# arks M

# **Small Grants for Big Ideas – North East and** Cumbria



Clinical Commissioning Groups across the North East and Cumbria





RT

н



**Health Education North East** 

# What is a Small Spark?



Money is given to help people leaving a long stay hospital who have an idea that can help them to be part of the community.

## How much is a Small Sparks Grant



The most money given to support your ideas is £250.



If you are supported by a community group they will also get £250.

#### Who can apply?



People with a learning disability and/ or autism who are about to move out of hospital to live in the local community or have recently moved out of long stay hospital.

# Who decides?



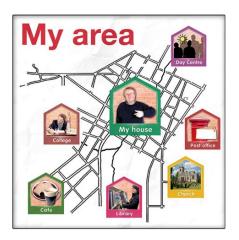
A small team including a family carer and a self advocate will decide who will get the money.

# How we decide



It's your ideas. You can be as creative as you can. Remember, this is about helping you to get connected to make friends.

Some ideas from other projects include walking groups, coffee mornings, art craft sessions, community choirs.



It's about doing something you like that will help you be part of you community. This will help you make new friends, spend time with others who have similar interests as you and have fun.

# How do I apply?



The application is very easy. You fill in the application form and send it to us. We can help you do this if you want. We will tell you if you have been given a Small Sparks grant and make sure you get the money.



All we ask for in return is a photograph or a short film of your event or idea in action and that you tell us how it went. It would be great if you can just write a little bit about how things worked out. We can help you do this.

# How do I apply?



You can phone us, email us or write to us and we will send you an application form

Skills for People Key House, Tankerville Place Newcastle upon Tyne NE2 3AT Tel: 0191 281 8737 info@skillsforpeople.org.uk

Small Sparks Application Form
Your name
Address
Phone Number
Email
What is your Small Spark Idea?
How will it support you to be part of your local community?
How much will your Small Spark cost?
When will it happen?

I will send you a photograph or film about what happened. I will be happy to	
speak to you or write a short not about how my Small Sparks went.	

Signed:

Date: