

The logo features the text 'Frome Vale Grassroots Grants' in a bold, dark blue font, centered within a horizontal green band. The background consists of abstract, flowing shapes in shades of purple, teal, and light green.

# Frome Vale Grassroots Grants

## Frome Vale Grassroots Grants

Bristol City Council and Bristol Charities are delighted to award £10,000 in grant funding to Frome Vale ward to fund locally led projects that help strengthen the local community and to improve opportunities for local people. This money will be administered by the Frome Vale Grant Committee, which comprises of a resident led action group.

The grant scheme has been set out to tackle 5 main priorities when building community capacity and infrastructure:

- Isolation of older people
- Mental Health & wellbeing
- Youth Provision (aged 8 and over)
- Food Provision
- Cost of Living

We will be looking for a project that supports wellbeing of the community, so you may want to consider the below themes within your application:



### **Connect -**

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

**Be Active -**

Going for walks, stepping outside. Cycling. Play a game. Garden. Dance. Exercising makes you feel good! Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

**Take notice -**

Being curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you to appreciate what matters to you.

**Keep Learning -**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

**Give -**

Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**Who Can Apply:**

- Individual residents (with a community focussed project), un-constituted or constituted resident-led groups (no businesses or third sector organisations)
- You must have a bank account where the grant money can be sent to and reserved only to be spent on the project applied for.

**How to Apply:**

You can apply through our online form [Frome Vale Grassroots Grants \(office.com\)](https://www.fromevale.org.uk/office.com) or, if you'd rather come and visit us to chat through your ideas, we'd love to meet you! We're welcoming people to come to the Vassall Centre and have a cuppa and apply in person; please email us on [office@vassallcentre.org.uk](mailto:office@vassallcentre.org.uk) to arrange this.

**What Bristol Charities can provide?**

- Administration: we can support you with the entire grant process from filling in the forms to helping you record the finances.
- Communication: we can support any project with posters, flyers, social media, our website and local media
- Capacity: do you need volunteers for your project? We can support you to get the help you need
- Future funding: as an anchor organisation, we can help you to secure future funding to keep your project running longer-term.
- Event space: we have space at Vassall Centre which could be the perfect location for your project or event.

**When to apply:**

The deadline for applying for a Frome Vale Grassroots grant is 28<sup>th</sup> July 2023.

**Further information:**

If you have any questions or would like to discuss your ideas, please contact:

Charity or Zoe – [office@vassallcentre.org.uk](mailto:office@vassallcentre.org.uk)

**Frome Vale Ward Map**

