**Integrated Care Fund 2024-26 fund priorities**

**Early intervention and prevention**

Applications working towards this priority will deliver activities or programmes that help to tackle an identified problem to prevent it escalating, helping people to maintain and/or improve their health and wellbeing. Projects may include recreational activity groups that encourage social interaction and prevent longer term illnesses in an ageing population, as well as peer support and confidence building projects that assist people to better connect with their community. Funded via the 2021-24 ICF, **Forth Community Resource Centre** deliver a range of activity cafés to help get older people back into the community, with sessions having specific focuses ranging from IT skills, craft classes and dance/exercise sessions. Attendees report a positive impact on their wellbeing as a result of attending these early intervention and prevention activities, as well as reduced isolation through being better connected to their community.

**Addressing mental health and addictions**

Projects under this priority will deliver initiatives that support people with poor mental health and those affected by addiction, helping to improve mental health and wellbeing and tackle stigma. Potential interventions include peer support groups, bereavement support, social prescribing projects and befriending provision. As part of its 2021-24 ICF project, **Lanarkshire Association for Mental Health (LAMH)** deliver avolunteer befriending service to support those experiencing poor mental health and wellbeing. Beneficiaries are matched with a volunteer befriender and supported to engage in group activities, as well as explore additional resources and opportunities that will reduce isolation, increase confidence and improve mental health and wellbeing. Through engaging with the project, participants report that they are more confident in accessing community supports without fear or stigma, that they have a more positive outlook on life and that they have a greater sense of wellbeing.

**Improving unscheduled care and optimising intermediate care**

Applications working towards this priority will identify and support people who are at risk of, or recovering from, hospital admission, helping them to recover and live more independently. Projects may include low-impact fitness interventions such as strength and balance classes and chair aerobics, as well as ‘New Age Kurling’, falls prevention activities, community transport provision and self-management projects. As part of its 2021-24 ICF funded project, **The Haven** developed a series of wellbeing toolkits to support its beneficiaries to better self-manage challenges facing them such as anxiety, stress and difficulty expressing emotion. As a result, the charity’s beneficiaries have become more resilient and better able to avoid crisis situations that may result in hospital admission.

**Non-commissioned support for carers**

Projects under this priority will provide non-commissioned support for carers to help them maintain their own health and wellbeing, including support groups, provision of information and linking to other available supports. Projects may prioritise carers specifically or integrate them into a wider application in conjunction with any of the other above 2024-26 ICF priorities. For example, as part of its 2021-24 ICF project **Coalburn Miners Welfare Charitable Society** delivers a range ofcommunity based social activities that are open to all but have managed to reach a number of local elderly carers, helping them to improve their mental health and wellbeing.

**Applying under multiple priorities**

Projects that meet more than one of the funding priorities are eligible to apply for a large grant of up to £50,000 per year. As with the **Coalburn Miners Welfare Charitable Society** example above,this may be a project that facilitates social opportunities focusing on early intervention and prevention but that engages carers as part of its beneficiary group. Another example would be the 2021-24 ICF project delivered by **Healthy and Active in East Kilbride** which incorporates gentle movement exercise classes for older people to help improve unscheduled care, as well as outdoor green health activities to encourage positive mental health and wellbeing.