

# Communities Mental Health and Wellbeing Fund for Adults

## East Renfrewshire Fund Guidance

### Background

The Communities Mental Health and Wellbeing Fund for Adults (the Fund) was established in October 2021 and to date has distributed around £36 million to community initiatives supporting mental health and wellbeing across Scotland. A further £15 million has been awarded for the third year of funding 2023/24.

### The overarching aim of the Fund is 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.
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 also seeks 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.

Specifically, the intended outcomes of the Fund remain the same as in Years 1 and 2 and 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

Based on local needs in East Renfrewshire we are particularly interested in projects addressing the following needs:

- Recovery from addiction.
- Social isolation and loneliness.
- Suicide prevention.
- Dementia community supports.
- Access to physical activity, diet and nutrition

There will be a continued emphasis in Year 3 on responding to the cost of living crisis and on those facing socio-economic disadvantage.

### **Who Should Benefit**

The fund also aims to support the groups most affected by the cost of living crisis, and for this reason we are particularly interested in project supporting the following groups:

- Care experienced adults (16yrs+)
- Older people
- Carers
- Women and girls
- Asylum seekers and refugees
- People with learning disabilities/ neurodiversity
- Ethnic Minority communities
- LGBT+

This fund has a specific focus on adults’ mental health and wellbeing, in this case adults are classed as anyone over the age of 16 years old.

### Who can apply

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

### What can be funded

The following list is not exhaustive:

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 (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.)
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. 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 will not be awarded more than £5,000 for such capital expenditure. This limitation does not apply to the purchase of small items of equipment.	

### How much organisations can apply for

We have an overall funding pot of £236,712.59 and our ambition is to ensure that a broad reach across community organisations is met. The distribution of grants are as follows:

- Organisations/Groups with an annual income of up to £25,000 can apply up to £10,000.
- Organisations/Groups with an annual income of over £25,000, can apply up to £50,000.
- Unconstituted groups can apply for up to £2000.



## The Application Process

All applications will be uploaded using Microsoft teams forms in the same way as in the first 2 years. There are specific dates in place for each of the 3 funding levels available with a 5pm deadline on the given dates.

### Up to £2000 – Small grant

This fund will have an open application process which will close on 3<sup>rd</sup> January 2024; unless the money is fully allocated beforehand. In this case, we will announce that the fund is fully allocated and therefore closed to application.

Applicants will find out if they are successful within **14 working days** of them submitting their application. Again, if we need to reach out for some more clarity, then the 14 days will be reset.

If this fund is not allocated by the closing date, then it will roll over into a larger pot.

### £2,001 up to £10,000 - Medium Grant

Application Deadline	Panel Decision Date
29 <sup>th</sup> October 2023	6 <sup>th</sup> November 2023
29 <sup>th</sup> November 2023	6 <sup>th</sup> December 2023
3 <sup>rd</sup> January 2024	10 <sup>th</sup> January 2024

Panel decisions will be communicated to all applicants, no matter the outcome, no later than **14 working days** following the panel dates outlined above.

### £10,001 up to £50,000 – Large grant

Application Deadline	Panel Decision Date
17 <sup>th</sup> January 2024	24 <sup>th</sup> January 2024

Large Grants must be allocated by 24th January 2024. This will give us a chance to support any large grant applications within the timeframe needed by Scottish Government and will support the panel to focus their energy on the

small and medium levels of funding. All applicants will be notified, no later than **14 working days** following the panel dates outlined above.

### **Monitoring and Evaluation**

Evaluation process will be as light touch as possible while still capturing the impact/positive benefits of the funding received. We will be looking for the following evaluation information from all successful applicants:

- number of people who were supported,
- the type of support that they received,
- a brief description of the work that was carried out,
- any feedback gathered from people who participated or received support – this can be informal. This information can be returned in the form of a short report, case study or short film. An information pack on 'Demonstrating Impact' will be made available to all grantees along with the offer of additional support/training from the VAER staff team.