

Community Mental Health and Wellbeing Fund

GENERAL INFORMATION



Scottish Government
Riaghaltas na h-Alba
gov.scot

2022/2023

INTRODUCTION

and Background of the fund

In February 2021, an additional £120 million was announced for a Recovery and Renewal Fund to ensure delivery of the commitments set out in the [Mental Health Transition and Recovery Plan](#). This funding comes in response to the mental health need arising from the pandemic and is also intended to benefit the full agenda for mental health and wellbeing in line with the four areas of key need set out in the Plan.

From this funding, the Minister for Mental Wellbeing and Social Care announced a new Communities Mental Health and Wellbeing Fund (the Fund) for adults on 15 October 2021, with £15 million being made available in 2021/22. In February 2022, an additional £6 million was provided for 2021/2022 to the Communities Mental Health and Wellbeing Fund to meet the

demand for local mental health and wellbeing projects, bringing total funding made available in 2021/22 to £21 million.

A further £15 million for Year 2 of the fund was announced on 7 May 2022. The funding reflects the importance we place on community support as part of our overall mental health infrastructure and the commitments given by Scottish Ministers to increase direct mental health investment, in both the NHS Recovery Plan and this year's Programme for Government.

Building on the focus on wellbeing and prevention in the Transition and Recovery Plan, the fund provides significant investment into community support for adults.



This investment complements the children and young people’s community wellbeing supports currently being rolled out across Scotland. It also has strong links to the Scottish Government’s commitment to ensure that every GP Practice will have access to a primary care mental health and wellbeing service by 2026, providing funding for 1,000 additional dedicated staff who can help grow community mental health resilience and direct social prescribing.

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Our organisation was satisfied with the application process and timescales. We found VASLan to be extremely supportive throughout the process and always at hand to provide any guidance we may require. The fund itself was targeted at a key area of concern which we feel requires much support across society. We trust that through successful organisations such as our own this grant will undoubtedly help to increase mental health and wellbeing across our community.

MorphFit Gentle Movement Project Ltd.

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MorphFit Gentle Movement Project in Hamilton, funding recipients in 2021/2022



OVERALL AIMS

of the Fund

The intended outcome of the 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 Fund 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

In line with Scottish Government long-term outcomes for mental health in communities, this fund intends to provide investment for:

- ▶ Fostering a strategic and preventative approach to improving community mental health.
- ▶ Supporting the resilience of communities and investing in their capacity to develop their own solutions, including through strong local partnerships.
- ▶ Tackling the social determinants of mental health by targeting resources and collaborating with other initiatives to tackle poverty and inequality.



LEAP, funding recipients in 2021/2022



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, with a particular focus on:

1. Tackling priority issues within the Transition and Recovery Plan such as suicide prevention, social isolation and loneliness, prevention and early intervention.
2. Addressing the mental health inequalities exacerbated by the pandemic and the needs of a range of 'at risk' groups locally.
3. Supporting small 'grass roots' community groups and organisations to deliver such activities.
4. Providing opportunities for people to connect with each other, build trusted relationships and revitalise communities.
5. Supporting recovery and creativity locally by building on what is already there, what was achieved through the pandemic, and by investing in creative solutions.

While the effects of the pandemic on mental health will be long lasting, and still emerging, it is important to recognise that there are also other societal challenges affecting communities and their mental health and wellbeing such as the cost of living crisis. This issue deepens the importance of initiatives that support one of the fund's 'at risk' groups – those facing socio-economic disadvantage.

All projects must have **specific community focus within South Lanarkshire ONLY**, although the project can be accessed from **individuals living outside South Lanarkshire**.



EQUALITIES CONSIDERATIONS and At-Risk Groups

Ensuring equality of access and full participation from all relevant and at-risk communities is a priority of this fund. Local plans must take into account equalities considerations. Evidence shows that the pandemic has exacerbated existing mental health inequalities and has had a disproportionate impact on the mental well-being of a range of groups in society.

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

- Women (particularly young women, and women and young women affected by gender-based violence);
- People with a long term health condition or disability;
- People at higher risk from COVID;
- 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);
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities.



Where applicants are able, you 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. For 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.

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Before we applied for this grant, I was the only person involved with the weekly production of the finished recordings, using our one and only old laptop. With the grant we have been able to purchase two laptops. The first big improvement is this has allowed for me to train a volunteer to produce the final recording and thus allow us to continuously produce something every week. The new laptop also brought us up to date with various new programs which have assisted us in a slicker, better quality product. The new equipment has transformed the way we work. We also now have a backup should one of the laptops not work, something that was badly required.

East Kilbride Talking Newspaper

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East Kilbride Talking Newspaper, funding recipients in 2021/2022



MEANINGFUL APPLICATIONS

Avoiding Tokenism

tokenism

[ˈtəʊk(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 but efforts have been taken to ensure the project is accessible and inclusive, for example, 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.

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The feedback from the Groups benefitting from the VASLan Support has been incredible. The fact that previously isolated individuals are meeting on a regular basis in a safe environment doing things they really enjoy has been the theme through all of the feedback. As an example the disabled group on a Thursday Night who play Pool, among other things, have now purchased their own pool cues and playing with each other outwith the Group meeting which never happened before. It has grown them as individuals and they all look forward to coming to Kirktonholme.

East Kilbride United Community Sports Club

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WHO CAN APPLY?

The ambition of this Fund is to support initiatives which promote mental health and wellbeing at a small scale, grass roots, community level. It is accessible to all groups, no matter how small or inexperienced you are. National organisations undertaking initiatives in South Lanarkshire are not excluded but are not the main focus of the Fund. 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.

Applications will 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**



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 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 OSCA as a charity.

Un-constituted third/voluntary organisations.

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.

Example of organisation un-constituted groups can approach to hold funds: *(It is not guaranteed that any of the below will hold funding for your organisation)*

- Community Councils.
- Church's (Project cannot be faith based).
- Well established, constituted organisations.



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 21/22 can be found on our website: www.vaslan.org.uk/cmhwf

What Size of Grant Can Be Awarded to Applicants?

The ambition of the South Lanarkshire Community Mental Health & 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 three levels of grant funding:

1. **Micro Grants of up to £2,000** aimed at un-constituted organisations.
2. **Small Grants** - £0-£7,500
3. **Main Grant** - £7,501 - £20,000
4. **Partnership Grant** £20,001 - £50,000

You have 18-months to carry out your intended project.



What can be funded?

- Equipment, materials and capital costs
- One-off events
- Hall and room hire, including appropriate refreshments
- Participation costs
- Staffing costs
- Training costs
- Transport
- Utilities and running costs
- Volunteer expenses
- Safety equipment and PPE



The fund will NOT support applications for:

- Clinical mental health treatment such as therapy or counselling
- Contingency costs, loans, endowments or interest
- Political or religious campaigning
- Profit-making or fundraising activities
- VAT which can be reclaimed
- Statutory activities
- Overseas travel
- Alcoholic beverages and other harmful substances (e.g. tobacco)



CRITERIA

and Further Information

Eligibility

Read this guidance, Support for making a strong application and the Application guidance carefully, ensure 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 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, have you taken the appropriate steps to ensure your project meets all 3?

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 volunteers are or will be involved in your project. Tell us who you are working in partnership with, 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?



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 YOUR APPLICATION IS MADE BY THE PANEL AND THAT DECISION IS FINAL, VASLAN HAS NO AUTHORITY TO OVERRIDE THIS DECISION. YOU CAN APPLY AGAIN IF APPROPRIATE - FOR EXAMPLE THE APPLICATION WAS NOT CLEAR ENOUGH, DID NOT SUPPLY ENOUGH INFORMATION.

VASLan are always looking for ways to make our panels more diverse. If your organisation has peer workers or service users with lived experience within mental health and wellbeing, who can commit to meeting on a fortnightly basis and would like to be involved in the decision-making of applications (not their own or organisations they have close working links to) Please get in touch with the office and our staff can discuss this with you further. Lived experience is essential for assessing that the fund is being used in areas where it is needed most. VASLan are committed to making sure grass root organisations and communities have a say in where this fund is being distributed.

Did your organisation receive the fund in 2021/22?

If you received monies from this fund during 21/22 we will require a progress report, where that project is now and what impact has it made. If you have already completed your report on the fund for 21/22 and sent it to our funding officer, we do not need you to repeat this.



TIMELINE

of the Fund

Information Sessions

20th and 21st September via ZOOM Meeting. Recorded session is available online.

Panel Meetings

Panels will meet to discuss applications on a fortnightly basis.

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 open for Applications

The funding will be open for applications on the 10th of October.

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 pay out monies to us.

Funding Closed for Applications

The fund closes on the 3rd of February. VASLas strongly advise having applications before the 1st of March, this will prevent situations where the fund has run out and your project not being 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 to the fund should normally be made online, however, this year VASLan are looking to trial face-to-face applications for **MICRO grants only under £2,000**. If you struggle with funding applications, please call the office and request to speak to **Joanne McMann** or **Peter McGhee**, or send email to funding@vaslan.org.uk.

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

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This fund has enabled Covey Befriending to commence our Dynamic Connections group for fun, friendship and wellbeing to bring young adults with additional support needs together! Would encourage all VASLan members to explore!

COVEY Befriending

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USEFUL LINKS

and Contact Information



VASLan office phone number: **01698 300390**



VASLan email address: funding@vaslan.org.uk



VASLan website: www.vaslan.org.uk and
www.vaslan.org.uk/cmhwf



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



[Let's get Active, Connected and Included! - SCLD](#)



www.gov.scot/publications/scotlands-mental-health-transition-recovery-plan-crwia-stage-1/



<https://nationalperformance.gov.scot>

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