

## **Guidance Notes – Arts & Activity - A Fund for Adult Health & Wellbeing**

### **1. About this fund**

The Arts & Activity fund supports projects that improve the health and wellbeing of adults aged 25 and over through creative, active and therapeutic approaches.

We are particularly interested in projects that use music, art, or physical activity to improve wellbeing, build confidence, and strengthen social connections.

### **2. What we fund**

We fund projects that:

- Support adults aged 25+
- Use music, art, or sport/physical activity as the primary intervention.
- Deliver non-clinical activities that improve wellbeing.
- Create positive outcomes such as improved mental health, confidence, resilience, or social connection.

### **3. What we do not fund**

We do not fund:

- Clinical or medical treatment.
- Capital projects (e.g. buildings or major equipment).
- Retrospective funding (activities that have already taken place).
- Projects not focused on adults aged 25+
- One-off events or fundraising activities.
- Activities for private profit.

### **4. Who can apply (summary)**

You can apply if your organisation:

- Is a not-for-profit organisation (e.g. charity, CIC, voluntary group).
- Is based in England, Scotland or Wales.
- Has been established for at least 2 years.
- Can provide audited or independently reviewed accounts.
- Has a bank account in the organisations name.

Please refer to the eligibility section on our website for full details.



## 5. Information Required

As part of the application process, organisations are required to upload copies of key organisational policies and documents.

These documents help us ensure that funded organisations have appropriate governance, safeguarding, and data protection procedures in place.

You will be asked to upload copies of the following policies as part of your application:

- Safeguarding Policy.
- Equality and Diversity Policy.
- Data Protection / GDPR Policy.
- Health and Safety Policy.
- Audited or Independently reviewed accounts.

Policies should be appropriate to the size and activities of your organisation and should be reviewed regularly.

If you do not currently have these policies in place, we recommend that you begin preparing them before starting your application, as your application cannot be submitted without them.

## 6. What makes a strong application?

We are looking for applications that clearly demonstrate:

- **Clear need**  
Evidence that your project responds to a genuine need in your community.
- **Strong outcomes**  
A clear explanation of how your project will improve health and wellbeing.
- **A well-planned approach**  
Realistic and achievable delivery plans.
- **Value for money**  
A budget that is appropriate, proportionate, and well explained.
- **Relevant experience**  
Evidence that your organisation can successfully deliver the project.
- **Sustainability**  
Consideration of what happens after the funding ends.

## 7. Funding and costs

- You can apply for up to £25,000.



- Projects typically run for up to 12 months. However, we recognise that some projects may require a longer delivery period and we are happy to consider applications with extended timelines where this is clearly justified.
- A maximum of 10% of the total budget can be allocated to central or overhead costs.

Eligible costs include staffing, delivery, materials, venue hire, and essential equipment.

## **8. Application process**

### **Step 1 - Check eligibility**

Before applying, ensure your organisation meets all eligibility criteria listed on our website:

<https://thehealthlotteryfoundation.org.uk/grants/grant-information/>

### **Step 2 - Submit your application**

Applications must be submitted via our online Good Grants portal.

Please ensure all sections are completed fully and supporting documents are uploaded before submitting.

Once your application is submitted you will not be able to make amendments.

### **Step 3 - Review process**

Applications are reviewed against our assessment criteria and will be assessed by our team.

### **Step 4 - Decision**

- All applicants will be notified of the outcome of their application.
- If your application is unsuccessful, you will still receive a notification once decisions have been made. Please note, that due to the volume of applications we receive, individual feedback may not be possible.
- If your application is successful, we will contact you with next steps.

For key dates, please refer to the timeline on our Grants Information webpage.

## **9. What happens if your application is successful**

If your application is successful, the following steps will take place:



### **Acceptance of grant**

You will be asked to review and sign our standard terms and conditions via the grants portal.

### **Verification checks**

You will need to provide bank details, supported by copies of:

- A recent bank statement (within the last three months), or
- A paying-in slip

We will carry out a verbal bank verification check, contacting your organisation using publicly listed contact details to confirm the information provided.

### **Payment**

- Payment is by direct transfer to your organisations bank account.
- You will be notified once payment has been made.
- We ask that you confirm when funds have been received.

### **Communications and publicity**

- We will contact you regarding press, media, and publicity.
- You may be asked to provide images, case studies, or other materials to support this.

## **10. Reporting requirements**

If you are successful, you will be required to complete a final grant report.

- This will usually be requested for completion 12-14 months after payment.
- Timings may be adjusted depending on your project duration.
- A sample report template is available on our website.

We aim to keep reporting proportionate and straightforward.

## **11. Before you apply**

Before starting your application, we recommend that you:

- Carefully read the eligibility criteria.
- Review these guidance notes.
- Prepare key information about your organisation and project.



- Ensure you have financial details ready.
- Ensure you have the relevant documents ready for upload (see point 5).

**Need more help?**

If you have further questions, please refer to our FAQs or contact us using the details provided on our website.