

## How to spend a £250 grant to tackle health inequalities?

Need inspiration? Here are some examples of how you can use the funds:

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### Build knowledge and skills

- **Online accredited courses:**
  - [RSPH Level 3 in Wider Determinants of Health and Health Inequalities](#) (£199), 20 hours of online study which gives you a recognised qualification.
  - [RSPH Level 2: Understanding Health Improvement](#) (£62), around 8 hours of online study resulting in a recognised qualification.
  - There's a wide range of [online courses](#) at RSPH (the Royal Society for Public Health).
  - A [Professional Certificate: Health Inequalities and Social Justice](#) (LSBA).
- **Bundle of short webinars:** Instead of one big course, register for several specialist low-cost webinars (race, gender, migration, long-term conditions). You could cover multiple lenses of health inequalities. Examples include
  - [Equality and Diversity](#), £15–£30.
  - [Health Inequalities and Secondary Care – Fairhealth UK](#) (Likely under £50 but cost not specified), an online module on the role of hospitals and secondary care in tackling inequalities.

### Conferences and networking

- A well-chosen conference such as, **HFMA** [Health Inequalities and Prevention](#) (3 – 5 December 2025). These give networking, case studies, and policy updates.

- **Hybrid attendance:** Buy an online delegate pass instead of in-person which is usually 1/3 of the price, so you might attend two instead of one.
- [Tackling Inequalities Leadership Programme – NHS Confederation](#), multiple dates across the next few months. Engaging conferences, webinars and forums to share insight, best practice and networking across the sector.

## Practical and creative options

- **Books and resources pack:** Curate a mini “library” of key health inequality texts (academic and practitioner guides) with your £250, for self-study and to share with colleagues. There’s a great [health inequalities reading list](#) from Dorset County Hospital Librarian, Morag Evans.
- **Podcast and journal subscriptions:** Fund access to relevant journals or platforms (BMJ, Public Health journal, or Migration/Health publications) that would normally be behind a paywall.
- **Skill swap:** Use the grant to pay for a mentor session with someone who works in health inequality policy, research, or lived experience leadership.

## Experience-based learning

- **Field visits:** Use the money to cover travel to community projects, grassroots organisations, or health initiatives tackling inequalities in practice. Seeing it firsthand can be transformative. Some examples are the [Nigerian Healthcare Project, Refugee & Migrant Centre \(Birmingham\)](#) or [MigRefHealth \(North & South London; East of England\)](#).
- **Theatre and arts-based workshops:** Since so much inequality work is about narrative and lived experience, you could use the grant for arts-based training in storytelling or participatory theatre, like these from [Half Moon Young People’s Theatre](#), [Tonic Theatre](#) or [Sensory training](#) from Spare Tyre Theatre Company.

## Share the learning

- **Mini learning hub:** Buy access to a course or conference and then run a short “lunch and learn” or workshop for colleagues, which would multiply the impact.

- **Resource creation:** Invest in tools (books, online toolkits, infographics software) to design and share resources on health inequalities tailored to your community or organisation.

## Creative combination idea

Spend c.£200 on the RSPH Level 3 course and then use the remaining £50 for a mix of:

- A book on migration and health inequalities (E.g. [\*Migration, Health and Inequality\* edited by Felicity Thomas and Jasmine Gideon](#)).
- A webinar ticket.
- Travel to visit a grassroots group.

That way you get qualification, networking and lived insight all from £250.

## Free resources

Use these to think creatively about what you need and to spark ideas.

- [Health Inequalities micro-learning](#) 15 minutes (Consultation Institute)
- Listen to podcasts such as [Decolonising Health & Medicine](#) (BMJ)
- [Reducing Inequalities in Breast Cancer \(IHPE Masterclass\)](#), 7 Nov 2025 (online, 1 hour), focusing on inequalities in breast cancer prevention and care.
- Institute of Health Promotion and Education [webinars](#).
- [Health Inequalities \(Micro-learning\) – The Consultation Institute](#), will give you an understanding of the duty to reduce health inequalities, the wider determinants of health and sources of information and how to build health inequalities into your Equality and Health Inequality Impact Assessments.

## Background and how to apply

The NEL VCFSE Collaborative is offering professional development grants of up to £250 for staff in small voluntary, community, and faith organisations with turnover under £150,000 across North East London.

This is not just about learning, it's about using that learning to drive real change in health equity while building your professional development.

## What are the grants for?

Examples of how you can use the grant are:

- Training or coaching
- Travel costs to conferences, learning events or existing projects
- Mentoring or other skill-building

**The key?** You must show how it will help you tackle health inequalities in your day-to-day work.

## Who can apply?

- Staff and volunteers in VCFSE organisations across NEL with a turnover of under £150,000
- Especially for early-to-mid-career roles

## Timeline

- Apply by 15 February 2026

## How to apply

- [Click here](#) to find out more.
- [Click here](#) for the Expression of Interest (EOI) form

## Why it matters:

Health inequalities are deep-rooted and include issues like unequal access to care and poorer health outcomes, but frontline workers are key to changing this. This fund is part of a bigger effort to support equity-led action, backed by the NEL Health Equity Academy.