



**Heart
Research
UK**

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Welcome to the Heart Research UK and Subway Healthy Heart Grant Application

Section 1: APPLICANT DETAILS

Applicant Details Mr Henry Hart

Is the Project Lead over 18 years of age? Yes

Address 12D Joseph Wells
Hanover Walk
Leeds, West Yorkshire LS3 1AB

Email healthyheartgrants@heartresearch.org.uk

Phone Number 01132347474

What is your role in the organisation Administrator

Are you also the Project Leader? No

Section 1: PROJECT LEADER DETAILS

Project Leader Details

Mrs Harriet Hart

Project Leader Address

12D Josephs Wells
Hanover Walk
Leeds, West Yorkshire LS3 1AB

Project Leader Email

healthyheartgrants@heartresearch.org.uk

Project Leader Phone Number

01132347474

What is your role in the organisation

Project Coordinator

Section 2: ORGANISATION DETAILS

Name of your organisation: Heart Research UK

Organisation Website Address: (if applicable) <https://heartresearch.org.uk/>

Type of organisation: Charity

Registered Charity Number: (If applicable) 1044821

In a few sentences, please describe the main objectives of your organisation? Proud to stand out from the crowd, Heart Research UK is the charity dedicated to your heart. We inspire and invest in pioneering medical research, ground-breaking training and education and we work with communities to improve heart health. These are some of the things we are proud to have done for over 50 years. Many peoples' loved ones are around for longer now because we have driven advancements in the prevention, treatment and cure of heart disease. We know research works and we focus on benefiting patients as soon as possible.

Section 3: PROJECT OVERVIEW

What is the name of your project? Sgt Pepper's lively hearts clu

Expected start date: May 01, 2022

Expected end date: Mar 01, 2023

Heart Research UK do not fund ongoing community projects unless they are being delivered to a new group, please state whether this is a new community project? Yes, this is a new project or works with a new group

What age group is your project targeting? If your audience spans across more than one age group? 18-30
31-59
60-75

Please summarise your Healthy Hearts Project in no more than 250 words

- Online weekly 1 hour health promotion sessions will be delivered using Zoom Each session will last 1 hour and topics will include healthy eating, alcohol awareness, smoking cessation, stress management, physical activity and sleep quality.
- Weekly online 2 hour cooking skills workshops will be delivered. During these sessions, the men will learn how to plan and prepare inexpensive nutritious meals. Topics will include; shopping on a budget, understanding food labels, meal planning, one-pot recipes and heart healthy recipe swaps- each geared specifically for single men. Each session will include a cooking demonstration where participants will learn how to cook simple, nutritious dishes from scratch. We will also provide participants with recipe cards, which will be sent to them by post.

Weekly Zoom sessions that will last 45 minutes and they will demonstrate activities that can be done in the home, without the need for specialist equipment.

- WhatsApp groups will be set up where participants will be encouraged to offer support and motivation to each other.
- A Facebook group will share content, including recordings and photos of the cookery demonstrations and tips for getting active

What is the main focus of your project? Physical Activity

Please select any other areas that your project includes. Nutrition and Healthy Eating
Smoking
General Lifestyle Education
Weight Management and obesity
Stress Management
Sleep

Does your project work to help individuals of low socio-economic status?

Yes

How have you determined the need for this project? You should include information about why your project is needed in your local area and your reasons for targeting the specified population in relation to heart health.

We carried out an online survey amongst men in our local area and identified a need within this group of people for simple, supported lifestyle interventions. 70% of responders said that they would be interested in living a healthier lifestyle and showed interest in attending workshops, cookery demonstrations and fitness classes.

Online focus group discussions found that single men aged 45-60 were not engaging in physical activities due to lack of confidence or self-esteem, lack of money/affordability, lack of convenient venues and lack of skills and knowledge to safely engage in physical activity. Our target group also referred to unhealthy eating habits due to living alone and a lack of cooking skills and how to plan and prepare healthy meals on a budget.

Please state how participants will be recruited?

We have already established two groups of 15 single men who have attended a hobby skills workshop and they have expressed an interest in living a healthier lifestyle and improving their cooking skills. We will advertise the project through local hobby clubs, community centre newsletters, GP's, clinics and on social media. We also have a large employer, employing largely middle-aged manual workers who would be willing to advertise this project. We will aim to recruit those in greatest need of health messages.

Please list the people who will be involved in the delivery of the project along with their qualifications and experience relevant to the project:

Miss Hannah Hart, has several years' experience working in a health promotion role, working with people living in deprived communities. Hannah will deliver the health promotion sessions along with Mr Herbert Hart and Mr Adam Active.

Mr Herbert Hart, NVQ Level 2 Nutrition a former chef who will deliver the weekly cooking skills workshop and cooking demonstrations. Herbert will also deliver healthy eating workshops and he will provide 12 healthy recipes for the recipe cards.

Mr Adam Active, BSc Sports Science, will deliver the fitness sessions on Zoom as well as the physical activity health promotion sessions.

Section 4: BREAKDOWN OF PROJECT

Activity description: Please provide a breakdown of the sessions you will, run stating what they will include, how many sessions you will run, how often and for how many people.

Every week, each participant will be invited to attend three sessions:

1 x 1 hour health promotion session

1 x 2 hour cooking session

1 x 45 minute physical activity session

We will run the three sessions every week for twelve weeks. The three sessions will be repeated each week to accommodate more than one group:

1. Health promotion sessions on Zoom: We will invite five groups of six men to attend a one-hour health promotion session every week (5 groups x 1 hour each). The twelve one-hour sessions will include healthy eating, alcohol awareness, smoking cessation, stress management, physical activity and sleep quality.

2. Cooking Skills Workshops on Zoom: We will invite two groups of fifteen men to attend a two-hour cooking skills session (2 groups x 2 hours each). The men will learn how to plan and prepare inexpensive nutritious meals. Topics will include; shopping on a budget, understanding food labels, meal planning, one-pot recipes and heart healthy recipe swaps- each geared specifically for single men. Each session will include a cooking demonstration where participants will learn how to cook simple, nutritious dishes from scratch. We will provide participants with recipe cards, which will be sent by post before the start of the course.

3. Physical Activity Sessions on Zoom: We will invite five groups of six men to attend a weekly physical activity session using Zoom. These sessions will last 45 minutes and they will demonstrate activities that can be done in the home, without the need for specialist equipment.

Total number of hours for delivering all sessions:

Health Promotion sessions - Five weekly 1 hour sessions x 12 weeks = 60 hours

Cooking - Two weekly 2 hour sessions x 12 weeks = 48 hours

Physical activity = Two weekly 45 minute sessions x 12 weeks = 45 hours

Section 5: IMPACT

How many people do you expect to benefit from your project?

30

How many indirect beneficiaries do you expect to reach during the project (E.g family members or wider public)?

250 people are expected to read the messages on our Facebook page and to hear about the health promotion messages.

How will your project impact on the heart health of people in your community?

Participants will be supported to increase their physical activity levels over the course of 12 weeks and they will be encouraged to set personal, measurable goals. They will be given the knowledge and practical skills to plan, prepare and cook twelve heart healthy meals each month together with the knowledge and understanding of heart-healthy nutrients, cooking methods and meal adaptations. They will have access to a bank of recipes to enable them to create healthy meals at home and be empowered to adopt new healthy lifestyle behavior changes to help them to live healthier, happier, longer lives.

How will you measure impact and evaluate the success of your project?

We will use recognised evaluation tools as follows: Participant will have a baseline and end of programme (12 weeks) measure of lifestyle habits such as physical activity levels, smoking and units of alcohol. They will complete a food questionnaire to monitor changes in eating habits at the start and end of the programme. We will use the recognised Warwick-Edinburgh Mental Wellbeing tool to measure changes in mental health. We will encourage participants to measure their weight and waistline during the project, if they have access to weighing scales and a measuring device. We will provide advice on how to measure your waistline.

It's important that we showcase the great work that our Healthy Heart Grants projects do by developing case studies and posting about the impact of our projects on social media. In less than 100 words, please tell us how you will work with us to help publicise the project:

We have our own social media pages, Facebook, Instagram and Twitter. We will share videos and pictures of the project on our website, showcase successful case studies via the local press and local radio station and tag Heart Research UK into all social media posts. We will also share updates regularly on progress and our final evaluation will be shared with partners, funders and community health professionals.

The Heart Research and Subway logos and website addresses will be used on all promotional materials that we distribute; posters, leaflets, mailshots, and emails. Social media posts and our website will include live links to the Heart Research website and in all sessions we will actively promote the project.

Section 6: PROJECT BUDGET

Please confirm that you have read the above information and are ready to start the budget section

Yes

Budget Item 1

Budget Item 1 Salary - Project delivery

Description of Budget Item 1 48 hours at £19 per hour for the delivery of the cooking session

Cost per item (£) 1 19.00

Quantity 48

Budget Item 1 Cost Total 912.00

Would you like to add another budget item? Yes

Budget Item 2

Budget Item 2 Salary - Project delivery

Description of Item 2 45 hours at £22 per hour for the delivery of the physical activity sessions

Cost per item (£) 2 22.00

Quantity 45

Budget Item 2 Cost Total 990.00

Would you like to add another budget item? Yes

Budget Item 3

Budget Item 3 Salary - Project management/admin

Description of Budget Item 3 60 hours at £20 per hour for the delivery of the health promotion sessions

Cost per item (£) 3 20.00

Quantity 60

Budget Item 3 Cost Total 1200.00

Would you like to add another budget item? Yes

Budget Item 4

Budget Item 4 Salary - Project management/admin

Description of Budget Item 4 20 hours at £16 per hour for the administration and project planning

Cost per item (£) 4 16.00

Quantity 20

Budget Item 4 Cost Total 320.00

Would you like to add another budget item? Yes

Budget Item 5

Budget Item 5 Salary - Project management/admin

Description of Budget Item 5 36 hours at £30 per hour for the management of the project

Cost per item (£) 5 30.00

Quantity 36

Budget Item 5 Cost Total 1080.00

Would you like to add another budget item? Yes

Budget Item 6

Budget Item 6 Consumables

Description of Budget Item 6 31 x 12 laminated recipe cards (including envelopes and postage)

Cost per item (£) 6 5.00

Quantity 31

Budget Item 6 Cost Total 155.00

Would you like to add another budget item? Yes

Budget Item 7

Budget Item 7

Equipment

Description of Budget Item 7

3 pans, frying pan, bowls, plates, sharp knives, wooden spoons, chopping boards, oven trays etc

Cost per item (£) 7

80.00

Quantity

1

Budget Item 7 Cost Total

80.00

Would you like to add another budget item?

No

Total Project Budget

Total Healthy Heart Grant Application 4737.00
Project Budget (£)

Section 7: OTHER FUNDERS

Are you receiving funding for this project from any other organisation/s?

No

Will participants be charged a fee to be included in your project?

No

Total Project Budget

Total Healthy Heart Grant Application Budget (£) 4737.00

Section 8: DECLARATIONS

I declare that as an authorised representative of the organisation the information I have provided is true and accurate to the best of my knowledge. Yes

I have read the Terms and Conditions Yes
