

tower hamlets



change  
4 life  
Eat well Move more Live longer

# Can Do Community Grants

## Application Form

• PROJECT GRANTS OF UP TO £500 •



## Can Do Community Grants Guidance

All applications have to meet the following criteria, you need to answer yes to all!	Yes	Office Use
• The idea of an individual community member or small group, who will lead the activities	<input type="checkbox"/>	
• Small, voluntary community-based activity, not designed by paid workers	<input type="checkbox"/>	
• The project will support those involved to develop their skills	<input type="checkbox"/>	
• At least 85% of beneficiaries are from Tower Hamlets	<input type="checkbox"/>	
• The project is new or a development of existing activities	<input type="checkbox"/>	
• Good value for money	<input type="checkbox"/>	
• Project run in the paired LAP area	<input type="checkbox"/>	


Can Do Grants will support projects that make Tower Hamlets a healthier environment and meet one or more of the following priorities	Yes	Office Use
• Active Lives e.g. more physical activity	<input type="checkbox"/>	
• Active Travel e.g. cycling or walking your usual routes	<input type="checkbox"/>	
• Healthy Food e.g. grow your own food projects	<input type="checkbox"/>	

The following cannot be funded:

• Applicants that are paid to run the project
• Promotion of a political ideology
• Travel overseas
• The purchase or improvement of a building

### Applications from young people

We welcome applications from young people. Where an applicant is under 18 years of age it is necessary to have a sponsor who will guarantee to support them throughout the project. The sponsor must provide their contact details and signature in section 6 of the application form.

<b>Office Use</b>	 <p>The logo features the word 'change' in blue, '4' in red, 'life' in green, and 'E' in blue. Below it, the tagline 'Eat well Move more Live longer' is written in red.</p>
-------------------	---

## 1. Your details

Name of activity / project to be funded:

How many people are involved in running your project?

Are you all local residents / community members?

Yes <input type="checkbox"/>	No <input type="checkbox"/>
------------------------------	-----------------------------

If no explain who else is involved:

### Main Contact's Details

First name:	Last name:	
Home or contact address:		
<input type="text"/>		
	Postcode:	
How would you like us to contact you?		
<input type="checkbox"/> Home phone:	<input type="checkbox"/> Work phone:	<input type="checkbox"/> Mobile:
<input type="checkbox"/> Email address:		

## 2. Your community

a) Which community in your area do you aim to benefit? A category of people (e.g. young people), neighbourhood (e.g. Ocean Estate ) or community of interest (e.g. African women etc):

b) At least 85% of beneficiaries are from Tower Hamlets?

Yes <input type="checkbox"/>	No <input type="checkbox"/>
------------------------------	-----------------------------

c) How many people do you plan to reach through this project? Please tick one box:

<input type="checkbox"/> 1-10	<input type="checkbox"/> 11-24	<input type="checkbox"/> 25-49	<input type="checkbox"/> 50 or over
-------------------------------	--------------------------------	--------------------------------	-------------------------------------

d) Where will this project take place? Try to be precise; e.g. location, venue, centre, including postcode (Must take place in paired LAP area).

### 3. Your project or idea

a) Describe in no more than 200 words the activity you would like to organise? Try to describe how you plan to carry out the project, including steps you will take to make your idea work:

b) When do you hope this project will start?

c) When will this project be complete (This project must be completed by end Sept 2012). When will you know that this project has been successful?

d) Who else is involved in this project? How will they help you? What is/are their role(s)?

e) Which of the Can Do priorities does your project meet? You can tick more than one if relevant. (See guidance notes for further information on this).

<input type="checkbox"/> Active Lives	<input type="checkbox"/> Active Travel	<input type="checkbox"/> Healthy Eating
---------------------------------------	--	---

f) How does your project meet the priorities you ticked above?

g) How will you know this project has been successful?

--

## 4. You and your experience

a) Why do you want to carry out this project? What is your motivation?

--

b) Do you need help in turning this idea into reality? The Can Do programme is keen to support you to develop relevant skills so please list any training that might help you.

Yes <input type="checkbox"/>	No <input type="checkbox"/>
------------------------------	-----------------------------

If yes, what help do you require?

--

## 5. The future

If your idea goes well, what do you see happening next? What are your long term goals?

--

## 6. Declaration

**Can Do Grants are only offered to individuals who will carry out their project on a voluntary basis.** Please sign the following statements:

I confirm that I will carry out the project activity described in this form on a voluntary basis.	
Your name:	
Your signature:	Date:

Are you under 18? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, you will need a sponsor to countersign this form (see guidance notes)	
Sponsor's name:	
Sponsor's signature:	Date:
Sponsor's Contact Address:	
	Postcode:
<input type="checkbox"/> Email address:	
Relationship with applicant:	

## 7. Budget




**Please provide a breakdown of the things you will need to carry out the project.**

- Include as much detail as you can about the cost of every type of thing that you need to pay for.
- You can include things that will be donated (in kind) or that you will borrow; this will show that you have thought about how to make the best use of local resources.
- You can use the 'notes' column to explain why the item is needed or to say if the cost is a quotation.

Item	Rate/number/per item.	£	Notes
		<i>Total</i>	
		£	
		<i>Amount requested</i>	
		£	
<p><b><i>If the amount requested is less than the total project cost please say how you will raise the balance and if this is secured or not?</i></b></p>			

**Closing Dates: 5pm, Sunday 24<sup>th</sup> June, 2012**

**Please return your completed form by hand, in post or by email to the Community Development Worker for the area where your project is primarily based from the list below:**

<p><b>Osmani Trust</b> (LAPs 1 and 2) 58 Underwood Road, E1 5AW <b>Alema Akthar</b> Email: <a href="mailto:cando@osmanitrust.org">cando@osmanitrust.org</a> Tel: 0207 247 8080 Mob: 07960 035835</p> 	<p><b>Stifford Centre</b> (LAPs 3 and 4) 2-6 Cressy Place, E1 3JG <b>Afzal Mahmood &amp; Selma Piro</b> Email: <a href="mailto:info@stifford.org.uk">info@stifford.org.uk</a> Tel: 020 7790 3632 Mob: 07956 413417 (Afzal)</p> 
<p><b>Bromley by Bow Centre</b> (LAPs 5 and 6) St Leonards Street, E3 3BT <b>Riarna Pinnock</b> Email: <a href="mailto:riarna.p@bbbc.org.uk">riarna.p@bbbc.org.uk</a> Mob: 07507 556923</p> 	<p><b>Island House</b> (LAPs 7 and 8) Roserton Street, Isle of Dogs, E14 3PG <b>Cathy Weir</b> Email: <a href="mailto:cando@island-house.org">cando@island-house.org</a> Tel: 0207 531 0312 Mob: 07407 629784</p> 