about the types of art you will have in your project.



13. Activity Types

Give us information about the types of activity you will have in your project.



14. Targets

Tell us about your targets. For example how many performances or workshops would you hope to run? How many people would you hope take part?



15. Language

Tell us if you think your project will have an effect on the Welsh language, choose one:

- It will have a good effect.
- It will have a bad effect.
- It won't have any effect.



16. Location

Tell us where your activities will take place.



17. Equalities

We will want you to involve people with a lot of **diversity**. And we will want you to tell us how you will keep track of this.



Supporting documentation

If you are applying for more than £10 thousand, you can give us more information to help your application.

This should be no more than 5 pages long. And the font size must be 12 point or bigger.

What if I have a question?



If you have a question about your project, you can contact us by:



Email: artsandhealth@arts.wales



Phone: 03301 242733 (between 9 am to 5 pm from Monday to Thursday. 9 am to 4 pm on Friday).



Website form: arts.wales/about-us/contact-us



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

We will get back to you as soon as we can.

Hard Words

Climate justice

Climate justice is about looking after our planet and making changes to help stop it from being damaged by mankind.

Diversity

Diversity means including people with different backgrounds, such as Black, Asian and Minority Ethnic people. It also means including people from poorer areas. And people of different sexualities.

Equality

Equality means treating everybody fairly.

Evaluation

Evaluation means looking at what was good or bad about a project.

Neurodiverse

Neurodiverse means people with brains that work in a different way to others.

Participant

A participant is the name given to someone who takes part.

Researcher

A researcher is someone who is very good at getting information about something. For example, they collect information and look at it closely to see what it means.

Social Care

Social care is work with children or adults who need more help. For example taking care of someone in their home.

Third sector

The third sector is another name for voluntary, charity or campaign organisations.

Wellbeing

Wellbeing means a person is happy, healthy and is comfortable with their life and what they do.