

The Community Mental Health and Wellbeing Fund – Year 2

Fund Criteria

The fund criteria set out the parameters for how funding will be allocated to community organisations, allowing flexibility to adapt to local plans.

Who can apply

The ambition of this Fund is to support initiatives which promote mental health and wellbeing at a small scale, grass roots, community level. It will be accessible to all groups, no matter how small or inexperienced they are. Funded organisations do not need to have mental health and wellbeing as their sole focus, but, as this is the purpose of this Fund, all applications have to clearly outline how it benefits the mental health and wellbeing of people in their community.

Applications must only be accepted from a range of voluntary, 'not for profit' organisations, associations, groups and clubs or consortiums/partnerships which have a strong community focus for their activities. The range of organisations eligible to apply are:

- Scottish Charitable Incorporated Organisations (SCIO)
- Unincorporated Associations
- Companies Limited by guarantee
- Trusts
- Not-for-profit company or asset locked company or Community Interest Companies (CIC)
- Co-operatives and Community Benefit Societies
- Community councils
- Parent councils

Please note that parent councils are eligible to apply, subject to the following conditions:

- The funded activities must meet the aims of the Fund and specifically must focus on supporting **adults** rather than their children.
- Any Parent Council applying to this fund must have a statutory duty to keep proper accounts, for which there may already be legal and regulatory requirements for them to do so depending on the status of the Parent Council, for example, some parent councils are registered with OSCR as a charity.

Please also note that TSI organisations involved in distributing the Fund and supporting the wider third sector are not eligible to apply to the Fund

Local partnerships can consider funding un-constituted groups, either by supporting them to become constituted, or by providing small value grants for wellbeing support and capacity building purposes. Local partnerships can also consider allowing a constituted entity (that meets criteria above) to hold a grant for the un-constituted group.

Type of projects the fund can support

The focus of the Fund is on the **adult population** and on projects which help whole communities and/or community groups, in turn making a difference to the lives of individuals. The adult population is considered to be those **16 and over**, in that a wide range of community support (such as an art club focusing on mental wellbeing) will be open to this age group. We recognise that there is some overlap with children and young people community support funding although that funding is focused on targeted CYP projects.

Only projects which meet the fund aims can be supported. Therefore, projects can be funded if they are a community-based initiative that promotes and develops good mental health and wellbeing and/or mitigates and protects against the impact of distress and mental ill health within the adult population. In addition, local partnerships should ensure that funding is allocated to initiatives which have a focus on:

- Tackling priority issues within the Transition and Recovery Plan such as suicide prevention, social isolation and loneliness, prevention and early intervention of mental health and wellbeing issues
- Addressing the mental health inequalities exacerbated by the cost-of-living crisis and the needs of one or more of the 'at risk' groups locally.

The Fund can support both **existing and new** projects. Projects funded through Year 1 of the Fund are eligible to apply again but must clearly show how they will develop and improve in Year two (for example, in increasing accessibility and reach to different groups) and where possible, they should demonstrate early impacts from Year 1.

Projects must also have a **specific community focus** rather than providing regional or national coverage. Therefore, applications will only be funded for initiatives based within the Western Isles area.

Although any project requiring funding which also meets the criteria can apply to the fund, special consideration will be given to:

- Families affected by unforeseen cost-of-living crisis
- Socially isolated community members affected by loneliness, lack of access to transport, services and further affected by increased cost-of-living
- Projects which have a preventative element
- Priority will be given to applications from Local organisations supporting mental health support outcomes, who themselves are facing reduction or cessation of project activities due to the cost-of-living crisis. The reason for this prioritisation is to ensure continuation of services which may otherwise have to stop, due to the increased cost of living.

Examples of what we CAN fund

- Equipment
- One off events
- Hall hire for community spaces
- Small capital spending up to £5,000

Local partnerships will allow applicants to request funding for capital expenditure such as the construction, refurbishment and/or purchase of buildings, amenities or vehicles. The benefits of the capital expenditure must demonstrably contribute to the Fund outcomes.

Applicants must be awarded no more than £5,000 for such capital expenditure. This limitation does not apply to the purchase of small items of equipment.

- Staff costs (given longer term future of Fund is subject to evaluation and funding, these should be one off or fixed term)
- Training costs
- Transport
- Utilities/running costs demonstrably affected by unbudgeted cost of living increases
- Volunteer expenses
- Helping people to stay safe (PPE for small gatherings/group activity)

The Fund is aimed at projects that are primarily “support” and prevention focused within the community. While projects involving recognised therapeutic treatments can be funded, the Fund is not aimed at projects that are primarily “treatment” focused and is not meant to replace funding for direct therapeutic interventions in the community, such as counselling, or CBT. Instead, it aims to provide a range of broader community supports that can complement clinical care.

We appreciate there are cases where support and treatment are hard to distinguish and recognise that some community based complementary supports as part of their offer also provide counselling, as well as other therapeutic treatments. Therefore, these are not excluded from the fund. However, there must be appropriate governance around this, including staff/volunteers having access to adequate sources of support and/or supervision. *Please ask if you have any questions prior to application.*

Examples of what we CANNOT fund

- Contingency costs, loans, endowments, or interest
- Electricity generation and feed-in tariff payment
- Political or religious campaigning
- Profit-making/fundraising activities
- VAT you can reclaim
- Statutory activities
- Overseas travel
- Alcohol

How much organisations can apply for

There are no specific limits on the size of grant that TSIs can award. The total fund is ~£100K and we would not expect organisations to apply for more than 10% of the overall fund.

Fund outcomes: The intended outcome of the Fund is to develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others. The alleviation of anxiety arising from the ongoing cost-of-living crisis is also an intended funding outcome.

How and when to apply

The fund opens on Monday 17th October and closes on Friday 9th December. The fund assessment will take place in January and fund recipients announced and awarded before 31st March 2023. An application form is available on the TSI Western Isles website or by e-mail request. Thank you for your interest in the Community Mental Health and Wellbeing Fund Round 2.

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