

# Community Mental Health & Wellbeing Fund for Adults 2024 – 2024

## East Renfrewshire Fund Guidance

### Background

The Communities Mental Health and Wellbeing Fund for Adults was established in October 2021. To date, around £51 million has been distributed across Scotland to community initiatives supporting mental health and wellbeing. Over the last three years, residents of East Renfrewshire have benefited from £710,287.34 awarded to 61 groups and organisations. It has been announced that a further £15 million has been awarded for the fourth year of funding (2024 – 2025).

**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 socioeconomic 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.

In addition to this, the Fund 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.

## Intended Outcomes

Specifically, the intended outcomes of Year 4 of the fund 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.

## Additional Information

This fund is not intended to replace funding for direct therapeutic interventions such as counselling or CBT, or to fund treatment focused services/projects. The main intention of this fund is to provide a range of broader community supports that can complement clinical care and is an opportunity to support a wide range of approaches to providing emotional and practical support to individuals (for example peer support practices).

The Fund must not be seen as a way to replace other funding streams. Granting funds to projects previously funded through statutory bodies is at each local panels discretion, however, projects must demonstrate value added relative to statutory provision. This will allow projects that meet the Fund's objectives to be considered, but only granted funding if they can demonstrate clear additionality. For instance, a project adds value by addressing unmet needs beyond statutory provision.



## Who can apply

National organisations that can demonstrate East Renfrewshire Delivery are not excluded, but are required to clearly evidence in their application their grass-roots approach

Applications can 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/ asset locked company/ 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 adults aged 16 or over or supporting adults rather than their children.

## Annual Income

As part of the application, we will ask you to disclose your organisations income by choosing one of the following options:

- Organisation with income up to £5,000
- Organisation with income up to £10,000
- Organisation with income up to £25,000
- Organisation with income between £25,000 and £100,000
- Organisation with income between £100,000 and £500,000
- Organisation with income between £500,000 and £1 million per annum
- Organisation with income over £1 million per annum \*

**\*Please note, national organisations and/or organisations with an income over £1 million per annum are able to apply to this fund, however, we would ask that that they demonstrate the following:**

- how they will concentrate their services solely on East Renfrewshire Residents
- how they will take a grassroots approach towards delivering the project
- how they have identified the need for their service in a particular area

## Who should benefit

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. 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:

- Women (16+)
- 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 experiencing severe and multiple disadvantage including social economic disadvantage
- People with diagnosed mental illness
- People affected by psychological trauma (including adverse childhood experiences)
- People who have experienced bereavement or loss
- Older people (aged 50+)
- People with learning disabilities/neurodiversity
- LGBT+ Communities

## Local Priorities

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

- Social isolation and loneliness.
- Cost of Living / Inequality
- Befriending
- Suicide Prevention

## Priority Families



Priority families most at risk of poverty. The following family types are considered to be most at risk of poverty.

- Lone parents
- Families with a disabled family member
- Families with 3+ children
- Minority ethnic families
- Families where the youngest children are under 1 years old
- Mothers under 25

Please note, it is not a requirement that your project works with these family groups. The above groups are not the only groups affected by poverty, however, have been outlined by the Scottish Government.

## What can be funded?

Please note, the following list is not exhaustive:

What can be funded	What cannot be funded
Equipment	Profit making/fundraising activities
One-off events	VAT you can reclaim
Hall hire for community spaces	Statutory Activities
Staff costs (these should be one off or fixed term)	Day Trips such as to the cinema, or pantomime
Training costs	Electricity generation and feed-in tariff payment
Transport	Contingency costs, loans, endowments or interest
Utilities/running costs	Overseas Travel
<p>Small capital spend up to £5,000.</p> <p>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 will not be awarded more than £5,000 for such capital expenditure.</p> <p>This limitation does not apply to the purchase of small items of equipment.</p>	<p>Political or religious campaigning (please note that faith based organisations are eligible to apply with the exclusion of any religious campaigning or activities restricted only to member of the faith based organisation)</p> <div style="text-align: right;">   </div>

## Funding Pots

In year 4 our overall funding allocation is £237,581.87. As the fund has been over-subscribed in years 1-3, we have slightly changed our approach to try and ensure as broad a reach as possible. The most significant change we have made is to our large grants. This year our large grants have been limited to £25,000 for a single organisation and £50,000 for a collaborative approach that should include 2 or more organizations/ groups working together to deliver an activity, event or service. Please see the Application Guidance for more detail on Collaborative approaches.

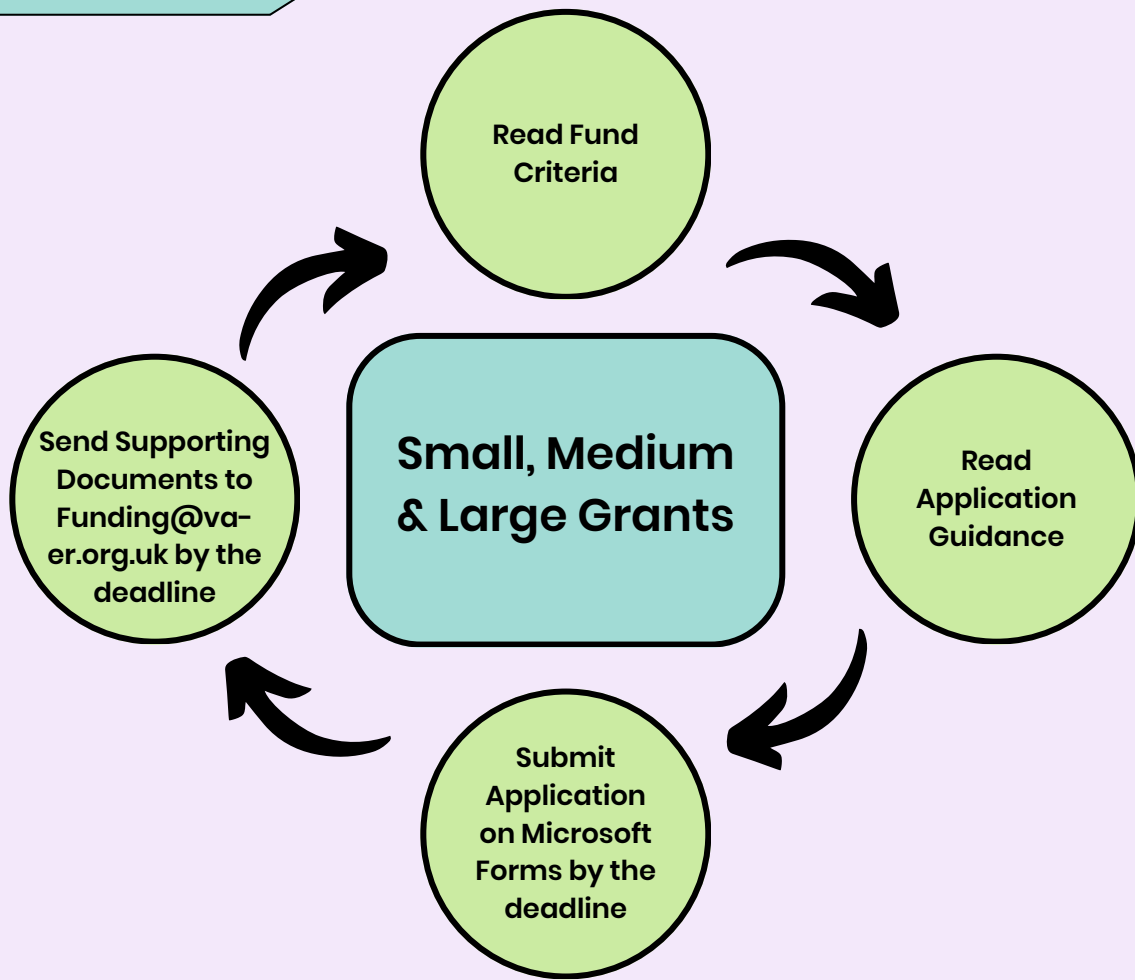
Small Grants	£100 to £2,000
Medium Grants	£2,001 up to £10,000
Large Grants - Single organisation	£10,001 to £25,000
Large Grants - Collaborative Approach	£10,001 to £50,000

## Application Deadline

Funding Pot	Application Deadline	Panel Decision Date
Small	Ongoing	Ongoing
Medium (Round 1)	5PM on 02/09/2024	09/09/2024
Medium (Round 2)	5PM on 30/09/2024	07/10/2024
Medium (Round 3)	5PM on 28/10/2024	04/11/2024
Large	5PM on 22/11/2024	29/11/2024

You will hear the outcome of your application via email within 14 business days of the panel's decision date

## Application Process



## Important Information

- Once we have received your supporting documents, we will confirm the receipt of your application by email. Your application is not considered to be complete without sending the supporting documents. Your application cannot be considered if we do not receive the correct supporting documents by the deadline outlined on the previous page.
- If you are putting in a collaborative bid as part of an application for a Large Grant, the primary contact on the bid is the person responsible for sending a copy of the organisations constitution and financial accounts.
- If you wish to submit more than one application to the fund, you need to rank your applications based on the one you feel most strongly about or the one that has the biggest priority within your organisation. We will award funding using your ranking along with our assessment criteria. You can find more details about ranking your funding requests in the application guidance.

## FairWork Practice

There is a requirement for all grant recipients awarded a public sector grant on or after 1 July 2023 are to pay at least the real Living Wage and provide appropriate channels for effective workers' voice, subject to limits on devolved competence.

With regards to the real Living Wage, the guidance notes that:

All UK-based staff aged 16 and over, including apprentices, whom the grant recipient directly employs, must be paid at least the real Living Wage of £12 per hour; and any UK-based workers who are not directly employed but are directly engaged in delivering the grant-funded activity, whether they be sub-contractors or agency staff, must also be paid at least the real Living Wage.

A key condition –is that the real Living Wage policy applies to employers commissioned by grant recipients to deliver an aspect of the grant-funded activity. This means that staff working in the funded community projects should be paid at least the real Living Wage. For more information on the FairWork Policy, please visit: <https://www.gov.scot/publications/fair-work-first-guidance-2/pages/9/>

## Examples of previous recipients

### **CASTL Project, Giffnock - Granted £2,000**

The CASTL Project helps deliver various activities to people with complex needs who have been disadvantaged due to a lack of stimulating activities in the area or low budgets being allocated to the parents/guardians due to a difficult economic climate. The project is able to improve and promote positive mental health and wellbeing by providing an inclusive environment where their participants can socialise with various groups from all over the community and plug a gap as a result of closures of other community groups.

### **Diversity Friendship Group, Netherlee - Granted £8,070**

The group run a weekly over-50s friendship group at Netherlee Hall, which focuses on promoting physical and mental well-being. Their activities include chair exercises to improve mobility, mental well-being workshops to combat loneliness, and cookery classes to encourage healthy eating. The initiative provides a supportive community, benefiting local seniors who expressed feeling isolated and in need of companionship post pandemic. The funding received enables us to expand our outreach and impact.



## Frequently Asked Questions

### **Can I apply if I have previously received funds from the Community Mental Health and Wellbeing Fund?**

Applications to continue projects are eligible this year, however, you must clearly demonstrate how the learning from previous years funding will be used to adapt, develop, improve and expand the project you are applying for. What is the added value?

Applications must detail steps taken in line with previous years funding on sustainability of the project and address any changes to their previous sustainability plans, with particular emphasis outlining why the sustainability plan has not been met.

This funding is not open for replacement funding or intended to replace services previously funded by statutory agencies.

### **What additional documentation do I need to provide?**

We ask all applicants to provide us with a copy of their governing documents e.g. a constitution or a memorandum of association. In addition to this, we ask that you send a copy of your latest accounts, please note - this is NOT a request for a bank statement, we are asking for a breakdown of your income and expenditure over the last year.

### **My project works with under 16's, can I apply?**

No, this funding is targeted at projects that assist people over the age of 16. In order to access funding for under 16's, please contact the Youth Team at East Renfrewshire Council at [ypsenquiries@eastrenfrewshire.gov.uk](mailto:ypsenquiries@eastrenfrewshire.gov.uk)

### **We are a small community group and don't yet have a bank account or constitution, can we apply?**

Yes, you are able to apply for an amount up to £2000\*\*\*\*. If you would like to run a project, but don't have a bank account, you can consider working with a larger 'host' organisation who can hold the funds on your behalf.

If you would like to obtain a bank account or become constituted in the future, please don't hesitate to contact us so we can help with this.

### **We are a registered company/CIC can we apply for funding?**

- You may only apply if your company has a governance document in place which clearly states you have an asset lock in place.
- If your company is 'for profit' you are not eligible for funding

## **I'm a large/national organisation, can I still apply?**

This fund is aimed at supporting grassroots community groups in tackling mental health inequalities and addressing priority issues of social isolation and loneliness, suicide prevention, Befriending and cost of living challenges. With this in mind, organisations with income over £1 million per annum must provide evidence that there is a grassroots approach being undertaken with engagement from those in the community expressing a need for the service

## **When should I apply?**

We have provided clear information of deadline dates for all of the funding pots within this document, as well as on our website. In previous years this fund has been vastly oversubscribed so we would advise getting your application in sooner rather than later.

## **What if I haven't sent my supporting documents?**

In order for an application to be considered, it must be sent with the correct supporting documents before 5pm on the day of the deadline. If the wrong supporting documents are sent on the day of the deadline, we will not have enough time to contact you before the deadline and your application will be rejected. We suggest you get both your application and supporting documents submitted as soon as possible to allow for potential mistakes to be picked up and fixed before the deadline.

## **How will I know if I have been successful or not?**

If you are successful you will be sent an email within 14 business days of the panel's decision. You will then receive a further email from our finance department with a funding offer letter which you are required to fill out, sign and return to us. It is your responsibility to monitor your emails and reply to us in a timely manner.

If your application has been unsuccessful, you will be notified by email within 14 business days of the panel's decision. In the email, we will explain why the application was rejected. If the panel feel the overall proposal has the potential to meet the criteria, but there is not enough detail or evidence to assess it, you can reapply providing it is not the last round of funding available.

If you apply again, you will be expected to keep track of the application closing dates of the fund failure to submit by the date outlined will result in your application being rejected. The timeline of cut-off dates and panel dates are available within this funding guidance and on our website.

## **Who is on the panel?**

In East Renfrewshire, the panel consists of individuals from both Public and Third Sector organisations, as well as those who have been selected because of their relevant life experiences. Those on the panel will be responsible for assessing applications and determining their outcome. The panels' decision is final and cannot be overturned, however, applicants are able to reapply provided that it is not the last round of funding available.

## **If my group/organisation's application is successful, how long do I have to spend the money?**

You will have 12 months from acceptance of the grant to spend the money on the project you outlined in your application.

## **Is there a maximum word count for questions?**

Microsoft Forms restricts each response box to a maximum of 4000 characters, you cannot exceed this, however, if you wish to send over further evidence you can do so on a one-sided A4 document via email to [funding@va-er.org.uk](mailto:funding@va-er.org.uk). Again, this must be received by 5 pm on the day of the deadline for it to be considered alongside your application

