

Summer of Wellbeing

Open call for a Season of
Creativity & Connection for
Newham



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About our ‘Wellbeing Project’

Introducing a Summer of Wellbeing for Newham

Open Call for Wellbeing Projects

In our post-Covid world, with the cost-of-living crisis, conflict happening across the globe and one in five Newham residents reporting feeling lonely often (Office National Statistics), finding ways to care for our personal and community wellbeing is more important than ever.

Culture Within Newham’s (CWN) Community Voices Panel – made up of 18 residents from across Newham – included ‘wellbeing’ within their manifesto as an area that was important to focus on within Newham.

Life-changing events

They acknowledged that ‘the impact of arts can literally change lives’. With all this in mind, CWN are planning a Wellbeing Season called ‘Summer of Wellbeing’ which will take place across Newham from June-September 2024.



Events can be open to all kinds of groups, housed inside or outside. We’re excited to see how wellbeing and culture combine.

Become part of the season

A season of Creativity and Connection for Newham

What we're looking for

We are holding an open call for groups or individuals to apply for up to £5,000 to deliver a creative, cultural or artistic project that has a focus on 'wellbeing'.

For us, wellbeing can be about health, but also more broadly about community joy, post-Covid healing, mindfulness, quality of life and happiness. We are open to any interpretation of 'wellbeing'.

These three projects will be delivered from June-September 2024 as a free wellbeing season open to everyone in Newham.

We will commission three projects for this season. This is one of two commission opportunities from CWN launched simultaneously. The other open call is for larger £15,000 commissions with a broader scope going beyond wellbeing.

There will also be a micro-grant scheme coming in summer 2024 for those who want to trial a smaller idea. Please consider what might be the right opportunity for you, though you may apply for more than one.



Projects may work with adults or children, or both!

Applicant Criteria

Learn more about who we're looking for

Applying organisations should be based within the London Borough of Newham, or in the case of individuals, they should live, work or study within the borough.

This commission is aimed at individuals or groups who are 'grassroots'.

A guideline for what this means is:

- You'll likely be a small organisation/project/community group or an individual
- You'll likely have no paid staff or very few paid staff on your team or projects
- You'll likely have never received grant funding before, or less than £10,000 at any one time
- You'll likely work hyper-locally, meaning you currently work in one small area of Newham
- You might not be registered as a company or charity, but you have a bank account and will be able to send invoices
- You can meet some or all of the points above, and we ask that you decide for yourself whether you fit the category of 'grassroots'. You will have the chance to explain this in the application.

Project Criteria

Is your project idea a good fit?

Your project will be part of a season of wellbeing events that happen between June and September 2024.

- The project theme and content must link to the theme of ‘wellbeing’, in the broadest sense of the word, as described above.
- The project must make a connection to culture, arts or creativity. It could be based around what we traditionally think of as culture, for example music, theatre, visual arts, dance, crafts, writing, etc, but it could include creative approaches to wider cultural areas like gardening, cooking, or sports.
- The project and all of its physical events must happen within Newham.
- The project must have three public outputs (or more), by which we mean any type of event, happening or workshop that is open to members of the public. These should be three or more distinct outputs across three separate days. All outputs should fall between June and September, but you might start preparations for your project before then.
- The outputs should be able to stand alone or as a set of three, but not be part of a pre-existing, regular group or longer-running regular event series. This is a chance to try out running something new, or to make something happen that you have wanted to create for a while.
- Everything during the season will be open and free for the general public to attend. The project may well target a specific community or group, but must welcome anyone. We cannot accept projects where participants need to come in via referrals or pay for membership or tickets before being allowed to join.
- Your project must be deliverable within the budget you propose, which can be up to £5,000.

A Couple of Things to Note...

Important dates and application support

Events to support your project

There will be an online Q&A session on 6th March 2024 at 12:30pm, open to anyone to attend to ask questions that you may have about this commission. Please sign up [HERE](#).

Selected projects will be expected to attend some training sessions on various topics which may include project management, accessibility and evaluation. We expect these trainings will take a total of 4 hours.

Projects will be expected to collect evaluation data throughout the delivery of the project. CWN will support in doing this.



How to Apply

Links to our application form & FAQ

There is a short form for applicants to complete in order to apply.

[APPLY HERE](#)

We recommend you write and save your answers elsewhere before filling out the online form.

You are welcome to apply in a language other than English if this is easier for you.

If there is another method of application that you would prefer or would suit you more, such as video or audio recording, this is totally fine – just get in touch with Sophie (details below) to let us know.

The application deadline has been extended to midday on 25th March 2024. You can expect to hear from us regarding your application by 10th May 2024.

Decisions on successful applicants will be made by the CWN Community Voices Panel and a select group of Newham-based ‘wellbeing champions’.

You can find more information in our [Frequently Asked Questions](#).

Get in touch

If you have any questions about this commission or would like the brief or application form translated, please email our Creative Community Builder, Sophie Crocker on sophie.crocker@culturewithin.org.uk



For more info visit:

culturewithin.org.uk

 culturewithinnewham

  @culturewithin_

