

Community grants available in Edinburgh – apply now!



Small Steps Big Difference grants scheme – Community groups urged to submit their best ideas

Community groups in Edinburgh are being urged to apply for funding as part of the Small Steps Big Difference healthy living campaign. The project, run jointly by NHS Lothian and The City of Edinburgh Council, is aimed at improving the health and wellbeing of women aged 20-49 throughout the city. Up to £4,000 is available for projects that can develop innovative and engaging food and physical activity programmes for women within their local communities.

Dr Alison McCallum, Director of Public Health and Health Policy, NHS Lothian, said:- “Small Steps Big Difference aims to promote small changes to lifestyle as a way of improving overall health. This is a great opportunity for local groups to get involved in a campaign targeting women within their local communities. The campaign promotes simple ideas that are relatively easy to work into their lives.

“You can be active without going to the gym and you can be healthy without going on a diet. Simply swapping salt for herbs or walking for 30-minutes a day can have hugely significant benefits.”

Councillor Ricky Henderson, Health Leader for The City of Edinburgh Council, said:- "Equipping people with the skills needed to improve their health and wellbeing is very important, and the Small Steps Big Difference scheme is a fantastic chance to do so. It's also a great opportunity to encourage communities to work together, which is welcome from a social perspective."

The deadline for applications for the Small Steps Big Difference grants scheme is Monday 16 July 2012. More details can be found at www.smallstepsbigdifference.co.uk