**Appendix 1**

**Buggy Walking Groups Funding Opportunity 2022**

The Department of Children, Equality, Disability, Integration and Youth as part of its annual grant for Parent and Toddler Groups is, this year, offering a small grant of up to €400 for organisations or groups to set up Buggy Walking Groups.

Buggy Walking Groups are organised social walks for parents, guardians, and their babies and toddlers. They provide a range of benefits including social interaction, physical activity and emotional, peer support.

Buggy Walk Groups aim to give support to parents and guardians and their young children, allowing them to chat to each other, get exercise and fresh air and make friends in their local community.

Groups are expected to be inclusive of all comers but some groups might for example concentrate on new and expectant mums or target newcomers to a community.

**The benefits people get from buggy walks.**

* Meeting other parents.
* Getting out of the house.
* Having some company and making friends.
* Chatting and socialising.
* Getting to know your local area.
* Getting fresh air.
* Getting fitter.
* Reducing anxiety and stress.
* Improving mood.
* It’s free.

**What might the funding be spent on:**

Funding might pay for expenses like advertising flyers, insurance or children’s refreshments. Conditions do apply.

**Find our more:**

To find out more information and apply for this grant or the larger Parent and Toddler Group grant, contact DCCC via email: [info@donegalccc.com](mailto:info@donegalccc.com) or telephone 074 9123442.