

Microgrants: Helping People Understand Health Information Programme guidance

Many people have difficulties understanding and using information to make decisions about their health. This is also described as having low health literacy, and it widens health inequalities. Good health literacy means a person can successfully use healthcare services, attend their appointments, and take steps to reduce unhealthy behaviours and prevent poor health.

We are inviting applications for up to £1,000 from small not-for-profit groups who can support people to have better health literacy.

Purpose of funding

We are looking for creative and practical projects that directly improve health literacy for:

- People with lower literacy levels.
- People with language and/or cultural barriers.
- People who have a learning disability.
- People impacted by the digital divide.
- Disabled people, including people with a visual or hearing impairment.
- Asylum seekers and refugees.
- Any other groups where an unmet need is evident or identified.

Your project can work with one or more of these groups.

Your project must work towards one or more of the following outcomes:

- **Increased knowledge and understanding:** people you work with have a better understanding of a specific health condition, medical test or treatment, how to use a health service or how to spot health misinformation.
- **Improved access and action:** people you work with take a specific action as a result of your project, such as booking tests or screenings, registering with a GP or downloading and using the NHS App or sharing information with a family member or friend.
- **Increased confidence and empowerment:** people feel more confident in their ability to find accurate health information (including knowing whether it is reliable), communicate with healthcare professionals and participate in decisions about their own health.

Activities

You can decide what activities you will do in your project. This could include, but is not limited to:

- **Community-led conversations:** discussion groups about specific health topics relevant to your community (such as menopause, diabetes management, immunisations, cardiovascular disease, cancer screenings), held in a culturally appropriate way.
- **Tackling misinformation online:** helping people to find reliable health information online and spot misinformation.
- **Improving digital access:** helping people feel confident to use online health services such as the NHS app.
- **Navigating the system:** creating simple guides or offering support to help people understand how to register with a GP, access mental health services or know when to use a pharmacy rather than A&E.
- **Simplifying information:** presenting key health messages or leaflets in accessible formats.
- **Building skills and confidence:** running workshops to help people prepare for GP appointments, understand prescriptions, ask questions about their care or know what is involved in tests for certain conditions and be more willing to undertake testing.

Project duration

It's up to you when your project starts and how long it lasts, depending on what you want to do.

Health literacy resources

Further information about health literacy is available from the NHS and Public Health:

- City and Hackney Health Literacy Toolkit: <https://sites.google.com/hackney.gov.uk/healthliteracytoolkit/home>
- Overview of health literacy: <https://service-manual.nhs.uk/content/health-literacy>
- The NHS Health Literacy Toolkit: <https://library.nhs.uk/wp-content/uploads/sites/4/2023/06/Health-Literacy-Toolkit.pdf>
- An online library of accessible health information with simple words, clear pictures and films: <https://www.easyhealth.org.uk/>

Grantholders' welcome session

Funded organisations will be invited to an initial information session, hosted by [City and Hackney Population Health Hub](#). This online session will also include an introduction to the City and Hackney Health Literacy Toolkit.

Sharing knowledge among providers

We'd like to hold an event to bring grant-holders together to share knowledge and learning, both with one another and with the NHS. By holding this event, City and Hackney Population Health Hub intends to learn from grant-holders and apply some of the learning points within its own work.

This event will be held when several grants have been issued, and the Hackney Giving team will be in touch with grant-holders well in advance with an invitation to participate.

Source of funding

The source of the funding is NHS North East London non-recurrent health inequalities funding.

Eligibility

To be eligible for a grant, your organisation must:

- Work in Hackney and/or the City of London.
- Have a formal constitution or governing document.
- Be constituted to be not-for-profit.
- Have had a turnover of under £300,000 in its last financial year.
- Have at least two people on its Board of Trustees or Management Committee.
- Not be in overall financial deficit.
- Have a bank account, requiring at least two signatories.
- Be able to declare that all bank account signatories are unrelated (by blood or marriage) and living at separate addresses.

Your proposal must:

- Be for a project operating in Hackney and/ or the City.
- Not be for the benefit of a single individual.

Excluded activities

We will not fund:

- Expenditure or activities that have already taken place. By this we mean that retrospective funding will not be awarded; applications may be for ongoing provision.
- Services which are a statutory responsibility (i.e. are the responsibility of the Council, Government or Health Authorities).
- Projects that have no community or charitable element.
- Projects that are purely for the advancement of religion or politics.

How to apply

This is an ongoing programme; there is no deadline. Applications will be welcomed on a rolling basis until all the funding is allocated.

Before you apply formally, we'd like to speak to you on the phone. This is so that we don't waste your time writing a formal application for a proposal that is not a good fit for this programme. In the call, you can tell us about your project idea and we'll provide advice on whether it is likely to be in line with the programme aims or a different source of funding would be more appropriate. For ideas that are a good fit, we will then send out an application form. To book a phone call please go to <https://outlook.office.com/book/HackneyGivingpreapplicationcall@hcvs.org.uk> or email applications@hackneygiving.org.uk, making sure to include your phone number.

Please note that at Hackney Giving, we want to support a wide range of communities and activities, so if your proposed idea is similar to others we have received, we may not be able to fund it.

You will also need to include the following supporting documentation:

- Your organisation's most recent set of accounts or financial statement approved at your AGM.

If your organisation has not applied to Hackney Giving before, please also attach:

- Your organisation's constitution.
- Proof of the bank account that you will use to receive any grant from Hackney Giving (e.g. bank statement, paying in book).
- Your organisation's equal opportunities policy.
- Your organisation's safeguarding policy/ policies.

We expect to be able to let you know the outcome within two weeks of receiving a written application. We will let all applicants know the outcome of their application.

Help available to prepare your application

Hackney CVS Organisational Development specialists can give you support to make an application.

To book an appointment, please go to:

<https://outlook.office365.com/owa/calendar/HackneyCVS@hcv.org.uk/bookings/>

Payment and reporting

The grant will be paid in a single instalment, on receipt of a signed grant agreement.

You will need to submit a final report part within two weeks of the end of the project. We will share the report template when the grant is offered. If you do not send a project report, this will prevent us funding you in future. We may also request to visit your project.

Data sharing

As part of the management of this programme, applications and programme monitoring will be shared with City and Hackney Public Health Team.

About Hackney Giving

Hackney Giving is part of Hackney CVS, registered charity 1069736. More information is available at <https://www.hackneygiving.org.uk/>.