

**LIVE STRONGER  
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# Small Grants Application

Falls Prevention  
November 2020 Round 2

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# Can you help raise awareness of Falls Prevention in Derbyshire?

This fund will be open for voluntary and community groups, businesses and teams across Derbyshire County (excluding Derby City). **The aim is to help people plan and run activities to raise awareness about the risks of falls and how to prevent them.**

## How much can I receive?

**Grants of up to £500 available.**

- \* Up to £250 to help raise awareness
- \* Up to £500 for more ambitious proposals

Applications are also welcomed for smaller amounts to help facilitate smaller activities. If you need less than £250, please make an application. Activity for this round must take place between December 2020 and March 2021.

**We will run two rounds of grant funding. This is ROUND 2.**

Around 20 groups, businesses or teams will receive funding.

## Why is Falls Prevention Important?

In Derbyshire, 70,100 people aged over 65 will fall every year, resulting in 11,000 ambulance call outs and 6,000 hospital admissions. Falls are one of the largest causes of emergency hospital admission for older people in Derbyshire.

**Falls can lead to pain, distress, injury, loss of confidence and even death in some cases. They can also lead to people needing increased help.**

But many falls are preventable. They are not a normal or inevitable part of ageing. Falls prevention helps maintain independence, good emotional health and also reduces illness.

**We know from local research in Derbyshire that:**

- As people get older, few think about their risk of falls and don't take steps to reduce their risk
- People sometimes avoid talking about falls because of embarrassment and a fear of losing their independence
- People respond better when talking about falls prevention as part of healthy ageing

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## What will I be expected to do?

We are inviting groups to run an awareness activity, put on an event(s), or extend a current meeting/event, that will raise awareness around the risks of falling. This can be from your group, team or network, as long as individuals are residents or working in Derbyshire County (excluding Derby City).

We would like groups to commit to running a campaign, an awareness raising event, or an activity that will reach at least 20 participants.

Because of the ongoing Covid-19 social distancing regulations, the grants will focus on supporting remote and online awareness raising. We recognise that some face to face opportunities may take place, and whilst we are not excluding them, we assume they will be less common and subject to change as social distance guidance changes.

Contact Adrian Smith for further information. (9 am - 5 pm)

Email: [falls@uni.uk.net](mailto:falls@uni.uk.net)

T: 0161 736 9207

M: 07894 264062

## **We have no firm rules about what your activity should look like but we will be looking for:**

- Ideas that are creative. Don't be scared to unleash your imagination!
- Activities that target older people aged 55 and upwards
- Activities that will target people who provide support to older people (aged 55 upwards)
- This is a change in requirements from earlier applications and reflects the importance of social support (formal and informal) being provided to older people in Derbyshire. This audience can include family and friends
- Your activities may include some (or none) of the following: quizzes, online Zoom events, mail outs, using WhatsApp to message and involve people, use of Instagram, production of resources, training for staff, family or friends

There is a simple 2-page evaluation form that you will need to complete at the end of your activity.

## How we can help you

We can provide you with lots of support:

- We can help you plan your activity in more detail and evaluate when it is done
- We can arrange for local speakers if needed
- We can help promote your activity across local networks
- Free online Falls Awareness training is being delivered by Age UK Derby and Derbyshire. *All grant recipients will be asked to sign-up and benefit from this training. It lasts 1 hour*
- Free online 'Creative approaches to Remote Engagement' training will also be offered. *This will help you in other areas of work. It lasts 1 hour*

The Falls Prevention Campaign has been funded by Derbyshire Country Council and is part of the work being carried out by social enterprise Unique improvements. They will be managing and supporting this grants fund as well as providing support to help your activities.

## How will applications be assessed?

Applications will be judged on:

- Numbers of people involved in your activity
- Location of event (we want a spread across Derbyshire and we are interested in areas with higher rates of falling. *The areas include Chesterfield East, Southern Derbyshire, High Peak and Belper*)
- Who events target
- How you will involve communities or groups
- Innovative ideas for drawing in more people

The panel that will assess and score applications will be made up of one member of the Falls Social Marketing Team at Unique Improvements and one member of Derbyshire County Council's Public Health Team.

Deadline for return of applications  
is 5pm on Wednesday 16th Dec, 2020

Successful applicants will be informed  
on Friday 18th Dec, 2020

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# Falls Prevention Awareness Small Grants Registration Form (Round 2 – November 2020)

## 1. Group/Organisation Details

Please give all your contact details accurately. For speed we often try and communicate via the telephone or e-mail. Having the ability to contact you via different means can help us to process your application more effectively.

Name of Lead Contact: .....

Organisation Name  
(if applicable): .....

Telephone Number: .....

If there are certain times in the day when it would be best to contact you, please indicate these here:

.....

Postal Address: .....

Email Address: .....

Website (if applicable): .....

Please tick one box

How much do you wish  
to apply for?

£250 or  
under

£500 or  
under

No funding,  
just need  
support

## 2. Proposed Event(s)

Please describe the activity you are proposing and what exactly you are planning to do once the grant has been received.

Date of activity:

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How many people do you estimate will attend or be engaged through your activity?

Approximately, how many people aged over 55 years will attend or be engaged through your activity

Location(s):

Please give the name of the venue(s) and locations of activity. If your activity is online, please say which platform (i.e. Zoom, Facebook)

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What backgrounds/age ranges of people are you hoping to involve:

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Will the event(s)/ activities be open to members of the public?

Yes

No

Please give details of the activity or the format of the events and how you plan to invite attendees – describe what you would like to do to help raise awareness of falls prevention.

Continue on a new page if needed

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### 3. Sustainability

Although we anticipate activity will be 'one-off', we would be interested in hearing any plans for repeating or sustaining the work. If you have none, put N/A

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### 4. Reporting

If you receive a grant, how will you be able to show us the difference that has been made?

**Photos**

**Website news  
(including  
Facebook)**

**Press  
articles**

**Signing in  
details**

### Other evidence

(Please specify)  
e.g. feedback from attendees, survey, case studies, interviews.

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## 2. Declaration

In submitting this proposal for funding I confirm that we:

- Will run an event or activity which reaches at least 20 participants
- Will supply receipts and proof of expenditure where asked
- Will take part in the (free) Falls Awareness Training
- Will complete a **Reporting Template**

Bank: .....

Account Number: .....

Sort Code: .....

Recipients of funding support must retain details of expenditure (receipts / invoices) incurred. Please note that we reserve the right to request sight of expenditure incurred in relation to successful awards.

Names from organisation applying confirming contents of the application:

Name: .....

Position: .....

Date: .....

Name: .....

Position: .....

Date: .....

## Returning your form

Applications should be returned by email or post to:

**E: falls@uni.uk.net**

Falls Prevention Grants  
c/o Unique Improvements,  
Suite 3, 4th Floor,  
1 City Approach,  
Albert Street,  
Eccles, M30 0BG

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**Unique Improvements**