

COMMUNITY MENTAL HEALTH & WELLBEING FUND GUIDANCE DOCUMENT

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The Scottish
Government
Riaghaltas na h-Alba



Background

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.

This guidance outlines in more detail what the Fund is about, who can apply and how to do this.

Fund outcomes

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 <https://www.gov.scot/publications/mental-health-scotlands-transition-recovery/>

- 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 stable 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

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 in 2021/22 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

Who can apply

The Fund will support initiatives which promote mental health and wellbeing at a small scale, grass roots, community level. It is open to all non-profit groups, no matter how small or inexperienced they are. Applications can 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 that can apply are:

- Scottish Charitable Incorporated Organisations (SCIOs)
- 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.

Groups do not have to have mental health and wellbeing as their main focus, but applications must clearly benefit the mental wellbeing of people in their community.

We may also consider funding unconstituted groups through a small grants approach (for example up to £1,000) for wellbeing support and capacity building purposes. Such awards will require West Dunbartonshire CVS (the local TSI) as grant giver to be satisfied with arrangements in terms of assurance around monitoring and accountability of spend.

Type of projects we can support

The focus of the Fund is on the **adult population** and on projects which help whole communities and/or community groups, in turn making a difference to the lives of individuals. The adult population is considered to be those **16 and over**, in that a wide range of community supports (such as an art club focusing on mental wellbeing) will be open to this age group.

Projects should have a specific community focus rather than providing regional or national coverage. Therefore, applications will be funded for initiatives based only within West Dunbartonshire.

The fund is for community-based initiatives promoting and developing good mental health and wellbeing and/or mitigating and protecting against the impact of distress and mental ill-health within the adult population. **In this spirit, while the Fund can support the expansion of existing activities, it is intended to provide additionality, not replacement funding.**

The Fund can support both existing and new projects. Projects funded through Year 1 of the Fund are eligible to apply again but must clearly show how they will develop and improve in Year two (for example, in increasing accessibility and reach to different groups) and where possible, they must demonstrate early impacts from Year 1. Please note that only 40% of the fund will be available for re-applications.

What we can fund

We have provided some example projects at the end of this guide to demonstrate the type of work which can potentially be supported. The Fund is not intended to support specific clinical treatment services, such as counselling, or CBT. The following list is not exhaustive and local assessment processes will apply due diligence in this regard.

| We will fund | We cannot fund |
|--|---|
| 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 |
| Small capital spend up to £10,000 | Profit-making/fundraising activities |
| Staff costs (noting this is a 2-year fund therefore one off or fixed term) | VAT you can reclaim |
| Training costs | Statutory activities |
| Transport | Overseas travel |
| Utilities/running costs | Alcohol |
| Volunteer expenses | |
| Helping people to stay safe (PPE for small gatherings/group activity) | |

How much organisations can apply for

The maximum award to any organisation will not exceed £30,000. Joint project applications (involving 2 or more organisations) may be considered for a sum up to £50,000. The ambition is to ensure a broad reach across small community organisations through the distribution of smaller value grants, and we would expect most applications will be seeking a sum up to the value of £10,000.

Equalities considerations and 'at-risk' groups

Evidence shows that the Covid pandemic has exacerbated existing mental health inequalities and has had a disproportionate impact on the mental wellbeing of a range of groups in society. We will look to ensure a focus on initiatives which are inclusive of the following priority 'at risk' groups:

- *Women (particularly young women, and women and young women affected by male sexual violence);*
- *People with a long-term health condition or disability; people who are or have been on the highest risk (previously shielding) list;*
- *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; and*
- *Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities*

Where possible, applicants should explain how their projects will help to consider the range of barriers faced by those they support. Applicants may also consider how their proposal contributes to promoting people's human rights, supporting advocacy for people at a local level to access care and help with signposting to other available local community supports.

Involving those with lived experience

Ideally applications should be, where possible, informed by people with lived experience. In the context of this Fund, lived experience could, for example, include experience of mental health challenges, of being part of a marginalised group or of benefiting from mental wellbeing initiatives. Where possible people with lived experience should be involved from an early stage and in ongoing planning and decision making. By engaging with lived experience, better outcomes can be achieved.

Frequently Asked Questions

Q: When will the fund open?

A: The fund will open on Monday 17th October 2022

Q: Is there a deadline for applications?

A: The deadline for all applications is Thursday 22nd December 2022. Applications can be made at any time and we will confirm successful applications on a rolling basis. Where applications include activities due to commence in early January, these will be considered as priority.

Q: How quickly after the closing date will the result of the application be known?

A: All applications will have been assessed no later than 28th February 2023.

Q: If we are successful, how quickly will the funding be distributed?

A: Successful organisations will receive their full agreed funding allocation by 25th March 2023.

Q: Is there a turnover limit?

A: To ensure the aims of the fund are met, we are seeking applications from organisations with a turnover below £1 million. However, we *may* consider applications from larger groups if there is a clear local delivery need. Please contact us to discuss before beginning an application.

Q: Can we submit more than one application?

A: To ensure the aims of the fund are met, we are looking to ensure that a wide spread of organisations and activities, can be supported we will only accept one application per organisation.

Q: Can we apply for an activity that operates across more than West Dunbartonshire?

A: We can only fund activity which takes place in, and addresses the needs of the people of West Dunbartonshire.

Q: What kind of monitoring reports will we have to submit?

A: All successful applicants will receive and require to agree to our Standard Terms and Conditions which will include details of monitoring. All monitoring reports will be required within 11 months of the funding award being made. Successful applicants will be asked to provide financial information as part of their monitoring reports.

Q: Will WDCVS provide any support with monitoring?

A: Yes, successful applicants will be able to access support through our Surgery Programme.

Example Projects

Below is a selection of examples which demonstrate the *type* of projects that could be funded through the Fund. This does not mean these particular groups will be funded, rather they are illustrative and are in no way exhaustive of the type of projects that could be funded.

Chris's House

Chris's House is a "centre for help, response and intervention surrounding suicide", and was established in Wishaw by Ann Rowan, the mother of Chris, who committed suicide at the age of 36. Chris's House is a 24-hour non-medical crisis centre, where guests are allocated a volunteer worker who supports them through their depression and suicidal thoughts to build resilience and confidence. The service is staffed by unpaid volunteers who come from a range of backgrounds, and are trained to provide guests with one-to-one support such as counselling and Reiki sessions, risk assessments and contacts with statutory services where necessary. Staff also provide community outreach and training and a range of support groups including Loss Surrounding Suicide for those who have been affected by suicide.

Chris's House is funded through donations and fund-raising activities from families who have had contact with the service and the general public, including the annual Charity Ball and the Walk of Hope. They also have sponsorship from a number of local businesses. Growth in demand for their services has led to a second property being opened in Midlothian.

Men Matter Scotland

Men Matter Scotland (MMS) is a peer-run charity based in Drumchapel which seeks to promote wellbeing and prevent suicide in men. They run confidential peer-to-peer support sessions and arrange referrals for men in distress where needed. The organisation promotes activity and connection through talking groups, art sessions, bike club sessions, ice water breathing technique training and cold water exposure. Demand for their services rose rapidly after their Hub opened in February 2021 and they currently have around 700 registered members.

MMS is overseen by a Board of Trustees and supported by trained volunteers. Some of MMS's members have shared their stories on the organisation's website, giving an insight into their own life experiences and how MMS has helped them.

Common Wheel

Common Wheel is a mental health charity who aim to reduce isolation, develop skills, improve mental wellbeing, and challenge stigma. Their values are Care, Positivity, Equality and Partnership. Mental illness and associated stigma may lead to loss of employment, poverty, and withdrawal from society. Conversely, unemployment and poverty are likely to exacerbate mental illness. Common Wheel aims to break this cycle.

Multi-story is a collaboration between Common Wheel and the Gartnavel Royal community. The aims are to inspire, encourage, and enable access to cultural connection and creative expression through reading and writing. Common Wheel believe this shouldn't stop just because you are in hospital.

This project has accessibility, flexibility, and collaboration at its heart. It is intended for patients, staff, friends, family, and visitors to Gartnavel Royal Hospital. The project provides resources for individuals to use on their own terms, some of which have been produced by former patients or people managing mental illness in the community. The project writer provides advice for staff supporting patients to engage with the pack or works with individuals on their own creative writing. Common Wheel are currently working on access to a library membership for e-materials for all patients and a series of authors talks.

Lived experience examples

As outlined in the guidance, the ambition for this Fund is to ensure lived experience is central to the Fund. This section provides some examples of lived experience from the perspective of setting up a community group (Plus Perth), using lived experience in policy development (Homelessness and Rough Sleeping Action Group) and also lived experience approaches utilised in local areas (Dundee Healthy Minds Network).

PLUS Perth

PLUS is a member led social movement charity based in Perth & Kinross which works on challenging stigma and discrimination and recovery from mental ill-health. PLUS's members are people who have experienced mental distress in their lives, and those who agree with the PLUS values of trust, honesty, equality, justice, love, compassion, partnership working and community spirit.

PLUS grew from a small group of individuals who had used mental health services, in response to a recognition from the Scottish Government of low levels of service user involvement. NHS Tayside are their main funder and they are led by a board of between five and eight Trustees. Members are involved in decisions relating to the priorities of the organisation and in identification of projects.

PLUS have developed a community market garden from a formerly derelict site in Perth, giving volunteering opportunities and purpose to those recovering from mental ill-health; they run a weekly lunch club to allow members to meet to discuss issues and plan events and they also host poetry, art and gardening groups. The Digital Garden section of their website allows members to share audio-visual resources including photographs, excerpts from fiction and non-fiction works, audio clips and videos. The website also offers a range of mental health resources including newsletters, blogs and book recommendations.

Dundee Healthy Minds Network

Dundee Healthy Minds Network is an engagement platform for anyone in Dundee with lived experience of mental health challenges who have an interest in formally or informally getting involved in giving an opinion about statutory service running, planning and development. The network seeks to influence and change the design of mental health services and supports to reflect the views and wishes of those with lived experience of mental health challenges in Dundee.

It involves working closely with people with lived experience of mental health challenges to explore what is working well and what areas need further improvement and provides an opportunity to share your experiences and listen to the experiences of others, providing a collective voice on mental health services and support in Dundee.

Types of Involvement

- Being a member of the Network
- Attending a HMN reference panel or drop-in meeting
- Attending meetings, forums and events
- Contributing to decision making – Influence mental health plans; influence mental health service design and how support is delivered; work with others to solve problems
- Taking part in research or training
- Taking part in a workstream on a particular issue eg.

- Locality based early intervention/preventative mental health support, Accommodation with support, Mental Health / Substance Use, Support for people experiencing distress, Suicide prevention
- Varied methods of involvement include focus groups, questionnaires, discussion groups, feedback cards, being a service user representative, suggestion boxes and so on