



# Healthy Communities Mid North Coast Innovation Fund

## Round two guidelines

Supporting community-led preventive health projects.



Applications open  
**3 May 2019**  
and close 14 June 2019







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## WHO ARE WE?

### Healthy Communities Mid North Coast

Healthy Communities Mid North Coast (Healthy Communities), initiated by the Mid North Coast Local Health District (ABN: 57 946 356 658), is a regional action group of local partners working to build healthier communities.

We work to help build healthier communities based on the health promotion process - "the process of enabling people to increase control over, and to improve their health."

The five principles of health promotion (Ottawa Charter) are:

- Build healthy public policy
- Create supportive environments
- Develop personal skills
- Strengthen community actions
- Re-orient health services.

### Our partners

Consumers, Mid North Coast Aboriginal Health Authority, North Coast Primary Health Network, NSW Department of Premier and Cabinet, Mid North Coast Department of Education and Communities, Department of Families and Community Services, Department of Planning and Environment, TAFE NSW (Northern Region), UNSW Rural Clinical School Port Macquarie, Catholic Schools Office Diocese of Lismore and Local Councils from across the Mid North Coast region.

### Contact

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# WHAT IS THE INNOVATION FUND?

The Innovation Fund is funded by Mid North Coast Local Health District. Local businesses, organisations and individuals also have an opportunity to donate to the Innovation Fund to show their support for the health and wellbeing of their community.

Communities are the experts when it comes to knowing what they need to improve their health and wellbeing. The Innovation Fund supports preventive health projects that help people maintain good health by living a healthy lifestyle, that includes things like regular exercise and eating healthy food.

**The Innovation Fund is offering grants of up to \$3,000** (excluding all taxes and charges). As funding is limited, applicants must be prepared to expend all funds within 12 months of being received\*.

The Innovation Fund provides grants to schools, community groups and individuals to help get great preventive health ideas off the ground. For the full list of who is eligible to apply please go to page 5.

The two categories of preventive health that the Innovation Fund will support are:

**Primary prevention:** Projects that look to prevent illness and disease in the first place.

**Secondary prevention:** Projects that look to detect and diagnose an illness or disease early.

\*The funder reserves the right to change the allocation



In 2018, round one of the Innovation Fund supported 39 amazing projects across 20 communities.

Some shining examples of past projects:

- A new edible wall garden at St Patrick's Outside School Hours Care Macksville inspires healthy eating by giving kids the opportunity to grow their own healthy foods
- Homework club for Orara High School students from refugee, English as an additional language and low socio-economic backgrounds, adding health literacy and healthy eating to their studies
- Women of all ages living in Port Macquarie are creating reusable vegie bags out of recycled curtain materials to not only share among community, but to address depression and anxiety and social isolation whilst also learning about healthy eating and active living
- People with Parkinson's disease and their carers in Coffs Harbour and Nambucca can participate in an evidence-based dancing program.

## WHAT WE WILL FUND?



### Funding priority areas

Applications must focus on;

- Healthy eating, and/or
- Active living

We are looking for preventive health projects that support healthy eating and active living, and that are consistent with the Australian Dietary Guidelines and Australia's Physical Activity and Sedentary Behaviour Guidelines.

Projects can focus on other areas, for example, social inclusion, reduce smoking-related harm etc., but all applications must also focus on healthy eating, active living, or both.

### Target groups

Applications must focus on one or more of the six target groups below:

- Children
- Young people
- Healthy middle years
- Healthy ageing
- Aboriginal communities (projects with strong potential to Close the Gap in health inequities)
- CALD communities

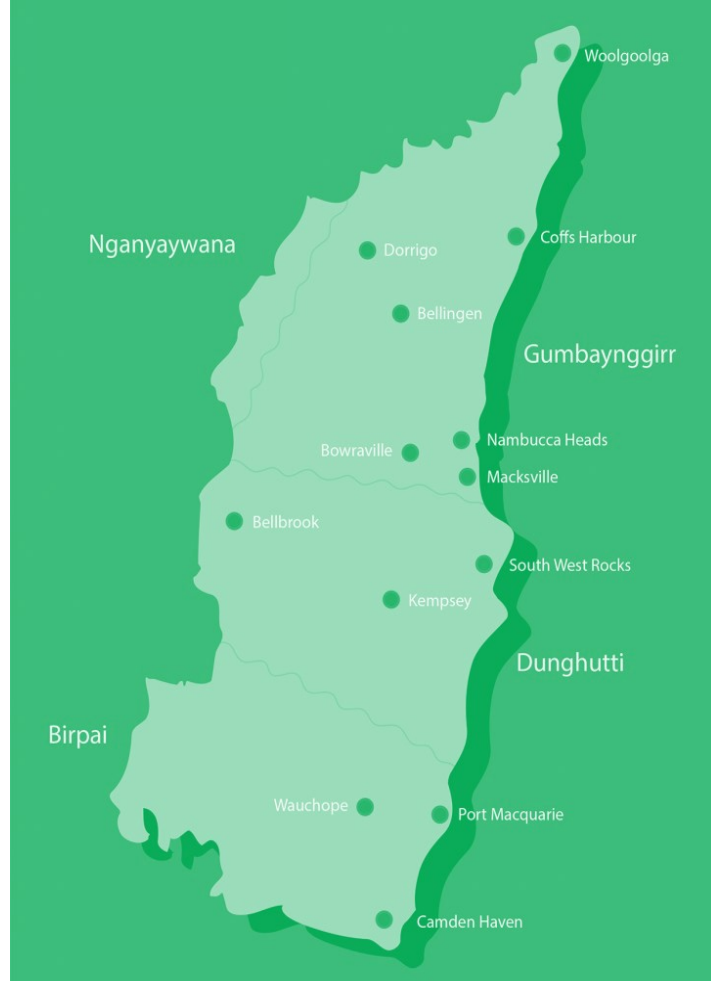
## WHAT WE WILL NOT FUND?

1. Projects that do not contribute to the funding priority areas (see left).
2. Projects which are primarily research-based. Applicants are however encouraged to consider partnering with research institutions.
3. Projects which are primarily training-based. Training costs will only be considered, to a limited extent, if it is demonstrated that they are essential to the outcome of the project.
4. Projects that primarily focus on fundraising, prizes, competitions, awards or conducting conferences and events.
5. Travel and accommodation costs will not generally be funded. Such costs will only be considered, to a limited extent, if it is demonstrated that they are essential to the outcome of the project.
6. Fees for attendance at conferences and trade exhibitions.
7. Costs associated with capital works, vehicles, building works such as desks etc.
8. The purchase of food that is not associated with a food skills or nutrition education program.
9. Applications for food skills or nutrition education training projects that do not contain evidence of the consultation of an appropriately qualified nutritionist or dietitian.
10. Costs associated with projects that have already taken place.
11. Costs of products or activities which are core business of the organisation. These include infrastructure costs associated with running a business (e.g. employment of core staff, equipment, core programs, leasing or property maintenances).



## WHO IS ELIGIBLE TO APPLY?

1. Applicants must be located within the footprint of the Mid North Coast Local Health District (see map right).
2. Applicants must be one of the following types of organisations:
  - a. A not-for-profit incorporated association or company
  - b. A not-for-profit organisation with other legal status
  - c. A Government, Independent or Catholic school
  - d. An accredited early childhood education and care centre or out of school hours program
  - e. A not-for-profit organisation in an auspice arrangement with one of the above.
3. In relation to insurance, applicants (or auspice arrangements) must hold and maintain appropriate insurance. Insurance details are to be provided in the application form, and a certificate provided to Healthy Communities.
4. Applicants are encouraged to partner with other non-Government organisations and Government agencies where appropriate.



## ASSESSMENT CRITERIA

Applications will be assessed against the below criteria.

1. Contribution to improvement in health
  - The application proposes innovative solutions which will contribute to improvements in the noted funding priority areas and target groups (see page 4).
  - The application demonstrates the ability to improve health and wellbeing, knowledge, attitudes and behaviours.
2. Value for money
  - The application represents value for money by matching a realistic budget with potential population health improvements.
3. A preventive health approach
  - The proposed project is based on primary or secondary prevention.
4. Innovation
  - Projects are innovative and not just 'business as usual'.
5. Project planning, evaluation and partnerships
  - The application states clear objectives and strategies and engagement of appropriate partners where required.
  - The application demonstrates the capacity to collect and interpret data and to evaluate project outcomes.
6. Evidence of health promotion principles
  - The project incorporates health promotion principles in its design and delivery (see page 2).





# APPLICATION PROCESS



## How to apply

To apply please download and print the application form:

<https://www.healthycommunitiesmnc.com.au/innovation-funds/>

Once completed, please sign and send to us either by email or post (see contact details on page 2).

Please read the undertakings and conditions on page 6 of the application form, which outline the administrative requirements of successful applicants.

## Selection process

As funding is limited, the Innovation Fund will involve a competitive review process, based on the assessment criteria noted on page 5.

Eligible applications will be assessed by a representative grant review panel.

## Key dates

- We will receive applications from 3 May 2019.
- Applications close 14 June 2019.
- Outcomes will be emailed to all applicants on 19 July 2019.

**GOOD LUCK!**

