

Who are your volunteers?	Definition
Black & minority ethnic groups	Sometimes referred to as BME, sometimes BAME e.g. Indian, Pakistani, Bangladeshi, Afro-Caribbean, Chinese, Albania, Somali etc
Carers	A carer is anybody who looks after a family member, partner or friend who needs help because of their illness, frailty or disability. Sourced from NHS Choices
Children or young people	Up to 24
Disabled people	<p>Disabled people are often talked about as though they form one group, but every disabled person faces different challenges and health conditions.</p> <p>The Equality Act 2010 defines a disabled person as anyone who has a physical or mental impairment that has a substantial and long-term adverse affect on his or her ability to carry out day-to-day activities. These impairments include:</p> <ul style="list-style-type: none"> <li>• loss of limbs</li> <li>• multiple sclerosis</li> <li>• heart disease</li> <li>• Down's syndrome</li> <li>• learning difficulties</li> <li>• mental health problems, such as depression and anxiety.</li> </ul> <p>Sourced from NHS Choices.</p>
Lesbian, gay or bisexual people	<p>Referring to 'sexual orientation towards people'. Gay is a term that is used to describe a man who has an emotional and/or sexual orientation towards men. Some women also define themselves as gay rather than lesbian; it is a generic term for lesbian and gay sexuality. Sourced from Stonewall</p> <p>Bisexual is the word used to describe a person who is emotionally and sexually attracted to both people of the opposite and of the same sex. Sourced from Terrence Higgins Trust.</p>
Trans people	<p><b>Trans Men</b> Someone who has transitioned from female to male.</p> <p><b>Trans Women</b> Someone who has transitioned from male to female.</p> <p>Note that: some people, following treatment, strongly prefer to be</p>

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	<p>thought of as simply a woman or man (or perhaps a person with a transsexual background).</p> <p>Sourced from Trans: A practical guide for the NHS</p>
Older people	People aged 65 +
People with learning disabilities	<p>A learning disability affects the way a person understand information and how they communicate.</p> <p>Sourced from NHS Choices</p>
People with long term conditions	<p>Long term conditions are those conditions that cannot, at present, be cured, but can be controlled by medication and other therapies.</p> <p>Sourced from NHS Choices</p>
People with mental health conditions	<p>Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions.</p> <p>Sourced from NHS Choices</p>
Professionals Please specify.....	(e.g Health professionals - nurse, doctor, counsellor)
Other groups / communities experiencing health inequalities/ social exclusion/ disadvantage  Please specify.....	

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People with mental health conditions	Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. Sourced from NHS Choices
People with eating disorders	Eating disorders are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour. A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health. Sourced from NHS Choices.
Other groups / communities experiencing health inequalities/ social exclusion/ disadvantage  Please specify.....	

## Project Activities

Project Activities	Definition
Health promotion	The process of enabling people to exert control over the determinants of health and thereby improve their health.
Prevention of ill–health	Work that promotes well-being, and prevents illness and disease, this could involve helping people to change their lifestyle or prevented specific diseases by, for example, immunisation or screening.
Prevention of accidents	Efforts and designs to reduce the incidence of unexpected undesirable events in various environments and situations. (e.g falls in older people).

Project Activities	Definition
Condition management	The management of physical illness, or psychological problems/ issues including stress, anxiety and depression.
Ante-natal and post natal services	Antenatal care is the care received from healthcare professionals during pregnancy.
Empowerment of disadvantaged groups	Empowerment is a process through which individuals and social groups are able to express their needs, present their concerns, devise strategies for involvement in decision-making, and achieve political, social and cultural action to meet those needs.
Disadvantaged geographical communities, urban or rural poverty	Individuals who are experiencing isolation due to their location.
Activities focusing on Men's health	Targeted health promotion on exercise, genital and sexual health, risk behaviours from tobacco and alcohol, nutrition and diet etc
Activities focusing on Women's health	Targeted health promotion on exercise, genital. breast and sexual health, risk behaviours from tobacco and alcohol, nutrition and diet etc
Activities/support services for families/parents	Providing support and informing choice for families/parents (e.g peer to peer support)
Services for older people	Services designed to meet the needs of individuals 65 and over (e.g buddying, prevention of falls)
Voluntary caring services	<p>Working with the public in:</p> <ul style="list-style-type: none"> <li>• voluntary services, luncheon clubs, community centres, youth clubs etc or</li> <li>• home help services such as: domiciliary care. This includes help with getting up and going to bed, bathing, dressing, meals and medication, or</li> <li>• helping to enable socialising shopping or to enjoy any other community activity or</li> <li>• help with practical tasks around the home such as cleaning and cooking.</li> </ul>

Project Activities	Definition
Other  Support for/empowerment of disabled people (inc. Mental Health and Learning Difficulties)  Please specify ....	