

| Organisation                 | Project                        | Project Area | £      | Outputs  | Enviro Impacts   | Health Impacts   | Participant Impact  |
|------------------------------|--------------------------------|--------------|--------|--|--|--|---|
| British Dietetic Association | Let's Get Saving in Merseyside | Regional     | 25,000 | Recruit 10 clubs across region (i.e. 2 per District)   | seasonality and sourcing local food, methane reduction, reducing HH waste of food        | healthy weight management through dietary change. Reduction in type 2 diabetes & heart disease. Improved confidence and self esteem                        | Monitor and evaluate the project by numerous means including; recording quantitative data , pre & post training questionnaires and behaviours, school pledges and monitoring distribution of food from Community Fridge, cost benefit analysis; environmental, financial savings, health benefits and social value.           |
|                              |                                |              |        | Recruit 20 schools as cooking clubs .  |  |  |   |
|                              |                                |              |        | Training of 10 people at two day train the trainer event   |  |  |   |
|                              |                                |              |        | Training of 20 people at one day training event.   |  |  |   |
|                              |                                |              |        | Produce training resource materials - Food Waste resource pack and 'saving tips' booklet;  |  |  |   |
|                              |                                |              |        | £150 grant for setting up club.  |  |  |   |
|                              |                                |              |        | Club Leaders to deliver 12 sessions and 3 community event each , total of 450 sessions (30x 15)  |  |  |   |
|                              |                                |              |        | Attend a major Food Festival in the region to promote food waste saving messages.  |  |  |   |
|                              |                                |              |        | Partnership with Hub Bub to establish a Community Fridge   |  |  |   |
| Bulky Bobs                   | Amazing Rugs                   | Liverpool    | 8,000  | Use the grant funding to purchase; Deep Steam Cleaning equipment, drying rack and professional cleaning products   | Energy saving in heating home.<br>Noise reduction  | Mental health & wellbeing, participation in social norms, reduced financial stress, safer environment better relationship with neighbours, Comfort.        | Monitor and evaluate b.change including; recording quantitative data, peer review, qualifications gained, questionnaires and surveys, progression into employment; identifying environmental, financial savings, health benefits and social value from project activities.  |
|                              |                                |              |        | Working in partnership with stakeholders, crisis referral and other partners   |  |  |   |
|                              |                                |              |        | Provide Amazing rugs for donation at 8 Bulky Bob supported partner community events  |  |  |   |
| Halton Play Council          | Recycling for Craft Groups     | Halton       | 5,764  | Weekly classes delivered over 43 weeks   | litter picks, planting to improve green areas  | support for vulnerable groups; socialising / inclusion opportunities and improved mental health  | Monitor and evaluate behavioural change from your project by numerous means including; recording quantitative data, questionnaires  |
|                              |                                |              |        | 3 Volunteers dedicated to the project 9i.e. 3 x 6hrs x 43 weeks = 774 Vol Hrs)   |  |  |   |
|                              |                                |              |        | 6 training sessions (i.e. 3 locations x 2 sessions = 6)  |  |  |   |
|                              |                                |              |        | 5 Open days  |  |  |   |
| Feelgood Factory             | Eat Well, Waste Less           | Sefton       | 7,745  | Conduct 5 cooking skills courses, of five weekly sessions (48)   | Improved waste prevention,   | Improved knowledge of nutrition, reduction in obesity, tooth decay, hypertension, sugar use. Increased physical health & weight loss, 5 ways of wellbeing. | Monitor and evaluate behavioural change from your project by numerous means including; recording quantitative data, pre- and post-questionnaires and surveys, qualifications gained, progression into employment; identifying environmental, financial savings, health benefits and social value from the project activities. |
|                              |                                |              |        | Conduct 5 'Cooking with Left Overs' one day workshops (5)  |  |  |   |
|                              |                                |              |        | Conduct 5 'Cooking for the Freezer' one day workshops (5)  |  |  |   |
|                              |                                |              |        | Conduct 5 'Food Safety' one day workshops where participant will be taught to CIEH Level 1 food safety course and given the opportunity to progress to Level 2 |  |  |   |
|                              |                                |              |        | Produce resource information to support the workshops  |  |  |   |
| Community Integrated Care    | Recycling Specialist           | Regional     |        | Create an enterprise within the 'Vocational Support' Service, to create paid employment and volunteering opportunities across LCR                              | Textile, WEEE, Furniture and Christmas Tree Recycling with Local Charities & Safari Park | Reduced isolation, reduction in loneliness and improved mental health, confidence building, life skills,   | Monitor and evaluate the project by numerous means including;- recording quantitative data from activities above; staff surveys, questionnaires, focus groups; environmental, financial savings,  |
|                              |                                |              |        | Create 4 part time paid employment for people with care needs,   |  |  |   |
|                              |                                |              |        | Train 10 Volunteer Eco Champions   |  |  |   |

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|                          |                     |              | 19,700   | <p>Establish 10 Community Hubs clubs across region</p> <p>Deliver 20 education presentations to community groups</p> <p>Produce an accessible guide to recycling and living sustainably for people with care needs; disseminate across the community to inspire additional actions e.g. Bra-Banks, Furniture and Technology donations and Christmas Tree recycling.</p>   |  | independence, new friendships  | health benefits and social value..<br>Measuring media value and reach.  |
| Emmaus Merseyside        | Recycle Plus        | Sefton       | 8,000    | <p>Extend the workshop area and provide associated equipment and tools to deliver repair, upcycling and refurbishment activities.</p> <p>Partnership with stakeholders; L.A, Bowersdale Centre, housing associations, solicitors, estate agents, schools, youth groups and others</p> <p>Conduct 11 upcycling workshops (one per month)</p> <p>Repair and restore a minimum of 2 items of furniture per day, 5 days a week for 48 weeks ( 480 items)</p> <p>Reclaim a minimum of 1 item of furniture per day, 5 days a week for 48 weeks (240 items)</p> <p>Work with <b>10</b> schools in a Uniform exchange pilot scheme</p> <p>Conduct <b>10</b> Community Litterpicks (one per month)</p> | Litter picking, plastic collection   | Physical and mental health benefits, confidence, taking part. Help with financial stress, independence                                   | Monitor and evaluate behavioural change from your project by numerous means including; recording quantative data, peer review, qualifications gained, questionnaires and surveys, progression into employment; identifying environmental, financial savings, health benefits and social value from all of the project activities. |
| Changing Communities CIC | ReStore St Helens   | St Helens    | 8,000    | <p>Partnership with the Hope Centre, local training provider, Social Services, Mental Health Agencies and Housing Associations</p> <p>Conduct <b>3</b> block of furniture repair, reuse, upcycling and refurbishment Training Sessions, of two days per week for ~ 16 week (4 months)</p> <p>Set up a Repair Café and promote in the local community</p>  | <p>Litter picking, carpark clean-ups and local shops.</p> <p>Improved recycling meaning less waste.</p>              | Mental wellbeing, confidence, employability, confidence, self esteem, combating loneliness, and isolation. Reducing financial stress.    | Monitor and evaluate behavioural change including; recording quantative data, surveys, questionnaires, case studies, qualifications gained, progression into employment, identifying environmental, financial savings, health benefits and social value   |
| Sefton CVS               | Material Matters    | Sefton       | 7,580.50 | <p>Partnership with Sefton 4 Good, Charity shops, Southport Foodbank and South Sefton Foodbank and Dry-cleaners, to support the distribution of clothing via the Foodbank network.</p> <p>Set up a Charity Shop ' Material Matters' voucher scheme</p> <p>Develop an education resource pack for schools, workplaces, clubs etc to support the initiative</p> <p>Provide resources to set-up "Repair Café's" at the two Foodbanks and train volunteers in the repair of clothing</p> <p>Produce resource information to support the workshops</p>   | Prevention of textile waste  | social welfare support, social skills, opportunity to take part in activities, learning  | Monitor and evaluate behavioural change from your project by numerous means including; recording quantative data, surveys, identifying environmental, financial savings, health benefits and social value from the project activities.  |
| Centre 63                | Remake Yourself Hub | Knowsley     | 8,000    | <p>Weekly reuse, repair and upcycling workshops in textile, plastics and furniture skills; by food waste challenges, for vulnerable young people.</p> <p>Partnership with The Prince's Trust, Merseyside Fire Brigade and Fareshare</p> <p>Train and support <b>15</b> young people (16-30) in upholstery skills through the Remake Yourself Hub.</p>   | <p>Reduction in litter.</p> <p>Bi-monthly litter picks in community and beach,</p> <p>Improving community spaces</p> | Improved health & wellbeing, less isolation, establishing routines. Friendships, healthy hot lunch, cooking skills, Confidence building. | Monitor and evaluate behavioural change from your project by numerous means including; recording quantative data, peer review, qualifications gained, questionnaires and surveys, progression into employment; identifying  |

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|                        |                        |              |          | Deliver <b>10</b> Community Talks to local residents to raise awareness of the benefits of reuse, repair and recycling.<br>Accredited Training with the Ministry of Upholstery  | with upcycled products, art pieces.  |   | environmental, financial savings, health benefits and social value from the project activities.  |
| Faiths4change          | Green Up Northwood     | Knowsley     | 7,938    | Produce a digital Green Up Northwood Recycling Guide, by and for the local community including;<br>films, recorded conversations, games, LFHW recipes, repair and share skills and Ecobrick challenge information.<br>Train and support <b>4</b> Volunteers in clothing repair skills<br>Provide <b>12</b> Pop Up clothes swap Boutiques (one per month)<br>Provide <b>12</b> clothing repair clinics, textile collection points and children clothe swap through a monthly (one per month) and determine if textiles skills are needed beyond the project through research<br>Engage <b>20</b> health & wellbeing providers to share good practice benefits for local residents.<br>Provide a Men Can Cook programme and train as LFHW champions at the monthly hub<br>Provide <b>6</b> engagement workshops to capture recorded conversations (min 10), film making (6 specific materials) and Ecobrick challenge information.<br>Conduct <b>2</b> school assemblies (at Northwood Primary and St Maries RC Primary) and create Ecobricks (10 each)<br>Provide <b>8</b> workshops to create and utilise the recycling guide materials | Community allotment, composting non edible food from café, food waste reduction. Improved area using EcoBrick structures | Improved diet, knowledge of seasonal foods, eating out with others, reduced financial stress, reduced social isolation and mental stree, being active, regular activitys providing some structure, skills sharing, self confidence, making connections, | Monitor and evaluate behavioural change from your project by numerous means including; recording quantative data , questionnaires, case studies, identifying environmental, financial savings, health benefits and social value from the project activities.   |
| Wirral Environ Network | Wirral Furniture Reuse | Wirral       | 7,887    | Partnership with local furniture refurbisher, Wirral MBC, Wirral Eco school Officer, The Hive and Community Action Wirral, Community Connectors, Community Voice, it Happen, St James Opp shop,<br>Set up a Furniture Reuse shop or stall and info. point<br>Hold 3 Furniture Swap events at local community centres<br>24 Community events, 2 per month for 12 months<br>2 five week courses in refurbishment and upcycling<br>4 young people drop-in refurbishment and upcycling workshops at local youth centre  | Reduction in flytipping, work with Community Repaint,  | social welfare support, social skills, opportunity to take part in activities, learning. Physical and mental wellbeing improvement, self esteem and confidence, social interaction  | Monitor and evaluate behavioural change from your project by numerous means including; recording quantative data, surveys, questionnaires, case studies, qualifications gained, progression into employment, identifying environmental, financial savings, health benefits and social value from the project activities. |
| Total                  |                        |              | £113,615 |   |  |   |  |