

Nourish & Thrive Fund

Applicant Information Sheet

Thank you for your interest in the Nourish & Thrive Fund. Please read this information sheet alongside the application form before applying.

Funded by The National Lottery Community Fund

Barking and Dagenham Giving is distributing this funding as a delegate of The National Lottery Community Fund, as part of "A place-based approach to healthier lives: shifting power and voice to London". Funding decisions are made by local resident decision-makers.

1. About the Fund

The problem we're responding to

Too many residents in Barking and Dagenham struggle to access healthy, affordable food- and even when it's available, knowing what to do with it and fitting it into daily routines can be just as hard.

What this fund is about

The Nourish & Thrive Fund exists to change this. We want to help residents build healthier lives through the vehicle of food- improving access to **healthy food** by building the **knowledge, skills** and **confidence** to use it, and supporting positive, lasting changes in **habits, behaviours** and **attitudes** that residents in Barking and Dagenham can carry into their everyday routines. In short: enabling residents to nourish, and to thrive.

Who we want to hear from

We want to hear from organisations that share this mission. This includes:

- Organisations with fresh, creative new ideas for changing how our communities think about and use healthy food.
- Or, established organisations already doing this vital work in our borough.

Some examples of projects that could be supported through this fund...

Changing cultures and mindsets around food: We want to hear from organisations with creative approaches to changing attitudes, habits and behaviours around healthy food within communities across Barking and Dagenham.

Connecting people with food and their community: We want to hear from

organisations that strengthen people's connections with where food comes from, local food systems, community growing, and shared food experiences- supporting healthier and more sustainable communities.

Food education and awareness: We want to hear from organisations that help residents understand healthy eating, nutrition, and the impact food has on health and wellbeing.

Cooking, growing and practical food skills: We want to hear from organisations that help communities build practical skills around cooking healthy meals, growing food, budgeting, and making healthier food choices.

These are only examples and we welcome **creative** or **innovative ideas!**

2. Grants Available

We are inviting applications from...

1) **Smaller grants of £6,583**

For projects of up to 12 months that build knowledge, skills and confidence around healthy food, and support positive, lasting changes in habits, behaviours and attitudes that residents can carry forward. **Existing projects** and **new** ideas are both welcome.

2) **Larger grants of £18,000**

For established work only- not new ideas or pilots. They can be used in one of two ways:

- **Running costs-** for organisations whose core purpose is helping residents live healthier lives through food. This is broader than food education and skills alone.
- **Established project/ programme-** for a project or programme that has been running for at least one year and does the same kind of work as the smaller grants: building knowledge, skills and confidence around healthy food, and supporting lasting changes in habits, behaviours and attitudes.

Organisations are welcome to submit an application for both of the funds but please note that you can only be awarded **one** grant.

Timelines: Funds must be spent within 12 months of receipt.

3. Criteria- Who can Apply

Eligible organisation types

- Charities registered with the Charity Commission
- Charitable Incorporated Organisations (CIOs)
- Community Interest Companies (CICs)
- Companies limited by guarantee operating on a not-for-profit basis

Requirements for all applicants

To receive a grant, your organisation must have:

- A written governing document (e.g. a constitution, set of rules, or trust deed)
- At least three unrelated people on your governing body or management committee
- A UK bank or building society account in the name of your organisation, that requires at least two authorised signatories- who are unrelated and do not live at the same address- to sign cheques or make a withdrawal

What we can fund

To be **eligible** for a grant from us you must meet the following criteria:

- Focus on food and promote health and wellbeing for Barking and Dagenham residents.
- Benefit borough residents: Organisations don't need to be based in Barking and Dagenham, but the project must clearly serve local residents in Barking and Dagenham.
- Have an annual turnover of £300,000 or less in the last 12 month period, or your last published set of accounts (if this is relevant for you).
- Create inclusive and welcoming environments and demonstrate a positive impact on the community.
- Meet relevant food safety requirements. If your project involves preparing or handling food, you must have appropriately trained staff or volunteers and any required food hygiene certification in place before food-related activities begin.

We especially welcome applications that:

- Target and accommodate under-represented groups, such as residents with disabilities or from low-income households.
- Are planning to create shareable content (e.g. videos, guides, or social media) that showcases your project's impact for other residents to see and hear.

We won't fund:

- **Project applications that provide food without a learning or skills-building element.** *Projects must build knowledge, skills and confidence around healthy food, and support positive, lasting changes in habits and attitudes. Providing food alongside learning is fine- provision on its own (e.g. parcels, donations) will not be funded.*
- **Running-costs grants:** *Organisations whose work stops at food provision are not eligible. These grants are for organisations whose core purpose is helping*

residents live healthier lives through food.

- *New ideas or pilot projects applying for a larger grant- new ideas should apply for the smaller grant.*
- *Work delivered **outside** Barking and Dagenham*
- *Organisations that are not one of the organisation types listed above.*
- *Organisations that do not meet the eligibility requirements above (governing document, management committee, bank account)*
- *Any work which promotes specific political parties or are aimed at carrying out specifically religious activities.*
- *Activities already delivered, or normally covered by statutory services*

What we check

As part of our assessment, we carry out pre-grant due diligence. This includes:

- Checking your organisation's records on the Charity Commission/Companies House registers
- Checking your financial accounts to confirm a reasonable level of financial resilience and good financial management
- Checks on governance arrangements
- Checking for any evidence of financial or regulatory mismanagement

We will contact you if we need more information during this process.

4. What the grant can and cannot pay for

Eligible expenditure

Grant funds can cover:

- Project activities and staff salaries
- Running costs and contributions to fixed costs (rent, utilities, insurance, admin)
- Equipment
- Small-scale refurbishment
- Investments in systems, people, infrastructure, capacity, and organisational development

For project grants, we encourage allocating up to 15% towards core costs.

Ineligible expenditure

The grant cannot be used for:

- **Political activity**- lobbying or activity intended to influence Parliament, Government or political parties, or using grant funding to petition for additional funding. (Non-party-political campaigning about policy or practice is acceptable if it benefits the public.)
- **Religious activity**- activities of an exclusively religious nature. Faith organisations *can* be funded if the work benefits the wider community and doesn't include religious content.
- **Double funding**- costs already being paid for by another funder. If someone else is covering a cost (or will), we can't fund it too.
- **VAT** reclaimable from HMRC
- **Land or buildings**- purchase of land or buildings, or acquisition/improvement of fixed assets (unless the grant is explicitly for capital use)
- **Gifts and entertaining**- gifts to individuals over £25 per person per year; entertainment that would be a taxable benefit
- **Fines and penalties**- statutory, criminal, or other
- **Loan payments**
- **Private profit**- activities that make profits for private gain
- **Pre-existing liabilities** - costs incurred before the grant agreement, unless agreed with us in writing

If you're unsure whether something in your budget is eligible, please ask us before applying.

4. How grants are paid

- Grants are paid by electronic bank transfer to your organisation's bank account
- The grant can only be spent on the agreed purposes set out in your application. If your plans change, you must agree any changes with us in writing first. Grant money spent outside the agreed purposes may need to be repaid.
- If you cannot spend the grant within 12 months, talk to us as early as possible

5. What successful applicants will need

Before receiving the grant, we will confirm your governing document, bank details, and due diligence checks.

During the grant period, if relevant to your work, grant recipients are expected to have in place:

- Child protection/vulnerable adult safeguarding policies and procedures (relevant to your activities)

- Employers' liability insurance where relevant, and compliance with health and safety, national minimum wage, working time, data protection, and other statutory requirements
- Full and proper accounts and records, including invoices, showing how the grant has been used
- Food hygiene certification in place before any food-related activities begin, where applicable

Grant recipients are also expected to take part in **monitoring**- telling us how the grant was spent and what difference it made- as we report on outcomes to The National Lottery Community Fund.

We're a new organisation without a year of accounts. Are we excluded?

Not necessarily. We check for financial resilience and good management, but there's no minimum trading history. New organisations should provide whatever financial records they have (e.g. a simple income and expenditure record or budget forecast) and talk to us if unsure.

FAQ:

How are decisions made on the organisations awarded funding?

Applications will be first reviewed by staff members at BD Giving, and then reviewed by a group of resident decision-makers. Your application will be read by local people, including young people, who will decide which projects receive funding. Please write your answers with them in mind: in your own words, and without jargon

Can we apply for both the small and large grant?

Yes, but you must complete a separate application for each grant size and you can only be awarded one grant.

We're a faith-based organisation- are we eligible?

Yes, if the funded work is open to the whole community and has no religious content.

How many of each type of grant will be awarded?

We aim to award three larger grants (£18,000 each) and eight smaller grants (£6,583 each), from the total £106,666 available. However, this is an indicative split. The final number and size of grants may differ depending on the volume, quality, and suitability of applications received.

What happens after we've applied?

- The window for applications closes on Monday 2nd November 2026 at 10am.
- BD Giving's team then carry out due diligence on each application and do checks against the fund's eligibility criteria. Our resident decision-makers- local people who designed this fund- then read and score all the applications and decide which projects receive funding.
- We expect funding decisions to be communicated by Thursday 3rd of December.
- If you're successful, we'll send you a grant agreement to sign. Once signed, your grant will be paid within 6 weeks.

We don't have a food hygiene certificate yet. Can we still apply?

Yes- certification only needs to be in place before food-related activities begin, not at the point of applying. Grant funds can also cover training costs- just include them in your budget.

Can the grant pay for equipment or a building?

Small equipment yes; no land, buildings, or capital asset improvements.

What happens if another funder is already paying for some of our costs?

Costs can't be double-funded. If another funder covers a cost, it should be shown in your budget with its funding source.

What if we can't spend the grant within 12 months?

Talk to us early- unspent funds may need to be returned.

I have a question- who can I speak to?

- For any questions, please get in touch with the BD Giving team by contacting: emma@bdgiving.org.uk.
- Join our online information drop-in session on Monday 12th October from 11:30-12:15pm

This fund is part of "A place-based approach to healthier lives: shifting power and voice to London", funded by The National Lottery Community Fund and delivered in Barking and Dagenham by Barking and Dagenham Giving.

The deadline to apply is **Monday 2nd November 2026 at 10am**. Apply [here](#).