

COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS 2026

Third Sector Interface Western Isles

Year 6 Local Fund Guidance

1. Fund Aims and Outcomes

The fund aims to support community-based initiatives that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health within the adult population (aged 16 or over), with a particular focus on prevention and early intervention.

Specifically, it aims to:

1. Tackle **mental health inequalities** through supporting a range of 'at risk' groups (as outlined in the Equalities section).
2. Address priority issues of **social isolation and loneliness, suicide prevention and poverty and inequality** with a particular emphasis on responding to the cost-of-living crisis and support to those facing socio-economic disadvantage.
3. Support **small 'grass roots' community groups** and organisations to deliver such activities.
4. Provide **opportunities for people to connect** with each other, build trusted relationships and revitalise communities.

The Fund directly contributes to Outcome 4 of the Scottish Government's [Mental Health and Wellbeing Strategy](#) published in June 2023:

"better equipped communities to support people's mental health and wellbeing and provide opportunities to connect with others"

It also clearly supports the three key areas of focus in the Strategy:

- **Promote** positive mental health and wellbeing for the whole population, improving understanding and tackling stigma, inequality and discrimination;
- **Prevent** mental health issues occurring or escalating and tackle underlying causes, adversities and inequalities wherever possible; and
- **Provide** mental health and wellbeing support and care, ensuring people and communities can access the right information, skills, services and opportunities in the right place at the right time, using a person-centred approach.

The Fund aims to contribute to the following national outcomes from the National Performance Framework:

- We are **healthy and active**.
- We will live in **communities** that are inclusive, empowered, resilient and safe.
- We **tackle poverty** by sharing opportunities, wealth and power more equally.

The intended outcomes of the Fund remain the same as in Years 1-5 which are 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.
- Foster a **strategic and preventative approach** to improving community mental health.
- Support the **resilience of communities** and investing in their capacity to develop their own solutions, including through strong local partnerships.
- Tackle the **social determinants of mental health** by targeting resources and collaborating with other initiatives to tackle poverty and inequality.

2. Who can apply?

Funded organisations do not need to have to have mental health and wellbeing as their sole focus, but, as this is the purpose of this Fund, their application does have to **clearly outline how it benefits the mental health and wellbeing of people** in their community. Third Sector Interface Western Isles welcomes and encourages partnership approaches. Partnership applications will be viewed positively.

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)
- Cooperative and Community Benefit Societies
- Community councils
- Parent councils

Please note that parent councils¹ 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 young people aged 16 or over or 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.

¹ For information, parent councils' functions are around: collaborating with the school in supporting children's schooling and learning; representing the views of parents; promoting and supporting contact between the school, parents, pupils, providers of nursery education and the community, and communicating or reporting to the Parent Forum.

3. What can, and cannot, be funded?

The focus of the Fund is on prevention and early intervention and we would expect all funded projects to focus on one or both of these themes. The fund is to support the adult population, which is considered to be members of the population aged 16 and over. The Fund is primarily aimed at a range of preventative community supports, however counselling and other therapeutic treatments are not excluded from the Fund, but will be considered on a case-by-case basis

The Fund can support both **existing and new** projects. Previously funded projects are eligible to apply again but should clearly show how they will develop and improve in Year 6 and where possible, they should demonstrate impacts from previous years.

What can be funded	What cannot be funded
Equipment	Contingency costs, loans, endowments or interest
One-off events	Electricity generation and feed-in tariff payment
Hall hire for community spaces.	Political or religious campaigning (<i>please note that faith-based organisations are eligible to apply with the exclusion of any religious campaigning activities or activities restricted only to members of the faith-based organisation.</i>)
Staff costs (these should be one off or fixed term)	Profit-making/fundraising activities
Training costs	VAT you can reclaim
Transport	Statutory activities
Utilities/running costs	Overseas travel
Volunteer expenses	Alcohol
Small capital spend up to £5,000. <i>Local partnerships can 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.</i>	Redundancy Costs

The Scottish Government's [Fair Work First Guidance](#) requires all grant recipients awarded a public sector grant on or after 1 July 2023 to pay at least the real Living Wage.

4. EQUALITIES 'at risk' groups

- Women particularly women experiencing gender-based violence
- people with a long-term health condition or disability
- people from a Minority Ethnic background;
- refugees and those with no recourse to public funds
- people facing socio-economic disadvantage
- people experiencing severe and multiple disadvantage
- people with diagnosed mental illness
- people affected by psychological trauma (including adverse childhood experiences)
- people who have experienced bereavement or loss
- people disadvantaged by geographical location (particularly remote and rural areas)
- older people (aged 50 and above)
- People with neurological conditions or learning disabilities, and from neurodiverse communities
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities
- Young People Young people aged 16-24

5. How much organisations can apply for?

Approximately £50,000.00 is available to projects across the Western Isles. We would not expect organisations to receive more than 10% of the overall fund in each year.

6. When organisations can apply?

The Fund opens on **Monday 24th August 2026**. The closing date for applications is **Friday 30th October 2026**. The fund assessment will take place in January 2027. All applicants will be informed of the outcome of their application. Funds will be transferred to successful applicants before 31st March 2027.

7. Capacity Building

Applicants are offered bespoke capacity building support and/or advice until 23rd October by contacting the Fund Administrator or one of the Third Sector Interface Partners listed at 9. below. In addition, each island area is running a drop-in session in their premises on the following dates:

Island Area	Date and time	Address
Lewis	Monday 21 st September 9.30 - 11.30am	Volunteer Centre Western Isles, 95 Cromwell St Stornoway
	Monday 21 st September 2.30 - 4.30pm	Third Sector Hebrides, 30 Francis Street, Stornoway
Harris	Wednesday 23rd September 10.00am – 12 Midday	Council Offices, Tarbert
Barra	Thursday 24 th September 10.00am – 12 Midday	VABV Offices, Castlebay
Uist	Wednesday 7 th October 10.00am – 2.00pm	UCVO Offices 17 Winfield Way, Balivanich
Online	Thursday 8 th October 10.00am – 2.00pm	Contact the Fund Administrator to obtain a Teams Link

Note that these engagements do not guarantee that your application will be successful.

TSI-Western Isles appreciates that unsuccessful applicants will be disappointed. There will be an opportunity, if the applicant wishes, to discuss the decision with your local TSI-WI partner.

8. Application packs

To ensure projects are eligible and well-supported, **all potential applicants must have an initial discussion with an Officer from one of the Third Sector Interface Partners or the Fund Administrator before an application form can be issued.** This conversation helps clarify project fit, answer early questions, and support organisations to submit strong applications.

9. Third Sector Interface Western Isles (TSIWI) Partners Contact Details

Chair, Third Sector Interface - Western Isles Manager Volunteer Centre Western Isles Ann Murray 95 Cromwell Street Stornoway Isle of Lewis 01851 700366 manager@volunteercentrewi.org	CMHWP Fund Administrator Donald John MacDonald Third Sector Development Officer Uist Council of Voluntary Organisations 17 Winfield Way, Balivanich, Benbecula HS7 5LH info@ucvo.org.uk
Chief Officer Third Sector Hebrides incorporating Volunteering Hebrides and Outer Hebrides Social Economy Partnership Tina MacLeod Ruth Miller (OHSEP) 30 Francis Street, Stornoway, Isle of Lewis 01851 702632 TMacleod@tshebrides.org.uk rmiller@tshebrides.org.uk	Manager Harris Voluntary Service Sandra Fraser Room 15 Old Primary School Tarbert Isle of Harris 01859 502171 manager@harrisvs.org.uk
Chief Officer Voluntary Action Barra and Vatersay Eoin MacNeil Castlebay Isle of Barra HS9 5XD 01871 810401 eoin@vabv.org.uk	Chief Officer Uist Council of Voluntary Organisations Sheena Stewart 17 Winfield Way, Balivanich, Benbecula HS7 5LH 07879670334 sheena@ucvo.org.uk