

Step Up MCR's Neighbourhood Health Fund

Hello! We are Step Up MCR

Step Up MCR is the charity unleashing the unlimited potential of people living and working in North Manchester through the power of local giving. We grow community health and wellbeing projects and can help get the wheels turning on brilliant big ideas.

Our Neighbourhood Health Fund

- We have £10,000 available for community groups based in Ancoats, Beswick, Clayton & Openshaw addressing Heart Health & Bowel Health
- Funding is flexible and will depend on the quantity and quality of applications received. This means we may fund one project at £10,000, or 10 smaller projects of £1,000.
- Applications close at 5pm on Friday 7th June

Your application does not have to be clinical!

We are looking to fund new or existing work. You could already be supporting people's Heart Health & Bowel Health through your current activities. This fund could be for you if you're delivering activities that:

- Boost physical activity
- Reduce stress
- Encourage health eating
- And much more

Projects could look like...

- 👩🍳 Healthy cooking classes
 - 💰 Cost of living or employment support
 - 🚶 Walking, cycling or swimming groups
 - 🌱 Gardening projects
 - 🧘 Mindfulness classes or yoga sessions
- And so on.

Need support with your application?

Step Up MCR will be hosting an application support drop-in on Tues 14th May at 4pm at Manchester Institute of Health & Performance, M11 3BS. To join us, email hello@stepupmcr.org

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 Manchester Local Care Organisation

 **STEP UP MCR**



For more information, and to apply, head to:
stepupmcr.org/neighbourhood-health-fund