Heart 2 Heart Mini-Grant Application

Su Corazón está en Sus Manos

APPLICATION DUE BY: Monday, November 4, 2019

Heart 2 Heart is a partnership between LifeLong Medical Care and the City of Berkeley’s Public Health Division. Heart 2 Heart and these mini-grants are made possible by generous funding by Alameda County Measure A Essential Health Care Services Initiative and City of Berkeley
Why Mini-Grants?

Heart 2 Heart (H2H) is a community based effort that aims to reduce the rates of heart disease, high blood pressure, and stroke within the South Berkeley area. Heart 2 Heart believes that the answers are within the community and we are here to work with **YOU** to make them a reality. Project topics Heart 2 Heart has funded in the past include: disaster preparedness, community gardening, neighborhood clean-up, meditation workshops, and leadership development projects.

**Eligibility**

Groups, organizations, or individuals may apply for a Heart 2 Heart Mini-Grant to support ideas and work that create a healthier Heart 2 Heart community. Applicants must live, work, pray or play in the **Heart 2 Heart neighborhood**. In an effort to increase community collaboration and unity, applicants may apply in collaboration with another organization or group. Once grants have been awarded, grantees are encouraged to work together where applicable (i.e. similar area of interest/project idea/initiative, etc.). Grants will be between $500-2500 each.

**Application Guidelines/Information**

- Heart 2 Heart reserves the right to adjust award amounts if applicants fail to meet agreements or to meet their goals and deadlines.
- Priority will be given to proposals that further Heart 2 Heart’s goals of lowering health disparities and improving the health and well-being of Heart 2 Heart’s neighborhood residents.
- All projects must be completed by **Friday, May 29, 2020**.
- Grantees will be required to submit a mid-point report and a final report. Both reports must include a financial report, sign-in sheets, and evaluations.
- Grantees will be required to attend an informational workshop on coordinating a mini grant project and two planning/check-in meetings (exact dates of meetings determined later in conjunction with mini grantee).
- Each Heart 2 Heart Mini-Grant recipient will be provided with sign in sheets that must be signed by participants at each event you host, sponsored with Heart 2 Heart funding.
- **PLEASE NOTE:** Mini-Grant funds will be awarded as follows: half of the project funds will be given to the grantee up front in the form of check or visa gift cards and the rest will be given to the grantee in the forms of check or visa gift card upon submission of receipts from the first payment. Purchase receipts from the upfront payment are required in order to receive the remaining grant funds. Grantees receiving funding for stipends will be required to submit a W-9 tax form for each individual receiving a stipend. **ALL RECEIPTS FROM PROJECT PURCHASES ARE REQUIRED FOR BOTH THE REIMBURSEMENT AND AFTER VISA GIFT CARD PURCHASES.**
Submit the application by Monday, November 4, 2019 by 5:00 PM to:
Sabrina Valadez-Rios
LifeLong Medical Care
Heart 2 Heart Program Specialist
EMAIL: svaladezr@s lifelongmedical.org
PHONE: 510.549.5431

Heart 2 Heart Mini-Grant Application

Please keep answers brief, clear and to the point; less than ½ page!

Project Name: _______________________________________________________________

Contact person: ______________________________________________________________

Sponsoring Organization(s)/Community group(s) (if applicable):____________________

____________________________________________________________________________

Phone: ______________________________________________________________________

Address: ____________________________________________________________________

City State: ____________________________________________ Zip: _________________

Email: ________________________________________________

Website (if applicable):________________________________________________________

1. Briefly tell us about yourself/group/organization/project and the work you do.

2. Please read through the following questions and answer each as thoroughly as possible.

   A) If awarded, what does your project plan to do with the Heart 2 Heart Mini-Grant funds?
B) What main activities will take place during the proposed project? Please include an estimated time-line for each activity.

C) How will this project make a difference? How will it benefit residents of the Heart 2 Heart neighborhood?

3. What will indicate if the goals you set were successfully accomplished? Please explain how you will evaluate whether or not your goals were accomplished (before/after surveys, participant evaluations, etc.).

4. Reporting/Updates

Please provide the name and contact information of persons who will be responsible and continually available throughout the entire grant process for financial management and reporting. This will include being responsible for the mandatory submission of a one-page mid-project and final report, timely submission of all receipts, sign in sheets and evaluation forms.

5. Budget – Please complete the budget form on the next page (or use an excel spreadsheet).
### HEART 2 HEART MINI-GRANT BUDGET

**Group/Project Name:** ________________________________

This form will help you think about how much you expect to spend on your project (for things like supplies, printing & copying, postage, equipment rental, food, etc). Remember to be realistic in your estimates.

<table>
<thead>
<tr>
<th>ITEMS NEEDED FOR PROJECT</th>
<th>PURPOSE</th>
<th>COST FOR ONE ITEM</th>
<th>HOW MANY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: plastic ware</td>
<td>Participants to eat during healthy food</td>
<td>$20.00</td>
<td>2</td>
<td>$40</td>
</tr>
<tr>
<td>utensils</td>
<td>demonstrations</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thank you for your time and effort in completing this application. We look forward to your valuable work benefitting the Heart 2 Heart residents!
Mini-Grant Background Information

**What is Heart 2 Heart?**
Heart 2 Heart (H2H) is a community based effort that aims to reduce the rates of heart disease, high blood pressure, and stroke within the South Berkeley H2H neighborhood. Residents of South Berkeley, especially African Americans, experience much higher rates of these diseases than residents in other parts of Berkeley. Heart 2 Heart wants to end these health inequities and believes that community members/partners have the unique local knowledge and power necessary to make this happen. Heart 2 Heart is here to listen, provide resources where possible, and help facilitate the change YOU want to make happen in YOUR community.

**What are ‘health inequities?’**
Health inequities refers to the differences in health and health care quality between different groups in our society. These groups can be based on race, ethnicity, gender, sexual orientation, age, nationality, income level and many other categories. The differences in health and health care between these groups are determined by many factors – our focus is on the social determinants of health, high blood pressure in particular.

**What are some examples of the social determinants of health?**
Racism, housing inequality, economic inequality, employment discrimination, access to affordable nutritious food, crime, access to quality health care, access to a living wage, access to quality education, language barriers, gender-based discrimination and stereotyping, access to healthy homes and emergency preparedness resources. All of these things affect our quality of health and the health care we receive.

**Place Matters**
The place where we live greatly affects our health. The places where we live, learn, play, and work continue to reflect deep historical and current injustices shaped by a legacy of segregation and exclusion of people of color from decision-making venues. These injustices are reflected in the differences in health outcomes. In Berkeley, a pattern of poor health outcomes continues to emerge: health, disease, and death are not randomly distributed, but rather concentrated among low income communities, which are under-resourced and more often than not, made up of people of color. South Berkeley is one of these neighborhoods. Heart 2 Heart recognizes that these differences are unfair and unjust, and seeks to improve opportunities for equitable access to resources and opportunities that produce good health.