

Healthy Lifestyles 2008: Voluntary and Community Organisations			
REF.	APPLICANT	PURPOSE	AMOUNT (£)
2809	Continental Star FC	On The Ball - The Club believes that in encouraging a healthy lifestyle through sporting activities it can have a positive long-term effect on the health of young people both physically and mentally. The Club's experiences support the view that for some boredom is often a prelude to anti-social behaviour. By incorporating young adults as volunteers to deliver the programme, not only are the children benefiting from this experience but also the young adult volunteers. Promoting the importance of a healthy life style by engaging the children in a physical activity and creating a pathway for volunteers to become an FA qualified football coach, coaching disadvantaged young people .	£5,050.00
2815	SIFA Fireside	Allotment and Healthy Eating - SIFA Fireside has an existing, large allotment in Harborne Lane, Birmingham. It is there for the benefit of service users to cultivate and to grow organic vegetables, for their own use and also for healthy eating classes as part of our living skills programme. This will help those working on the allotment by giving them opportunities to increase physical activity and promote a healthy diet by using fresh produce and showing them how to prepare and cook vegetables, thereby fulfilling the aims of this programme. This is particularly important for people who are homeless and/or alcohol dependent as they face significant mental and physical health challenges, for example, rough sleepers; national research has shown that their average life expectancy is 42 years.	£4,440.00
2816	KARIS Neighbour Scheme	Growing Well - The project will provide cultivation of vegetables for a group of 10 people who suffer from overweight, depression, stress and anxiety, referred by local organisations and health professionals. Held at an allotment site it will encourage exercise through digging and other manual work, healthy eating through menus for the items grown and cooking sessions, and social interaction through the use of arts and crafts. Related half day trips to horticultural venues will be included for extra motivation. Skills related to growing, craft and cooking will be increased, and continuing outdoor interests will be encouraged	£3,600.00
2819	Yemeni Community Association Birmingham	Yemeni Health Needs - The project consists of three elements: 1) Health Needs Analysis investigating the diet, the level of physical activity and prevalence of obesity and any other health needs within the Yemeni Community. The analysis will inform us as to the health needs within the community e.g. women. 2) Health awareness sessions on healthy eating, physical activity and obesity awareness run by professional trainers as part of the information gathering process and 3) three further awareness raising sessions run by professional trainers addressing the three most prevalent health issues within the Yemeni community identified through the health needs assessment.	£4,991.00
2820	Azan Dawah &	Leisure Facilities In Door / Out Door – The organisation has two adjacent properties 30 – 32	£429.71

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	Community Services	Anderton Road. 30 Anderton Road has been converted to 5 family units. There is provision for 10 families to live in these two properties. The organisation had some grant and made a play area at the rear of two gardens. The organisation has built a room at the rear of 32 Anderton Road. It can be used for indoor activities. The equipment storage as well. There is need for a toilet as well. Families living in these properties (10 flats) are isolated from their tribal relatives and country folks. They are either asylum seekers or have moved recently from other countries and cities. The facilities for children will bring mothers together as well. Thus social meetings and being in play area will be helpful for better health.	
2822	St Martin's Youth and Community Centre	<p>Eat Smart - Dance Hard - Eat Smart - Dance Hard is a 2 element project.</p> <p>The first element is Food. This part of the project is designed to get young people to enjoy good healthy food and break their dependence on pre-packed ready meals and take-aways, by showing them how to make a range of meals themselves.</p> <p>The second element is Dance. This part of the project is designed to get young people to take part in a physical activity which is based around social enjoyment rather than sporting endeavour and excellence. We will also run workshops on nutrition, alcohol, drugs and body image.</p>	£4,645.00
2828	Sport 4 Life UK	<p>Exercise 4 Life - The Exercise 4 life project is a unique, 12 week programme of professional aerobics instruction and healthy lifestyles education designed specifically for disadvantaged women that will deliver the following outcomes:</p> <ul style="list-style-type: none"> • 120 hours of aerobics instruction for 80 underprivileged and marginalised women (aged 21 plus) • 100 hours of physical activity, healthy eating and healthy lifestyles information, advice and training (e.g. topics include healthy food recipes, ways to exercise at home, weight-loss and personal psychology) for 80 underprivileged and marginalised women • 20 hours of specific, tailored training and advice to help empower our 10 partner groups of underprivileged and marginalised women to be able to continue to exercise as a group (including a mini-grant to the group for equipment purchases) <p>The programme will be delivered on 10 sites in partnership with 10 community groups (Narhex Sparkhill, Trehurst Community Centre, Handsworth Community Care Centre, Sparkbrook Family Centre, Balsall Heath Women Tindall Primary School, Yemeni Day Centre, Priory Gate Community Centre, Stanhope Hall Community Centre, Sparkhill Social & Cultural Centre, and Bordesley Village</p>	£6,358.00

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		Community Services [TBC]), with each programme consisting of 12 x 2 hours sessions. Each 2 hour session itself will consist of 1 hour of intense, professionally instructed aerobics, and 1 hour of healthy lifestyles education and peer support.	
2833	Local Leagues Limited	Young People's Aspire Project - We will involve with six primary schools that recruit pupils from the Ladywood, Sparkbrook and Springfield wards and engaging with children aged 8-11 years currently not participating in school teams/ extra-curricula organised games/ physical activities. We will build the confidence of the children to form a league for friendly competition amongst the primary schools including 7-a-side football and kwik cricket. The activities will move from school to school during term time and involve activities at Calthorpe Park in school holidays (making practical use of NHS Trust investment in this facility). Informal discussions /leaflets for parents that will address dietary issues.	£6,100.00
2837	Aston Manor Cricket Club	Community Cricket Coaching – The project will operate in two phases: An intensive summer programme and a ten week winter course. The summer camp will be an intensive two week (60 hours) promoting exercise and fitness in a cricket environment whilst introducing sports nutrition elements. The winter course will be a structured indoor programme aimed at increasing fitness and skills levels in a fun environment targeting schools within the HoB area: Aston, Perry Barr – aimed at attracting new participants.	£3,155.00
2847	The Play House	In A Pickle - In a Pickle is an hour long drama workshop for 6-8 year olds that is designed to build on the Fit for A King theatre-in-education programme that has recently completed a successful tour of 15 HOB schools. Targeting those classes who received this programme, In a Pickle introduces Pickles, a trainee chef at King Yannis's palace who is about to sit her exams. Using the content and characters of Fit for a King as a stimulus, In a Pickle uses participatory drama techniques to revisit, reinforce and extend pupil's knowledge and learning about healthy foods, balanced diet and exercise.	£6,766.00
2860	Kajans Women's Enterprise	Fat Ain't Phat - Promote healthy living amongst BME communities by recruiting and working with 8-10 families from the local community to improve their understanding of the causes and importance of obesity. We will do this through a specifically devised programme of activities which will include: <ul style="list-style-type: none"> • Working with Sarah Mills, a nutritionist, from Heart of Birmingham tPCT to identify the health dangers in a selection of traditional everyday meals eaten in the home • Provide alternative ingredients and suggestions • Commission a chef to do work with families to deliver alternatives • Commission a fitness instructor to provide a range of movement and exercises that can be done as a family or individually in limited spaces in the home 	£4,200.00

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2862	BITA Pathways	Garden Pathways Phase 3 - Garden Pathways Phase 3 will deliver the opportunity for the improvement of mental and physical health through exercise, meaningful activity and informal learning. We will promote a healthy diet by providing workshops on diet and nutrition, using invited health professionals, and the project will support participants to transfer that knowledge into practice using a well-equipped training kitchen. We will promote increased physical activity by continuing the gardening and allotment work plus the 'Green Gym' activities previously funded. We will also introduce a new 'Walking for Weight Loss' programme targeted at obese and overweight women.	£5,405.00
2865	Birmingham PlayCare Network	Healthy Lifestyles Grab 5 - BPCN would like to deliver a training programme to playworkers. The programme aims to encourage playworkers to integrate healthy eating and physical activity in to their out of school settings. Through the training days we will give the playworkers a taster of the kind of activities they can deliver to the children, which will tackle low levels of healthy eating and physical fitness. The project will fall in line with the government's target of one hour a day physical activity for children, we want out of school settings to do as much as they can to contribute towards this indicator.	£6,940.00
2875	Hamstead Hall Community Club	Fit and Fun - Our project is a fully inclusive fitness package to engage the local community in fun fitness activities to encourage a healthy long term lifestyle and healthy eating plan. The project will be aimed at people who do not normally access fitness activities and will encourage participation, increase confidence and self esteem. Participants will have the chance to sail and kayak, access mobile gym sessions which we will take to them, access bikeability sessions to learn to ride or improve their proficiency and take part in forestry sessions including orienteering, walking, rock climbing, team building and archery.	£6,600.00
2883	St Mark's Community Developments	Be Healthy – Through this project we aim to: (1) increase awareness of healthy and sensible eating (2) reduce obesity and comfort eating (3) improve people's ability to prepare simple, healthy meals for their families (4) improve levels of physical activity and fitness (5) improve use of local sports and fitness facilities (6) provide whole family support and opportunities for health improvements (7) introduce people to new challenging and health promoting activities aimed at promoting overall physical health. Methodologies used will include whole family events, support sessions, group based programmes, health promotion and personal development.	£6,180.00
TOTAL			£74,859.71

REF.	APPLICANT	PURPOSE	AMOUNT (£)	STATUS
2861	Nu Century Arts	<p>Kick Start Families - The project will be centred in and around families, and will aim to encourage all members of the family unit to participate in all activities. However, the primary focus will be on the children in the family. KickStart will tackle aspects of children's health through physical and nutritional development, before and at the end of the project, through assessing and targeting issues such as, diet, creative play, fitness, and health, to strengthen generational/cultural gaps and to promote citizenship and community cohesion through healthy practices and lifestyles. This is a 10-week family orientated health project. Nu Century Arts will address health through Nutritional and Physical Education with a series of free workout sessions, cookery master classes, and arts provision. We will use nutritional information and techniques of cookery to teach families about the use of ethnic foods pertaining to the cultures within our community to explore health.</p>	£600.00	Offer declined