Contents Page

Contents Page ................................................................. 2
What is the London Youth Microgrant? .............................. 3
Who is the London Youth Microgrant for? ........................... 4
Why should I get involved? .................................................. 4
What will be expected of me if I apply for the microgrant? ................................................................. 5
What support can I get? ....................................................... 6
How do I apply? ................................................................. 7
What is the London Youth Microgrant?

London Youth

London Youth is a charity on a mission to improve the lives of young people in London, challenging them to become the best they can be. We believe young people need opportunities outside school to have fun with their friends, to learn new skills, to make a positive change in their communities and to shape the city they live in.

Micro-grant

‘Micro’ comes from the Greek word mīkrós which means small. A ‘grant’ is a sum of money given by an organisation for a particular purpose.

London Youth Microgrant

London Youth is offering a £400 microgrant to support young people aged between 14-20 to create a project that promotes or raises awareness of positive mental health and wellbeing in their community. Your youth club will also be awarded an additional £250 for the support they give you.

Positive mental health and wellbeing can be influenced by many things:

- Physical health
- Diet
- Relationships/Support
- Stress
- Exercise
- Environment
- Community
- Confidence
- And more many more areas...

If you can think of a campaign or project that raises awareness about mental health or improves any of the above areas, it's likely to be just what we’re looking for.

You can use the London Youth Microgrant to make the change that you want to see in the world. Think big. Think creatively. Think community.
Who is the London Youth Microgrant for?

For this grant, you must be aged between 14-20 years old, and living in London. You should also be in regular attendance at a youth club or organisation that is a member of London Youth. If you aren’t sure about this, ask your youth worker.

As the young person who applies for the microgrant, you will be the leader of the project and responsible for how it runs. However, all great leaders have a great team behind them, so we would recommend you recruiting other young people to help you. Not only that, but a youth worker should also be available to support you and help keep the project or campaign on target. You should have a think about who this could be, as we'll ask you to name them in your application. If you are applying through your youth club, your youth club will be awarded an additional £250 for the support they give you upon the completion of your project.

If you haven’t had much experience leading a social action project before, that’s okay! If you have a brilliant idea, we still encourage you to apply. London Youth, your youth worker, and your team will be here to support you along the way.

Why should I get involved?

Running a social action project has many benefits:

- Improve your community and help others
- Encourage positive mental health and wellbeing amongst your peers, helping people to have a happier and healthier life
- Become a leader in your community
- Learn how to manage your time and work to targets
- Improve your employability skills
- Improve any applications – jobs, college, university
- Make a change in an area your passionate about
What will be expected of me if I apply for the microgrant?

Running a project requires taking on responsibility. Not only will you have to be organised and dedicated to your idea, there’s also a certain amount of paperwork you’ll have to fill out.

1. First, you’ll need to think about your project idea. Consider what changes you would like to see in your community and how you can combat these issues using a £400 budget. Also, think about which youth worker you know that can support you. Start to write your ideas into the microgrants application form.

2. Either you or your named youth worker should attend the London Youth Microgrants training. Bring your application and any questions you have about the microgrants programme or your idea. After the training and any last tweaks, submit your application.

3. If you’re successful in receiving the grant, you’ll then receive your money on one of our Bread4Business money cards. You’ll have to use the money card responsibly and spend the grant only on things related to your project.

4. You’ll run your programme with the support of your youth worker, with regular check-ins on how you’re getting on. At this point, you’ll need to practice your organisation skills, keep on top of emails/messages and keep a log of what you’ve been doing.

5. After about 2-6 months, you will finish your project and evaluate how it’s gone. We’ll also ask you some questions about how effective the microgrant has been in helping you run your project and creating change in your community.
What support can I get?

London Youth will offer you training on how to apply for the London Youth Microgrant, as well as how to run a successful social action project. You can also access resources from these trainings on: www.londonyouth.org/microgrants

The training topics will include:

- Choosing a social action idea
- Goal setting
- Time management
- Budgeting
- How to persuade others to get involved
- Health and safety
- Evaluation

If you need support while running your project, your named youth worker will be there to offer their help.

Upon the completion of your project we can offer you other opportunities to other London Youth offers across our sports, arts, employability and social action teams.
How do I apply?

Applications will be accepted on paper, online or through a phone call. All you have to do is ensure whichever way you apply you are prepared to answer all 7 of the following questions:

1. What is your idea?
2. How will your idea improve your community and promote positive mental health?
3. What three goals will you seek to achieve through this project?
4. Who will support you – an adult and your named team?
5. What is the timeline of your project? (What will you achieve by when?)
6. How will you consider the safety of yourself and others on the project?
7. How will you use your £400 budget?

We’ll also ask some details about you, as well as the contact details of the youth worker that you have chosen to support you.

London Youth will offer four sets of grant applications, so you can apply at the time of year that best suits you. The different cycles begin in:

- **Jun 2019**
- **Sep 2019**
- **Feb 2020**
- **May 2020**

We’d usually expect your project to run for a minimum of 2 months, and a maximum of 6 months.

If your first application is deemed to not yet be ready for funding, we will work with you and your youth worker to get you ready to apply again in the next cycle. If you are successful in getting the funding, you will not be able to apply again within the year.

You can email your completed applications to shaz.mert@londonyouth.org or post them to Shaz Mert, London Youth, 47-49 Pitfield Street, London, N1 6DA. If you would prefer to apply via phone call, or you have any questions about the London Youth Microgrant, please email kadisha.james-fergus@londonyouth.org or call Kadisha on 0207 549 2967.