

Municipality of the County of Richmond (MOCR)

Active Micro Grant Fund

Application Guide

Objective

This fund aims to assist Municipality of the County of Richmond residents in the delivery of activities that are low barrier and can fit into daily life in a minimum of small amounts. Examples include, but are not limited to, reducing sitting time, unstructured active play, indoor games (pickle ball, darts, etc), and walking.

MOCR Active Micro Grants is funded by the Province of Nova Scotia's Department of Communities, Culture, Tourism, and Heritage and therefore gives favour to projects in line with the initiatives as outlined in the [Let's Get Moving Nova Scotia](#) action plan, as well as [Nova Scotia's shared Strategy for Advancing Recreation](#).

Goals of the funding

MOCR aims to support programs providing quality experiences in the following priority areas:

- community gardens
- biking/cycling
- wheeling activities such as: skateboarding, rollerblading, scooters
- walking/hiking
- active play opportunities such as: playboxes, equipment loans
- Reducing sitting time
- Reducing social isolation

MOCR Micro Grants will give preference to initiatives created to support the following priority populations, as outlined by *Nova Scotia Communities, Culture, Tourism, and Heritage*:

- Youth Ages 12-18
- Ages 45+
- Females and female Identifying Youth Ages 12-18
- Females and female identifying ages 45+
- Those with less access
- Less Active Adult Population

MOCR Micro Grants will also give preference to initiatives created to support the following priority populations as outlined by *MOCR Recreation*:

- Indigenous Community
- African Nova Scotian Community
- Persons with Disabilities
- Older Adults
- Youth
- 2SLBGTQ+
- Women & Girls
- Financially Disadvantaged

Who is eligible to apply?

- Registered Non-profit Groups
- Regional Centers for Education

Eligible Expenditures:

- Training programs to build community capacity
- Equipment
- Facility rental
- Small scale outdoor walking surface (ie: gravel, landscaping, etc)
- Weekly drop-in socials

Ineligible Expenditures:

- Promotion/Advertising
- Travel
- Hospitality items (snacks, beverages)
- Salary

Glossary

Indicators: Markers of progress indicators should be specific, measurable and allow you to show progress with your goals and objectives. For example, for the goal of increasing engagement in play for adolescents, indicators could include number of adolescents who participated, types of active play adolescents engaged in, number of adolescents who reported engaging in play outside, etc.)

Initiative: In this context, initiative refers to the intervention for which you require funds. It could be a straightforward project (e.g., introducing play boxes) but it may have more elements (e.g., training for instructors to deliver an activity, equipment required, etc.)

Less active adult population (in general): Nova Scotian adults who have reported in citizen surveys that they are physically active 2 days a week or less. Data from the surveys show that less active adults are male and female and come from a variety of income brackets. They mainly get their physical activity through active household tasks and walking. They greatly prefer walking for recreation and active transportation, over any other form of physical activity, when they think of becoming active in the future. While most Nova Scotians prefer walking, less active adults prefer it more than the general population. The most common challenges to being active, according to this group, are lack of time, lack of social support, lack of interest in programming, the built environment, and health issues.

Less-structured movement: in this context, types of activities that are low barrier and can fit into daily life in a minimum of small amounts. Examples include reducing sitting time, gardening, unstructured active play, cycling, and walking.

Before you submit an application, contact the Municipality of the County of Richmond to discuss your proposed initiative and the application requirements.

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