

COMMUNITIES MENTAL HEALTH
AND WELLBEING FUND

General Information

2023-2024



Scottish Government
Riaghaltas na h-Alba
gov.scot



Table of Contents

01

Introduction &
Background

02

Overall Aims of
CMHWF

03

Fund Aims &
Priorities

04

Equality
Considerations &
At-Risk Groups

05

Meaningful
Applications &
Avoiding Tokenism

06

Who Can Apply?

07

Criteria &
Further Information

INTRODUCTION AND BACKGROUND

The **Communities Mental Health and Wellbeing Fund (CMHWF)** for Adults was established in October 2021 and to date, it has distributed around **£36 million** to community initiatives - supporting mental health and wellbeing across Scotland.

Funding for a **third consecutive year** was announced in April 2023 and we are pleased to share that **a further £15 million** will be available across Scotland.

The CMHWF has a strong focus on **prevention and early intervention** and aims to **support grassroots community groups in tackling mental health inequalities and address priority issues of social isolation and loneliness, suicide prevention and tackling poverty and inequality**. There will be a continued emphasis in year three on responding to the **cost-of-living crisis** and those facing **socio-economic disadvantage**.

The fund will continue to be **delivered through a locally focused and co-ordinated approach** via local partnership groups. By working together we can ensure that support to community-based organisations is directed appropriately and in a coherent way.

OVERALL AIMS OF THE FUND

The intended outcome of the CMHWF 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 funding seeks to contribute to the four key areas of focus from the **Mental Health Transition and Recovery Plan**:



Promoting and supporting the conditions for good mental health and wellbeing at population level.

Providing accessible signposting to help, advice and support.

Providing a rapid and easily accessible response to those in distress.

Ensuring safe, effective treatment and care of people living with mental illness.

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.

FUND AIMS AND PRIORITIES

The overarching aim of the Fund is to **support community-based initiatives that promote and develop good mental health and wellbeing**. It also aims to **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.

The Fund directly contributes to Outcome 4 of the **Mental Health and Wellbeing Strategy**, published in June 2023, and specifically aims to:



Tackle Mental Health Inequalities by supporting a range of at-risk groups (as outlined in the Equalities section on the next page).



Address priority issues of social isolation and loneliness, suicide prevention, and poverty/inequality - particular emphasis is on responding to the cost-of-living crisis and supporting those facing socio-economic disadvantage.



Support small 'grassroots' community groups and organisations to deliver such activities.



Provide opportunities for people to connect with each other, build trusted relationships and revitalise communities.

As the cost-of-living crisis deepens, **we know the importance of initiatives that support one of the fund's "at risk" groups**. This year, **applicants can request funding up to £5,000 for capital expenditures** such as the construction, refurbishment and/or purchase of buildings, amenities, or vehicles.

VASLan is aware that the **lack of community transport is posing a challenge** throughout the sector, therefore, **we welcome and encourage applications that will proactively increase access to community transport and befriending services**.

All projects must benefit the adult population and have specific community focus within South Lanarkshire ONLY, however, projects can be accessed from individuals living outside South Lanarkshire.

EQUALITY CONSIDERATIONS & AT RISK GROUPS

Ensuring **access and full participation from all relevant and at-risk communities** is a priority of this fund. Local plans must take into account equality considerations and should involve groups and communities from across the at-risk groups, **ensuring the provision of sufficient support and access for generally excluded/seldom heard from communities.**

Projects should also be encouraged to **consider the accessibility of the funded activity for all groups and any specific target groups relevant to the activity.**

South Lanarkshire would like to focus on initiatives which are inclusive of the following priority 'at risk' groups:

- Women (including 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 disadvantages;
- People with diagnosed mental illness;
- People affected by psychological trauma (including adverse childhood experience);
- People who have experienced bereavement or loss;
- People disadvantaged by geographical location (particularly remote and rural areas);
- Older people (aged 50 and above);
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities;

Where applicants are able, they should outline how they will address intersectionality (i.e., multiple marginalisation, such as those experiencing both poverty and disability) and how their project specifically benefits any given community in an intersectional way.

A clear example of intersectionality is where one person or community faces multiple disadvantages. An individual, could be an unemployed, disabled woman. A community example would be a deprived, rural postcode with a high rate of crime/substance use.



The Haven at Vanguard

Awarded funding to support the delivery of a range of outdoor and equine-focused events, groups, and training that support local people with their mental-health.

East Kilbride Youth Disability Sports Club

Funding used to continue to restore and widen their sports and recreational activities following the pandemic.



Project 31

Launched their Parents Play Too project to tackle social isolation and loneliness through creative art projects in Cambuslang and Rutherglen.



People's Past, People's Future

The group applied for a grant to visit local care workers. They aim to connect with residents, build relationships and provide entertainment through singing and storytelling.



LEAP

Aim to support older people to re-engage with their community by using the CMHWF to set up a range of activity groups for walking, curling, yoga and singing.

Heart of Africa

As a response to the cost of living crisis - HOA plan to run free, monthly classes to support low-income BAME families with healthy eating for less.



MEANING APPLICATIONS, AVOIDING TOKENISM

tokenism

['təʊk(ə)nɪz(ə)m] noun

The practice of making only a symbolic effort to do a particular thing, example of this would be recruiting a small number of people from under-represented groups in order to give the appearance of sexual or racial equality within an organisation.



South Lanarkshire are keen to make sure the fund has a meaningful reach within communities, which could be:



The project is set up specifically with a target group in mind or the project has a broader focus and efforts have been taken to ensure the project is accessible and inclusive.



For example, it has fully considered the specific needs of a target group regarding accessibility needs (e.g. what challenges do the refugee community face when using a project, such as language issues, cultural differences, stigma etc) and the project has been adjusted accordingly.

There is a difference between meaningful accessibility and technical accessibility.

For example, a community yoga class could ‘technically’ be attended by any target group (hence why you may tick every group box) but this is not the same as proactively ensuring that a project is accessible. If a yoga class does not have the capacity to, for example, cater for those who speak English as a second language, then it is ok to not tick that group box.

By doing this you run the risks of tokenism, which prevents real change and growth within your community, organisations need to proactively think about accessibility and what targeting means. It is ok to tick ‘whole population’ where the needs of a range of groups will be met.

Any project with a broad target group focus may be asked, post project, to provide a testimony of a member of the community targeted.

The Scottish Commission for People with Learning Disabilities (SCLD) has produced a set of documents to help people with learning disabilities to become more included in their local communities. There is a link to their website with useful information at the end of this document.



The feedback from the groups that have benefitted from VASLan’s support has been incredible. It’s great that previously isolated individuals are able to meet on a regular basis, in a safe environment, doing things they really enjoy.

One example is the disabled group who meet on a Thursday night to play pool, among other things. They have now purchased their own pool cues and are able to play with each other out-with the group.

The funding has allowed groups like this to grow, and everyone looks forward to coming to Kirktonholme.

East Kilbride United Community Sports Club

WHO CAN APPLY?

The ambition of the Communities Mental Health and Wellbeing Fund is to support initiatives that promote mental health and wellbeing at a small-scale, grassroots, community level. It must be accessible, no matter how small or inexperienced they are. National organisations undertaking initiatives in South Lanarkshire are not excluded but are not the main focus of the Fund.

Organisations do not need to have mental health and wellbeing as their sole focus, but, as this is the purpose of this Fund, the application does have to clearly outline how it benefits the mental health and well-being of people in their community.

Applications will only be accepted from a range of voluntary, 'not for profit' organisations, associations, groups, 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 (only for activities or projects aimed at 16yrs+)

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 young people aged 16 or over - 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.

Un-constituted groups

If you don't have a written governing document, you can apply for grant funding up to a maximum of £2,000 but only where you are working in partnership with either a community council or an established, incorporated, or constituted organisation that is willing to hold the funding on your behalf.

If you select this category, we will ask for further information and written evidence to show an agreement in place between organisations.

Examples of potential organisations who may agree to hold funds on an un-constituted group's behalf:

- Community councils
- Church's (Please note, projects can't be faith-based)
- Established constituted organisations



Please note: VASlan cannot hold funds for any organisation

Some types of projects which may benefit from the fund include (but are not limited to):

- Arts and creative projects
- Physical and recreation activities
- Befriending or peer support groups
- Lunch, food or cookery clubs
- Gardening and green space initiatives
- Mindfulness sessions (Non Clinical)
- Work to support people in distress

Examples of groups which were successful in applying to the Communities Mental Health and Wellbeing fund 22/23 can be found on our website: www.vaslan.org.uk/cmhwf.

What size of grant can be awarded?

The ambition of the South Lanarkshire Communities Mental Health and Wellbeing Fund is to support initiatives which promote mental health and wellbeing at a small, grass roots, community level. It should be accessible to all groups, no matter how small or inexperienced they are.

There will, therefore, be four levels of grant funding:

- Micro Grants of up to £2,000 aimed at un-constituted organisations.
- Small Grants - £2,001 - £7,500
- Main Grant - £7,501 - £20,000
- Partnership Grant £20,001 - £50,000

Successful applicants have 18-months to carry out the intended project.



We Will Fund

- Equipment
- One-off events
- Hall hire for community spaces
- Staff costs (these should be one off or fixed term)
- Training costs
- Transport
- Utilities and running costs
- Volunteer expenses

Please note: Small capital costs up to £5,000 will also be funded. Applicants can request funding for capital expenditures 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.



We Will Not Fund

- Clinical mental health treatment such as therapy or counselling
- Contingency costs, loans, endowments or interest
- Electricity generation and feed-in tariff payment
- Profit-making or fundraising activities
- VAT that you can reclaim
- Statutory activities
- Overseas travel
- Alcohol

Please note: Political or religious campaigning can not be funding. Although, faith-based organisations are still eligible to apply with the exclusion of any religious campaigning activities or activities restricted only to members of the faith based organisation.

CRITERIA AND FURTHER INFORMATION

Eligibility

Read this guidance, our '*Support to Make a Strong Application*' document and the '*Application Guidance Notes*' carefully, and ensure that your application is eligible before you submit it. In particular, check that:

- Your project meets the criteria and is aimed at adults over 16.
- You have answered all relevant questions.

Impact on Mental Wellbeing

Your application should make it clear how your project will improve mental wellbeing for the participants of the project.

Equalities / Inclusive / Accessible

Be clear about how this project is targeted towards people who would benefit from it the most. Tell us about the practical steps you are taking to ensure your project is inclusive. Think about what equality, inclusiveness and accessibility really mean - and have you taken the appropriate steps to ensure your project meets all three.

Community Focus

Show us how your project is embedded in your community. Be clear about the research you have carried out to determine the need for your project.

- Be clear about how many volunteers are, or will be, involved in your project.
- Tell us who you are working in partnership with, and how you intend to monitor and report on your project.

Collaboration

Have you looked at other small organisations in your area and considered if there could be a partnership or collaborative work.

CRITERIA AND FURTHER INFORMATION

Assessment and Lived Experience

Applications are assessed by an external partnership panel made up of people from the Health and Social Care Partnership, South Lanarkshire Council, Community Mental Health team, people with lived experience and peer support workers.

THE OUTCOME OF APPLICATIONS IS DETERMINED BY THE REVIEW PANEL, AND THEIR DECISION IS FINAL. VASLAN HAS NO AUTHORITY TO OVERRIDE THIS DECISION, HOWEVER, YOU CAN RE-APPLY IF APPROPRIATE. FOR EXAMPLE, THE APPLICATION WAS UNSUCCESSFUL BECAUSE IT WAS UNCLEAR AND DID NOT PROVIDE ENOUGH INFORMATION.

VASLan is always looking for ways to make our panels more diverse, therefore, we are offering an opportunity to people with lived experience in mental health and wellbeing to be involved in our decision-making process. Our panels meet on a fortnightly basis so we need local people who can make this type of commitment – they will not be involved in any decision-making if a conflict of interest occurs.

Lived experience is essential for assessing that the fund is being used in areas where it is needed most. VASLan is committed to making sure grassroots organisations and communities have a say in where this fund is being distributed. If you or anyone you know is interested in this opportunity, please get in touch with the office and our funding team can discuss this further.

Did you receive the fund in Year 1 and/or 2?

If you received monies from this fund during year one (2021/2022) and/or year two (2022/2023), we would request and must see a progress report, stating where that project is now and what impact it has made.

If you have already completed your report for year one and/or year two and have sent it to our funding officer, we do not need you to repeat this.

TIMELINE

Information Session

Dates to be confirmed

Funding open for Applications

The funding will be open for applications on Friday 29th September 2023, at 12 noon.

Panel Meetings

Panels will meet to discuss applications on a fortnightly basis.

Successful Applications Notified

VASLan aim to pay successful applications within 3-4 weeks of your application. This also depends on how quickly you can get the information required to us so we can pay out monies.

Feedback for Unsuccessful Applications

Unsuccessful applications will receive feedback within 3-4 weeks of their application and support will then be offered through our capacity team where appropriate.

Funding Closed for Applications

The fund closes on Monday 5th February, at 5pm. VASLAN cannot accept applications after this deadline. We advise that applications are correctly completed and submitted as early as possible to prevent situations where the fund is fully allocated before the closing date, and your project cannot be funded.

HOW TO APPLY?

Please visit the VASLan website for full information about the fund and to find resources that will help you to make a strong application: www.vaslan.org.uk/cmhwf.

Applications should be submitted online and this year, VASLan is introducing a funding team to ensure a more equitable split of funds across the sector. We are also committed to delivering funding surgeries and tailored support in every locality for the duration of the fund.

If you are new to the funding process or require support with your application, please call the office and request to speak to a member of the funding team or send an email to funding@vaslan.org.uk

To continue with the online application, you can access the form through the link on the website.

Meet the team:



Clydesdale Locality

Ann Sangster

ann.sangster@vaslan.org.uk



East Kilbride Locality

Helen Robinson

helen.robinson@vaslan.org.uk



Hamilton Locality

Charlotte Elsner

charlotte.elsner@vaslan.org.uk



Cambuslang & Rutherglen Locality

Peter McGhee

peter.mcghee@vaslan.org.uk

USEFUL LINKS AND CONTACT INFORMATION



VASLan office phone number: 01698 300390



VASLan email address: funding@vaslan.co.uk



**VASLan website: www.vaslan.org.uk or
www.vaslan.org.uk/cmhwf**



[Living Wage Scotland](#) | [The Real Living Wage](#)



[Let's Get Active, Connected and Included](#) | [SCLD](#)



[Mental health transition and recovery plan: CRWIA Stage 1](#) | [Scottish Government](#)



[National Performance Framework](#) | [Scottish Government](#)



Copyright © 2023
VASLan (Voluntary Action South Lanarkshire)
Scottish Charity: SC037696 | Company Ltd. SC309701