

HEALTH & BELIEF: FINAL REVIEW

2008 – 2014

OVERVIEW

The Health and Belief programme was established as a partnership between London Catalyst and Church Urban Fund. It offered funding for faith-based community projects engaged in tackling poverty and health inequalities in London. **Between 2008 and 2014, £250,000 was given in grants to 39 projects.** This puts the average grant size at £6,400.

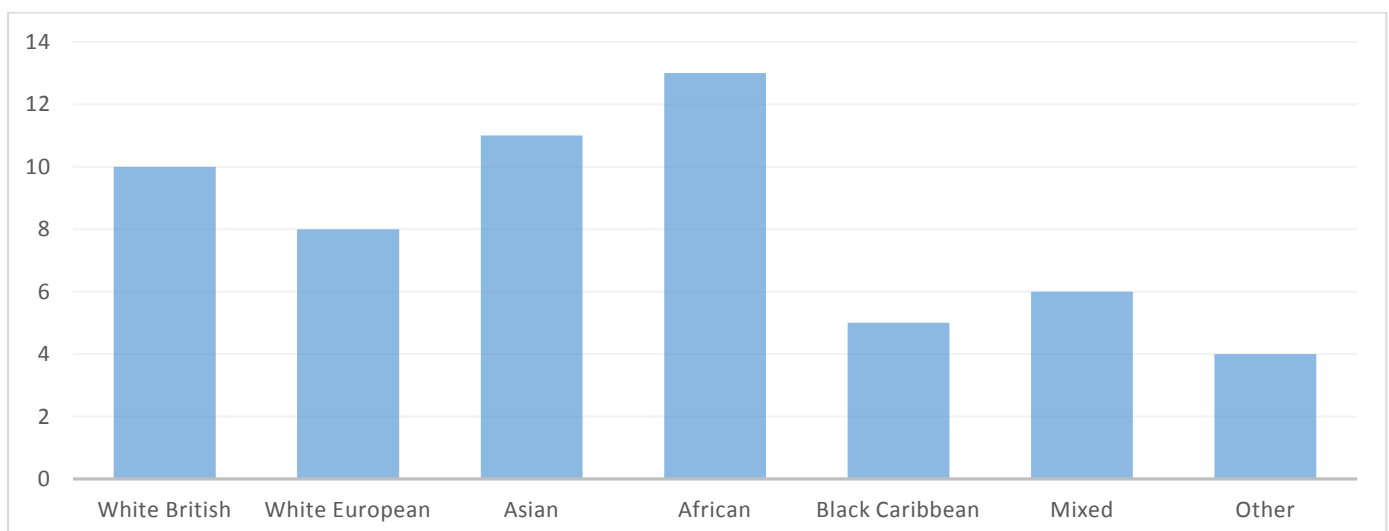
Year:	2008	2009	2010	2011	2012	2013	2014
Projects:	4	4	4	4	6	8	9
Amount:	£30,000	£30,000	£30,000	£30,000	£30,000	£50,000	£50,000

The approval rate is uncertain, with only grant awards having been recorded in all but the final year of the programme. However in this last year 9 grants were made with 38 applications declined, putting the approval rate for this year at 24%.

PROJECT REACH

Monitoring and evaluation showed that each project funded by the Health and Belief programme directly supported 56 people. In addition an average of 180 people were estimated to have been impacted more widely by each project.¹ Consequently **this programme is estimated to have directly supported 2184 people and indirectly impacted a further 7020 people.**

We also asked what ethnic and faith groups were engaged in the project. A detailed faith breakdown is included later. However the ethnicity of project beneficiaries are:



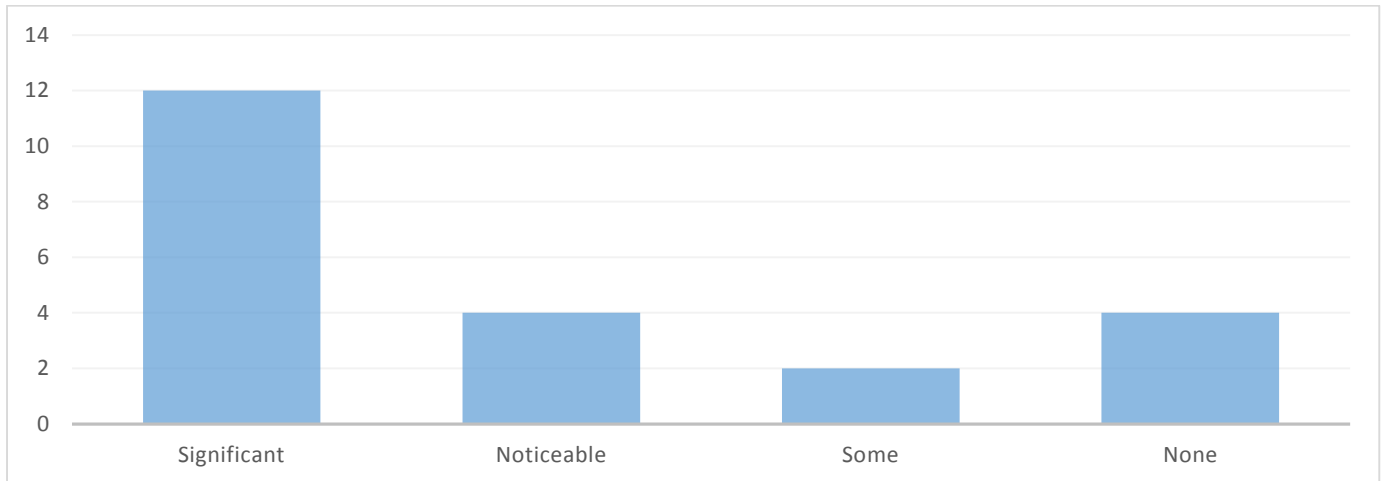
¹ Question asked: How many people does your project benefit INDIRECTLY? * (this could include family members or members of the wider community where appropriate)

PROJECT IMPACT

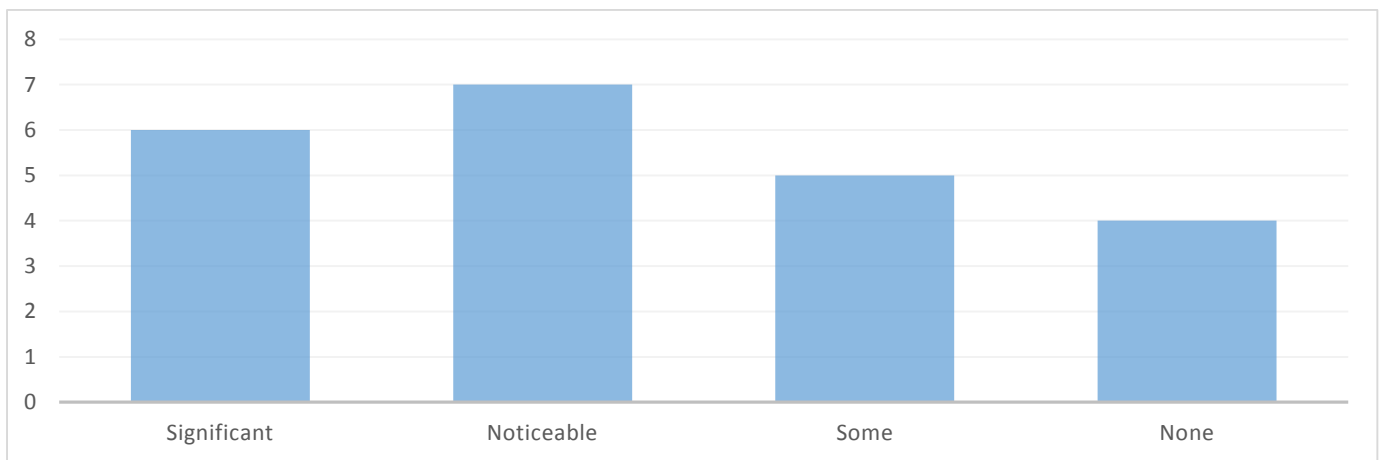
Project monitoring asked grantees three main questions around their projects impact on health, community and poverty. Results show a couple of marked trends. Projects reported a significant impact upon the health of project beneficiaries and a moderate impact on their access to local health services. However it is also noticeable that projects had almost no impact upon poverty amongst beneficiaries. This is perhaps expected with the emphasis of the grant programme being on health.

Which of the following and to what degree do you feel the grant has helped improve?

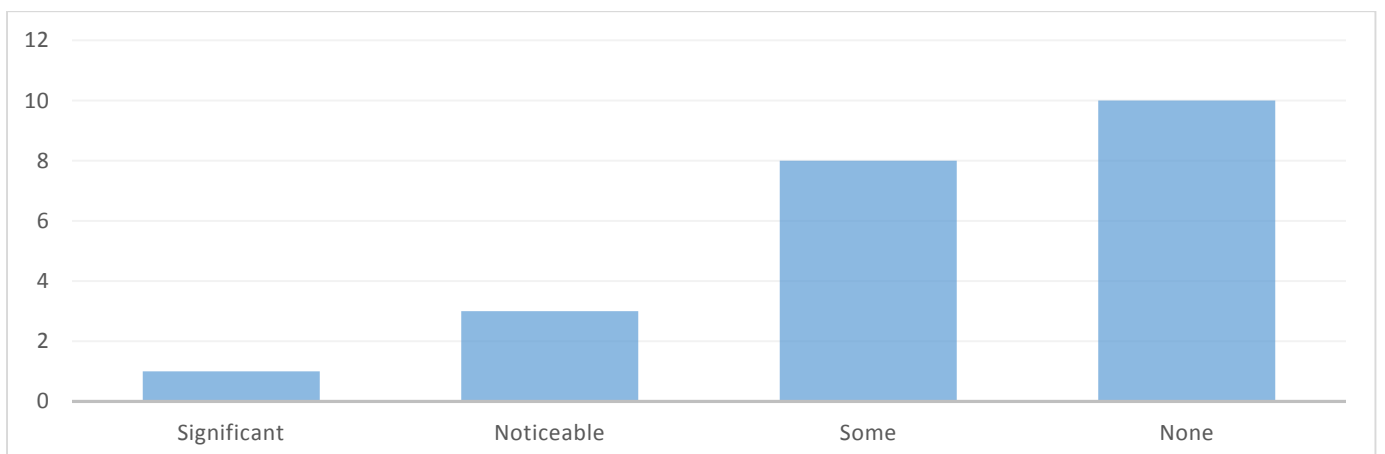
The health and wellbeing of your users



The access to and availability of health/community services and facilities



Help to remove people from poverty

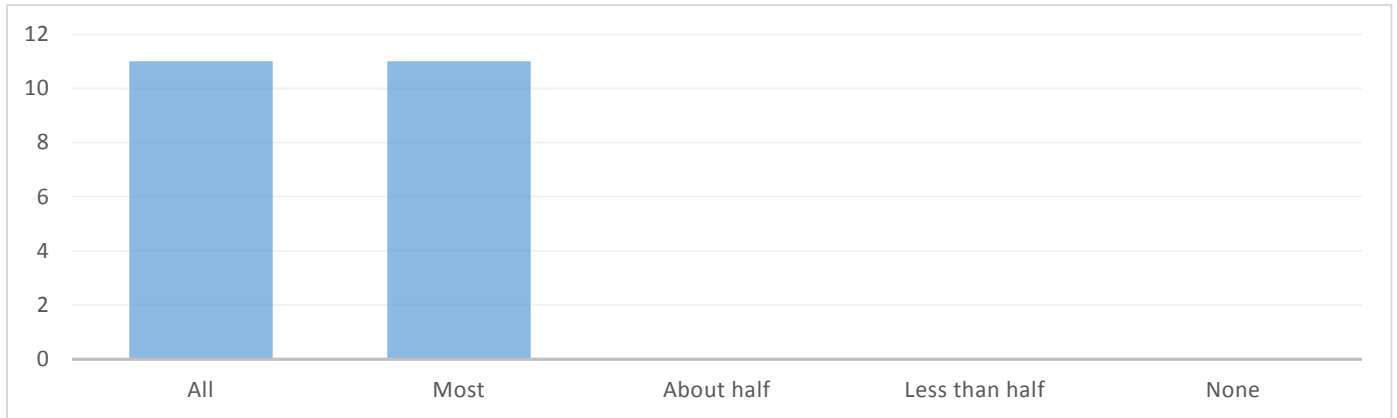


PROJECT SUCCESS

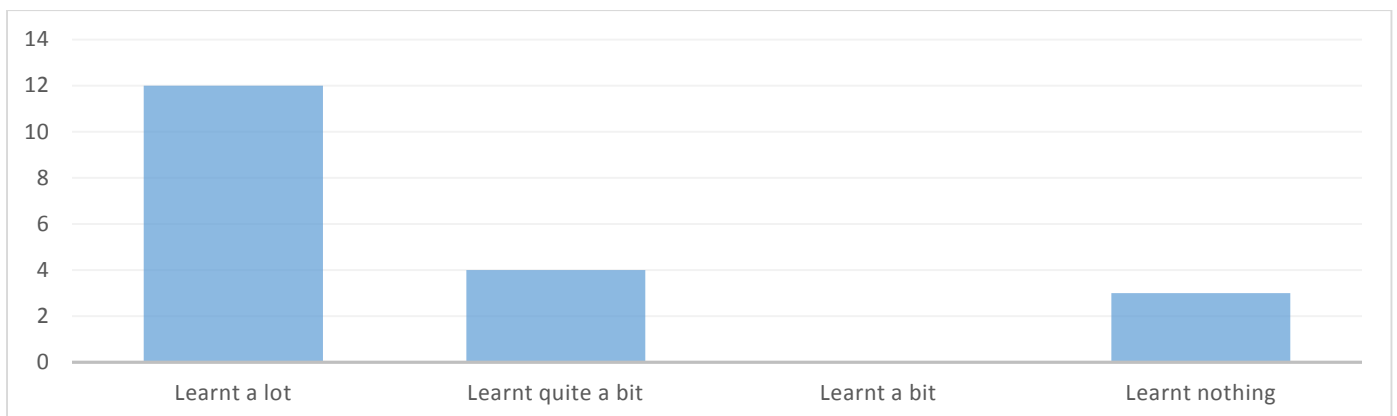
Feedback shows Health and Belief grants to have been successful. It is notable here that all monitoring respondents claim that their project was either fully or mostly successful in achieving its aims.

Furthermore the grants programme contributed to grantee learning, most respondents claiming that they have learnt either a lot or some during their project. Unsurprisingly, many projects faced at least a few problems but it is notable that this did not impact upon the success of these cases.

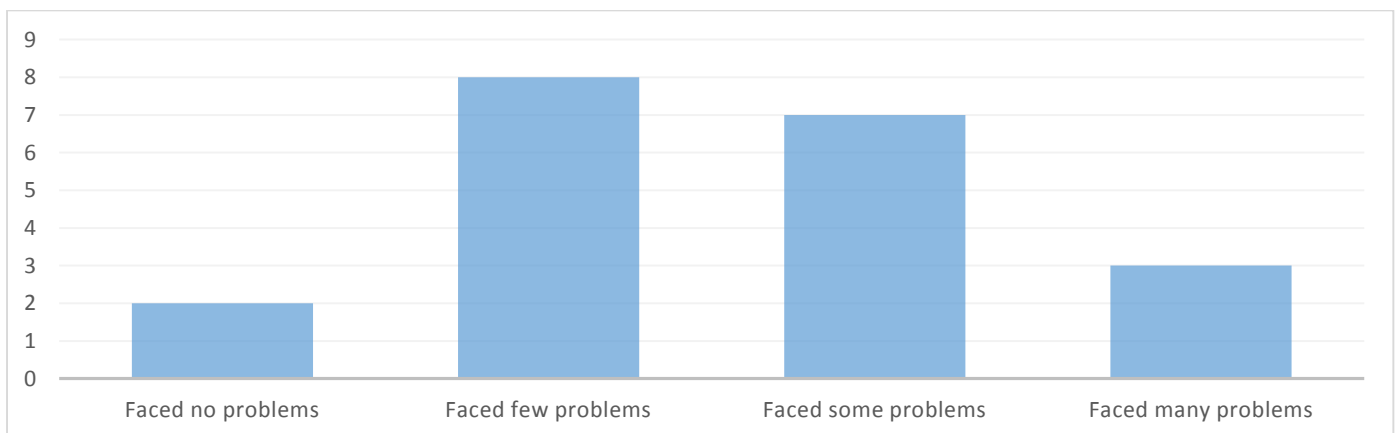
Has the grant enabled you to achieve the original aims of your project?



How much do you think you have learnt from the project for which the grant was given?

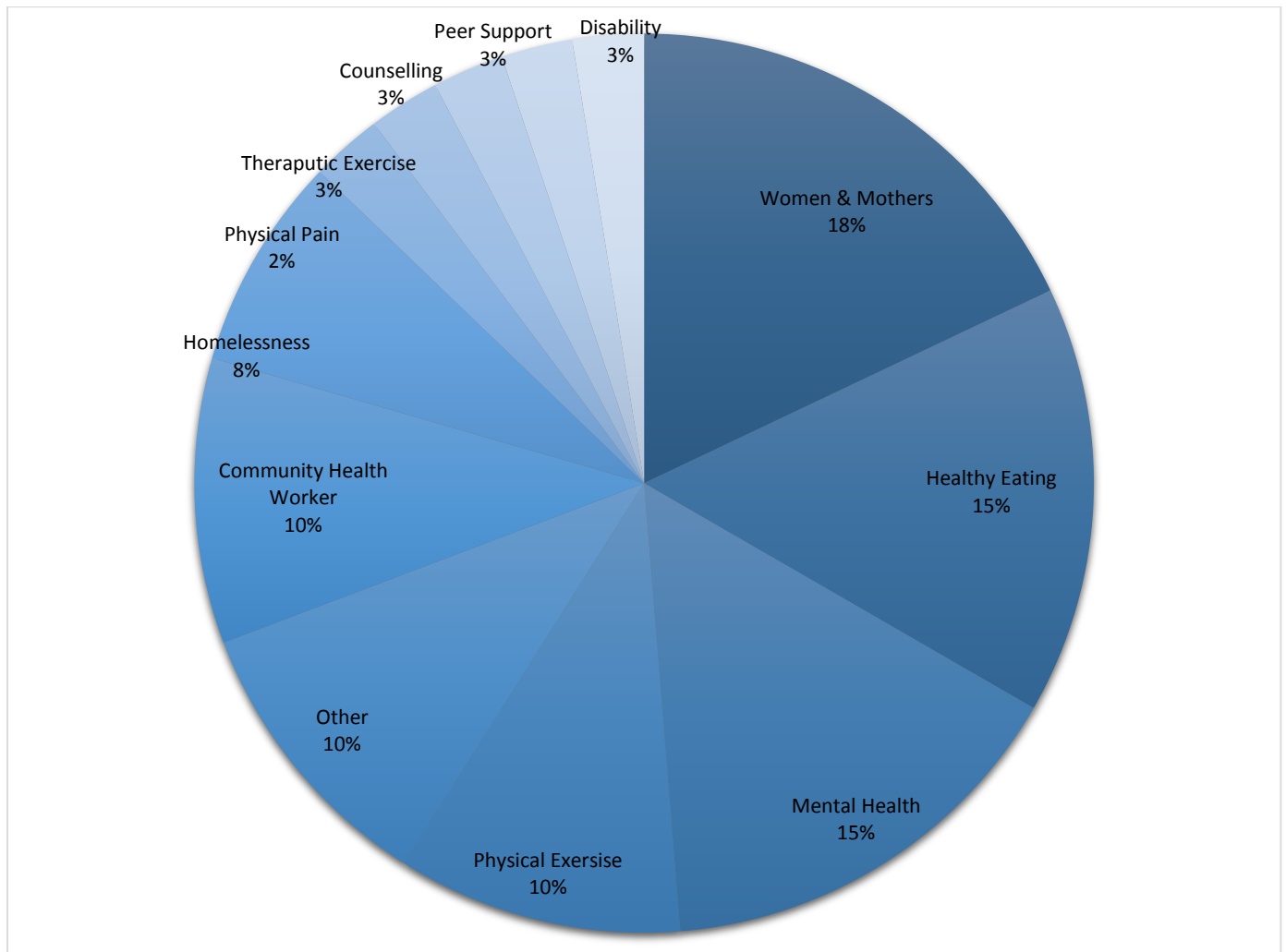


To what extent have you faced problems with your project?



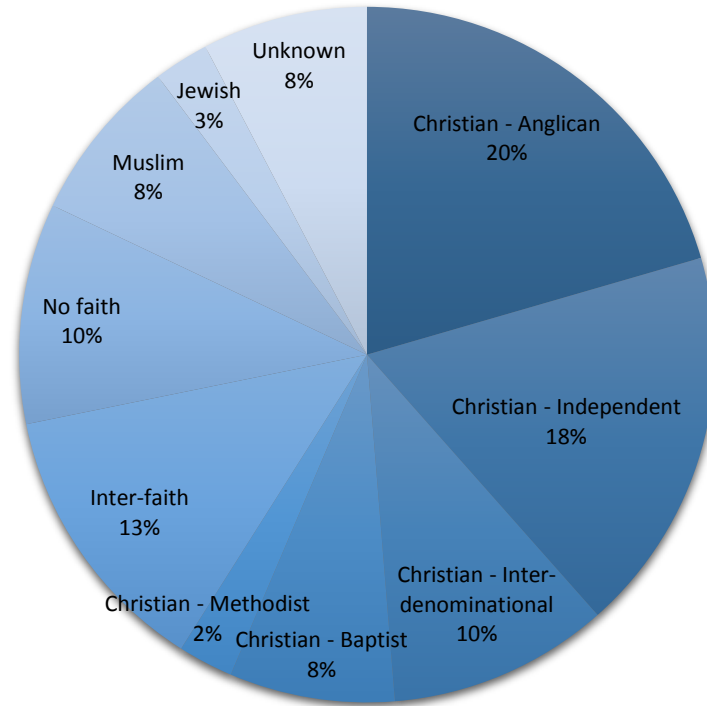
HEALTH ISSUES

Grants supported a variety of health initiatives. Work with women and mothers were the largest recipient of grants. This work included a wide range of support, including peer mentoring, depression, isolation and physical health but with each project having a specific women's focus. This was followed by Healthy Eating projects including food co-ops and FoodBanks. Mental health grants were third and included counselling, mental illness and support work.

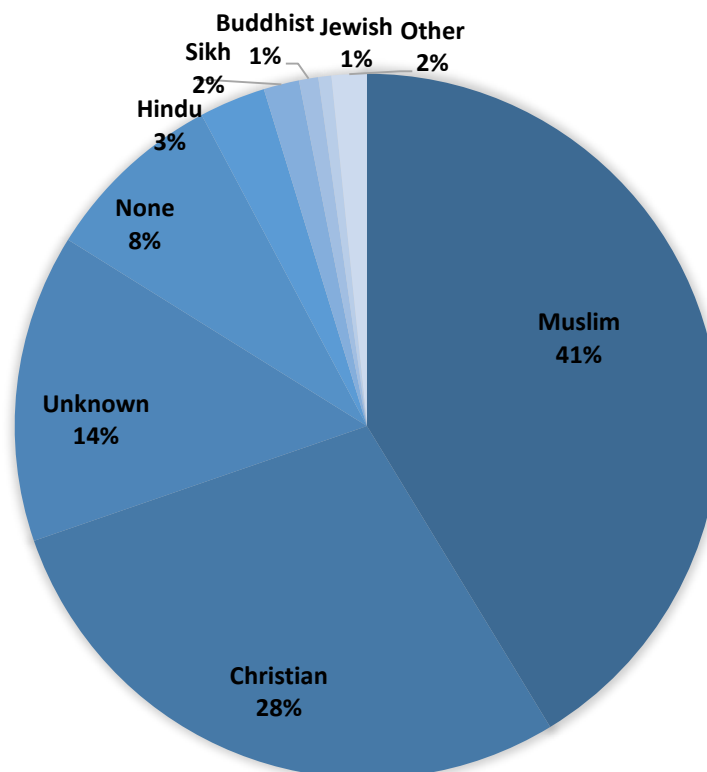


FAITH BASIS

The programme offered grants to a range of different faiths. Christian groups of all denominations were the highest recipients of grants, receiving 58% of all grants awarded. This is followed by inter-faith partnerships at 13% and non-faith based groups at 10%. With the programmes links to Church Urban Fund, the high number of Christian project leads is unsurprising.



Project monitoring also asked what faith groups were included in each project. What stands out here is high Muslim participation as beneficiaries; whereas only 8% of projects were Muslim led, 41% of beneficiaries were of this faith.

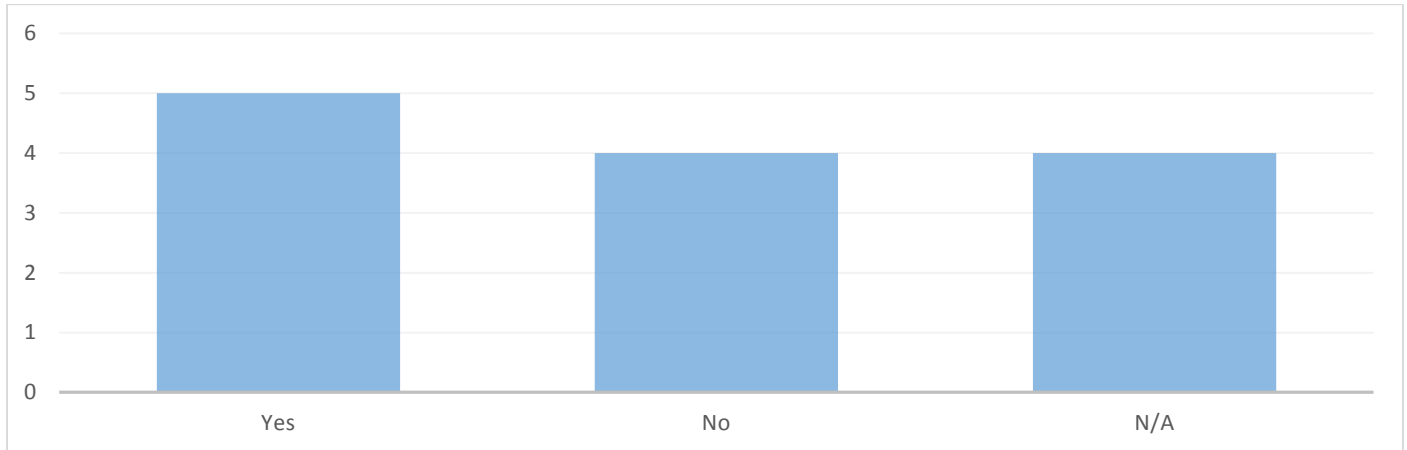


PROJECT GROWTH

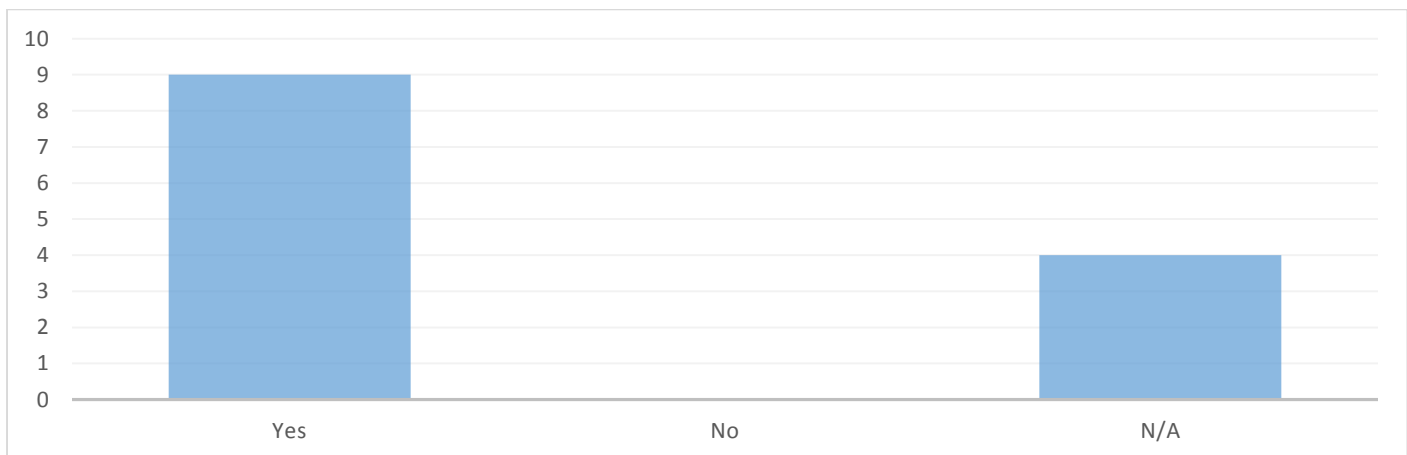
Projects showed mixed results regarding the growth and future of their work. Only around half of projects who sought further funding following their grant were successful. Where this was the case however it averaged £19,000; over three times the average value of the grant we gave. Projects were more successful in growing their volunteer numbers; for all where this was applicable organisations increased such involvement. On average, each project saw 14 new volunteers. Most projects are confident that their projects will continue, with 60% either very or quite confident.

Has Health and Belief enabled your project to:

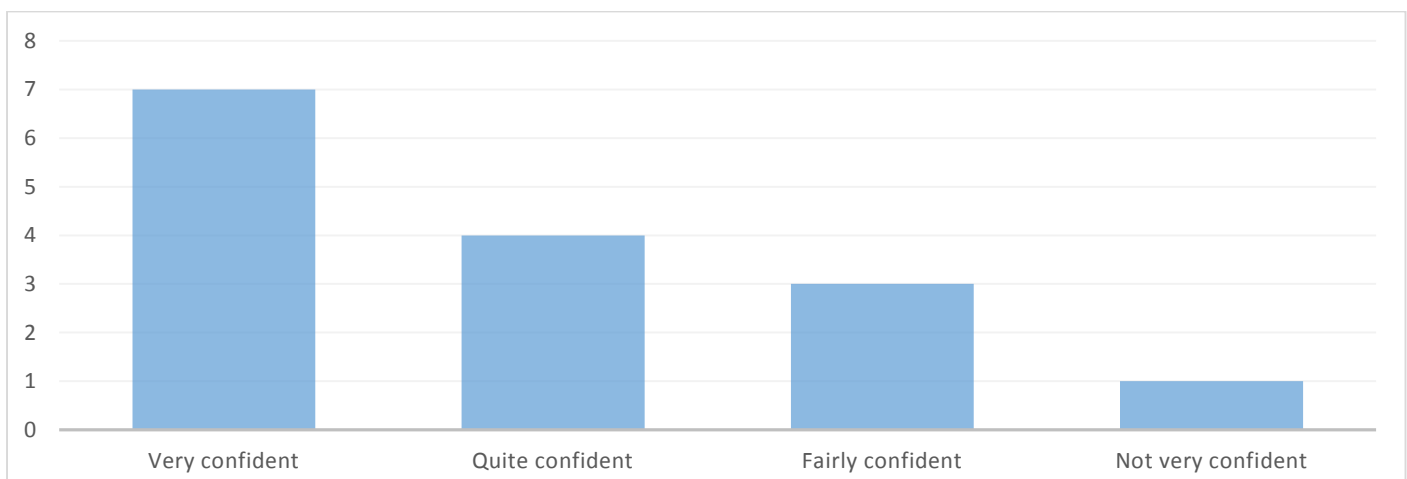
Access further funding



Gain more volunteers



How confident are you in the future of this project?



CONCLUSION

What emerges from the Health & Belief programme is that projects supported by these grants have enabled faith-based groups to successfully improve the health of participants. All projects both fully or partially achieved the objectives of their project and largely recorded either a significant or noticeable improvement in the health of beneficiaries. Health support was offered across a range of different categories, however it is notable that women and mothers were an unexpected focus on much of the work undertaken.

Projects show varying degrees of sustainability. Little more than half were successful in fundraising but volunteer numbers and overall confidence in a projects future were both high. This suggests some but not all will continue their work.

A couple of minor shortcomings emerged. Grants were mostly awarded to Christian projects, suggesting a lower awareness amongst other faith communities. Whilst the programme saw high Muslim and Christian engagement, minority faith groups also saw very small levels of involvement. In addition it was noticeable that whilst Health & Belief grants had a high impact on health, little was achieved in tackling broader issues of poverty.