

# Positive Ageing | Small Grants Programme

The Positive Ageing Small Grants Programme is funded by the Public Health Agency and administered by the WHSCT. The programme is aimed to support activities

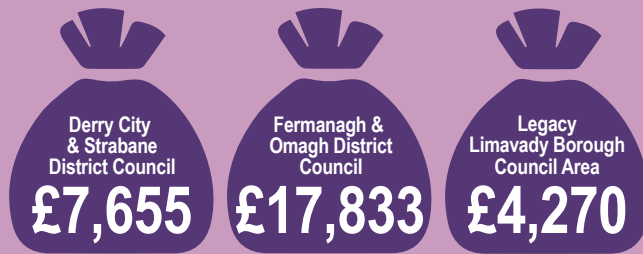
and programmes specifically for older people (aged 50+) to improve physical activity and reduce social isolation. It has also allowed for better partnership working with the

PHA, Statutory Organisations (particularly the Age Friendly Officers in Council) and the Community and Voluntary Sector across the Western Trust area.

“I enjoy the company of other people and think it is important to keep active to keep healthy, these sessions have helped us do this”  
Participant

## How Much did we do?

A total of **£29,758** Grant Funding was awarded as seen below.



attended over **2000** sessions in total.



## How Well did we do it?



of group leaders agreed they would apply to the grants programme again.



older peoples groups and subsequent programmes/activities were funded.



advertised through media, Community and Voluntary sector and Older Peoples Networks.

## Is Anyone Better off?



stated they felt connected to their community afterwards compared to **59%** before.



increase in mental health wellbeing among participants.



increase in physical health wellbeing among participants.