



ACHIEVE WELL TEAM

Empowering wellbeing,
elevating achievement

The Achieve Well Grant Scheme 26/27

Guidance for Applicants

Please read before starting your application

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Introduction

The Achieve Well Grant Scheme provides grants of up to £10,000 for schools and education settings with children and young people aged 4-18 years within the Nottingham City local authority area. The funding is available to support projects that promote healthy eating, physical activity, smoking and vaping prevention, allowing schools to respond to needs identified through the Health and Wellbeing Survey around moving more and healthy eating. This is a competitive grant programme funded through a limited pot of Public Health funding for the 2026/27 academic year. Awards are not guaranteed and will be based on the strength of the application, potential impact and alignment with the grant aims and core criteria. All applications will be reviewed by an awarding panel.

What is this funding for?

The funding is for projects supporting healthy eating, physical activity, smoking and vaping as well creating targeted responses that respond directly to the needs of pupils whilst still offering access to moving more and/or healthy eating for schools and educational settings within the Nottingham city local authority area.

Funding stream and requirements

This is a competitive grant programme supported through a limited £100,000 pot of Public Health funding for the 2026/27 academic year. Grants of up to £10,000 are available to support projects and activities that address the scheme's aims and meet the grant criteria. Funding is not guaranteed. Awards will be made to the highest scoring applications, based on merit and alignment with the funding criteria and scheme aims. All applications will be reviewed by an awarding panel.

What type of projects will we fund?

Applications should show clear evidence of pupil voice, with children and young people meaningfully involved in shaping the proposal. Projects should be inclusive, sustainable and clearly linked to healthy eating, physical activity, smoking and vaping prevention, or another priority area identified through pupil health and wellbeing evidence.

Schools will need to show why funding is needed, what difference the project is expected to make and how impact will be measured. Pupil insight can help strengthen this. If your school has completed the Health and Wellbeing survey, you can use your report to identify priority areas and support a more bespoke project plan. Schools can also request a copy of their report if needed by emailing surveys@sheu.org.uk

Schools that have not completed the survey can register to take part this year. This can help build a clearer picture of pupil needs and support future planning, bids and wider





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health and wellbeing work. Schools interested in developing more targeted and evidence informed approaches are strongly encouraged to sign up using this link: [Sign up to the Health and Wellbeing Survey](#)

Why this grant is needed

Local health and wellbeing survey results show that many children and young people face challenges that affect their health and wellbeing.

Key findings show that:

- Almost half of secondary pupils are not regularly meeting the recommended 60 active minutes a day. Only 52% of secondary pupils (around 1 in 2) usually or always achieve 60 active minutes a day, and 13% (around 1 in 8) say they never do.
- Healthy eating patterns also show clear need: 24% of secondary pupils (around 1 in 4) had nothing before lessons, 25% (around 1 in 4) ate no fruit or vegetables the day before, and only 26% of primary pupils (around 1 in 4) ate five or more portions.
- These challenges are not experienced equally. In Year 6, pupils from single-parent families were less likely to achieve 60 active minutes a day, at 52% compared with 64% overall (around 1 in 2 compared with nearly 2 in 3).
- High numbers of pupils also report practical, social and emotional barriers to being active. Only 36% of secondary pupils (around 1 in 3) said nothing stops them from being active, while 18% (around 1 in 5) reported lack of motivation and 18% (around 1 in 5) reported feeling shy or self-conscious.
- Smoking and vaping are also relevant to pupil health from an early age. 13% of Year 5/6 pupils (around 1 in 8) said someone smokes indoors at home when they are in the room, and by secondary age 17% (around 1 in 6) had at least tried vaping.

Funding Aims

Schools may apply for projects that support **one or more** of the following aims:

Aim 1: Increase daily physical activity

To increase daily physical activity for children and young people who are currently inactive, through learning, encouragement and/or access to opportunities to be active in ways that work for them. Physical activity may include movement through play, travel, routine activity or informal opportunities, as well as sports.





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Aim 2: Improve healthy eating

To improve healthy eating for children and young people by supporting one or more of learning, skills development and/or access to healthy food, particularly for pupils who face barriers to eating well.

Aim 3: Reduce and prevent smoking and vaping

To reduce smoking and vaping in children and young people through education, prevention and/or access to information and support. Projects may focus on improving understanding of smoking and vaping, preventing uptake, challenging social norms, building confidence to make healthy choices, or signposting to support where appropriate.

Aim 4: Develop and implement a project addressing a need identified through Health and Wellbeing survey findings.

Use your survey findings to identify key priorities, then design and deliver a targeted project that responds directly to the needs of your pupils whilst still offering access to moving more and/or healthy food.

Core criteria

This funding is only available to Nottingham City schools and education settings with children and young people aged 4-18 years within the Nottingham City Local Authority area and must meet all of the following criteria:

1. Pupil led

Pupils are involved from the outset of the project and are engaged throughout the process from identification of the issues, through design, contributing to the application, as well as delivery and evaluation.

2. Sustainable

Projects show how the work will continue beyond the funding period, for example through embedded practice, trained staff or pupils, reusable resources, or long-term changes to routines.

3. Inclusive and accessible

Projects identify who they aim to benefit and explain how participation will be supported for pupils facing greater barriers.





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4. Innovative and shareable

Projects offer a creative or distinctive approach and produce learning or resources that can be shared with other schools.

5. Outcomes focused

Projects clearly outline the expected benefits and provide a clear rationale for what they aim to achieve, including how outcomes will be measured during the project period.

6. Engage the wider school community

Projects should demonstrate wider school community engagement to help support and sustain outcomes.

Eligible activities and project delivery

What can the funding be spent on?

We welcome creative, practical and ambitious ideas. The examples below are intended to help schools think about the types of activity, resources and support that could be included in a strong application. Strong projects are likely to be pupil led or pupil informed. They should clearly explain the expected benefits, why the project is needed and what it aims to achieve. Applications should also show how outcomes will be measured during the project period. Funding should support approaches that can become part of everyday school life and contribute to reducing health inequalities. One off activity may be included where they help start, strengthen or support a wider programme of change.

All spending should contribute directly to the delivery and sustainability of your project. Examples could include but are not limited to:

Staff training, education and support

Training, education or support for school staff, including teachers, midday supervisors, catering staff and other adults working in school. This could help improve staff understanding, teaching confidence and consistent modelling of healthy behaviours linked to the grant aims.

Learning, skills development and awareness raising

Activities that support pupil learning, skills development or awareness raising linked to healthy eating, physical activity, smoking and vaping prevention, and making healthy choices. This could include workshops, sessions or activities, where these form part of an ongoing programme rather than a standalone event.





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Targeted and inclusive approaches

Approaches that support pupils who may face greater barriers to healthy behaviours are encouraged. This could include inactive pupils, pupils from ethnically diverse communities, pupils with SEND or disadvantaged pupils. Funding could also support pupil leadership and voice, including opportunities for children and young people to design, lead or champion health related initiatives. Examples could include wellbeing ambassadors, peer educators, food leaders or activity leaders.

Resources, consumables and partnerships

Resources and consumables that support sustained delivery across the grant aims. This could include materials for healthy eating activities, resources that support regular physical activity, or materials for pupil led work around reducing smoking and vaping uptake. This can also include materials to promote and raise awareness of projects, such as posters, displays or leaflets, may also be included where they support longer term engagement and behaviour change. Funding could also support activities that build lasting partnerships with community organisations, food projects, health services or local providers.

Healthy environments, routines, equipment and spaces

Improvements to school environments, routines, equipment or facilities where these help deliver one or more of the grants aims and contribute to lasting change. This could include improving school routines, spaces or resources, making indoor or outdoor areas easier and safer to use, buying equipment that supports regular use beyond the funded period, or creating spaces for pupil led health promotion, peer education or wider school engagement.

How applications are assessed and awarded

Please note that there is a limited pot of funding and this is a competitive process. Applications will be considered against the grant core criteria: Pupil involvement; Sustainable; Focused on one or more of the aims; engage the wider school community; Outcome focused; Inclusive & accessible and innovation and shareable. Eligible applications will be independently scored by a panel comprising representatives from Public Health Nottingham, using the grant's published criteria. Funding may be awarded in full or in part. Each application will be evaluated and scored before being assigned one of the following outcomes

- **Meets criteria:** The project meets all the core criteria with strong evidence and is recommended for funding.
- **Partly meets criteria:** The project shows good potential but may need further clarification or adjustments.
- **Does not meet criteria:** The project may not currently meet the necessary criteria or lacks sufficient detail to proceed. We encourage feedback use for future applications.

Following the initial assessment, funding will be awarded to the highest scoring applications.

What monitoring is required?

As the Achieve Well Grant scheme is publicly funded, it is important to demonstrate how the funding has been used and the impact it has made, ensuring good value for money. Schools will be required to complete one mid-project monitoring questionnaire and one end of project impact report. We also encourage schools to share feedback, case studies or success stories from pupils, staff or the wider school community to highlight the difference the project has made.





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Key dates

Key dates are as set out in the table below. We aim to release grant funding by the end of December 2026. Your start and end dates can be set to suit your planned activity, but all project activity should be completed by the end of July 2028. The midway point should usually be around halfway through the project. However, it can be linked to a key project stage or phase if this is more appropriate. An End of Project Impact Report must be submitted by the end of July 2028. Projects may continue to run or have longer term benefits beyond this point, but monitoring and reporting will focus on activity delivered within the agreed project dates. Any changes to your project dates must be discussed with the Achieve Well team and agreed in advance.

Milestone	Date
Grant launched	May 2026
Application window open	8 th June 2026
Application window close	October 2 nd 2026
Application Reviewed	October 2026
Schools Notified	Late October to early November
Funding released	Mid November to end of December
Project Delivery Period	January 2027 – July 2028
Midway Monitoring Review	During delivery (As agreed with the Achieve Well Team)
End of project impact report	End of July 2028 at the latest

How do I apply?

To make an application, complete this [form](#) and submit it by 2nd of October 2026.

The questions you will need to answer are listed below for your information and planning:

- Basic school and contact information.
- The funding details.
- An explanation of how the school meets the core criteria.
- An outline of the project with aims, timelines, costs, impact projections & sustainability.
- Project Title: What is your project called?





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- Project aims and brief summary: Provide a brief overview of your project with aims. (Max 200 words).
- Project Need: Briefly explain why this project is needed in your school. Reference to relevant evidence such as health or wellbeing data (e.g. Health and Wellbeing survey results), challenges with current facilities, feedback from pupils or staff, or national trends. (Max 300 words)
- Delivery Plan: Outline your key activities, timeline for delivery, and how you will use the funding. Ensure that you reference how your project meets the award criteria. (Max 1000 words)
- Outline the costs of your project: Please indicate whether costs are capital or revenue.
- Impact and Inclusion: Who will benefit from this project, and how will you measure its impact? How will you ensure that activities are inclusive and sustainable? (Max 250 words)
- Impact and inclusion. Outline who will benefit from this project and how you will measure its impact and sustainability.
- Timelines and planning: Outline the start, midway and endpoint of the project.
- Supporting documents: Please email any relevant supporting documents to the Achieve Well team [inbox](#). Please ensure that you clearly link any supporting evidence to the above.

GDPR and Data Protection Requirements

As part of delivering a project funded through the Achieve Well Grant Scheme, schools must ensure they comply with all data protection responsibilities under the UK General Data Protection Regulation (GDPR) and the Data Protection Act 2018. You may collect or share data such as pupil feedback, photographs, or other identifiable information as part of your application, delivery updates, or final impact reporting. It is your responsibility to ensure that appropriate consent has been obtained before sharing any data as part of the grant scheme.

All personal data collected during the project must be securely stored, only used for its intended purpose, and not shared with third parties unless legally permissible. By participating in the scheme and submitting any associated forms, you confirm that your school has taken the necessary steps to meet these obligations. For more information on how the Achieve Well Team handles data, please see our full [Privacy Policy](#).

Support and Contact Information

If you have any questions or need support at any stage, please get in touch with us at:
achievewell@nottinghamcity.gov.uk

