



Eastern Regional Wellness Coalition



Proposal writing edition will bring to you some insights all throughout the proposal writing process. Browse through these pages to help your group make a successful funding proposal to meet your goals.

Tips to help decide ideas for your proposals:

- Never think an idea is too bizarre!
- Run the idea by a few people to see their reactions
- Ask IS there is a need for this in the community?
- Are other groups/agencies already doing this?
- Will I be able to make this idea into reality?
- Is this idea realistic?
- Who will benefit from this idea?



You should apply for a grant when:

- At the start of a new project or expansion on existing project
- Apply for funding that your project is eligible for
- You have both time & energy

Before you begin:

- Be clear about your reasons and focus on the type of support you need
- Know the partnership support available in your community

Applying for a grant:

- Explore all funding options
- Know and follow grant guidelines or criteria
- Ask questions if needed
- Build community support
- Involve your group in all aspects of the grant from start to finish
- Get expert advice



Healthy Living

Healthy living is about people living in healthy ways and making positive choices about personal health practices. Healthy living focuses on prevention. It promotes overall well-being by helping people take action to improve their health in the areas of **healthy eating, physical activity and tobacco control.**

Healthy Eating

Healthy Chefs Program

The Community Youth Networks and Family Resource Centers both have been supported in implementing this program. It involves promotion of healthy eating by kids and adults by the purchasing, planning, and cooking healthy meals together. Financial assistance for these programs covers small kitchen equipment and food.



The Community/ Singing Kitchen

Various groups have been involved with communities coming together to plan, prepare and enjoy a meal. This project increases opportunities for those living in isolation to experience a genuine sense of connection and community. It is vital that the community members take ownership and participate in the process all along the way. The Singing Kitchen just adds some good ole entertainment to the mix!

Physical Activity



After School Snowshoeing Club

There have been several schools supported in the purchasing of snowshoes. The snowshoeing clubs involves school children, parents and the community participate all in this fabulous winter program.

Skipping Clubs

Several groups have been supported in purchasing skipping rope kits to promote the creation of new skipping clubs.



Fun and Fitness Youth Group

Youth take part in various motor skills, sport skills and recreational games. This group have been supported in the purchase of the following equipment such as hula hoops, basketball net, soccer ball, floor hockey equipment, bean bag toss, ring hockey set etc... The community offered this program to youth grades 4 - 12 on Friday and Saturday nights. Various ages attended during the hours assigned. Parents were also involved.

Tobacco Control

Intergenerational Quilting Project

This project was funded to make quilts that promote a smoke free messages. Members from a 50 Plus club together with elementary students made the quilt blocks and children how to make traditional quilts. The quilts are used to promote smoke free messages at various community events.

Injury Prevention

Injuries that happen as a result of accidents can often be prevented if safety measures are considered ahead of time. Many of the injuries from car, snowmobile or ATV accidents, poisonings, falls, fire or water-related incidents can be prevented or reduced.

Lids for Kids Bike Safety

A primary school was supported to promote helmet safety. This program taught the importance of wearing a helmet and also bicycle safety. This funding provided helmets for kids that were properly fitted.



Safe Transport of Children

The Family Resource Center promoted the new booster seat legislation by partnering with the primary schools in the area. Funding was provided to purchase booster seats as a prizes for their participants.



Child and Youth Development

Infant and early childhood experiences influence health throughout life. It is important to support health and well-being from infancy through the teenage years in areas such as healthy pregnancy and birth, parenting and family support, early childhood learning and care, and community supports. This priority area overlaps with all the other priority areas as seen in the examples shown throughout this edition of the Eastern Regional Wellness Coalition newsletter.

Healthy Environmental

Healthy environments are about creating and maintaining environments which promote good public health. It involves those aspects of human health that are determined by physical, chemical and biological factors in the environments such as contaminants in food, air, soil and water

Community Garden Initiative

Tools were purchased for both adults and school children for intergenerational gardening. Composting materials were also funded to help build new soil for the garden to naturally fertilize the soil.



Small Greenhouse Project

This was an expansion to a community garden project. This project exposed families to different vegetables and extended the gardening season through use of a greenhouse.

Mental Health Promotion

Mental health promotion is about promoting good mental health and well-being for all individuals and communities. It includes such things as creating supports in our communities, developing positive coping skills, building strong self-esteem and being able to use the resources available to us.

Healthy Minds, Healthy Bodies

This project funded exercise equipment and resources for relaxation— books, and DVD's for parents to promote positive mental health.

Healthy Minds Take Your Time Project

This was one piece of the many activities among three community councils. They partnered with an ecological reserve to offer a day that focused on tools and techniques to use in their everyday lives to help manage stress.



Caregiver Group support

The coalition supported this new group by funding resources which help to create a book lending program on caregiver stress.

Health Protection

Health protection is about protecting communities and individuals from epidemics and communicable disease. It also prepares communities for natural or man-made disasters and public health emergencies.

Many of the wellness priorities are linked to one another.

How to prepare a strong proposals:

- Follow all directions
- Well organized sections
- Easy to understand the full project
- Project activities must all connect
- Purpose of your project is clearly stated
- Best practices considered for each priority area
- An evaluation plan is included
- Shows how communities and partners will be involved
- Timelines and budget must be realistic
- Budget must be specific
- Ask for help if having difficulty completing the proposal for funding



Don't leave funders to assume *anything!*

Post submission thoughts..

- Be aware of the funders granting cycles: You might have quite a wait before you hear from them causing timelines to change.
- On occasion, the funder will ask for more information. This is not to be difficult but it is intended to produce a stronger proposal.
- Understand that granting is a competitive process.
- If your proposal is unsuccessful, note the suggestions given i.e. letter of non approval.
- Attend proposal writing workshop to help develop skills.

Remember that grant making is a craft: it takes some practice .

This special edition newsletter used some information from the following websites:

Strategies for Effective Proposal Writing: Ontario Healthy Communities Coalition

<http://www.ohcc-ccso.ca/en/strategies-for-effective-proposal-writing-0>

Community Tool Box: <http://ctb.ku.edu>