

Application Guidance

Introduction to the Fund

As part of the Recovery and Renewal Fund, 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. This is the first year of a two-year fund to support mental health and wellbeing in communities across Scotland. The Fund will be distributed by Third Sector Interfaces (TSI's) to community groups and organisations. Fife Voluntary Action will be responsible for distributing £1.022m across Fife in year one.

Organisations based in Fife will be able to apply for grants of around £10k, and exceptional projects will be considered for funding of up to £50k. Most grant awards will be for around £10k. To submit an application for a higher amount, you must visit the website and request an exception for a higher application.

There will be two rounds of applications as follows:

- Round one will launch on 12 November 2021 and close for applications at midnight on 01 December 2021
- Round two will launch on 02 December 2021 and close for applications at midnight on 19 January 2022

The latest information, guidance and frequently asked questions will be available at www.fva.org/mhgrant

The link above will also take you to the grant application system.

We are here to help organisations to understand the criteria and guidance, support you with a project idea, support to you to apply for a grant, and we will also provide support to those organisations that received a grant. For support at any time, please contact us:

Call **0800 389 6046** during business hours, or

E-mail grants@fva.org at any time.

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Fund outcome

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.

Fund Aim

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.

Key Areas of Focus

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;
- 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.

Local Outcomes

Our local priorities for this Fund are to resource projects that contribute to improved mental health and wellbeing through several key themes: tackling social isolation and loneliness (especially for the at risk groups and/or those who are shielding), tackling poverty and promoting income maximisation, and building a local infrastructure which offers accessible services which promote and support positive mental health and wellbeing for individuals and communities. These priorities have been translated into four positive local outcomes which will allow us to support individuals and communities to be more resilient and able to withstand the challenges of the pandemic.

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Applicants must deliver a project which meets at least one of these local outcomes:

1. People in Fife will be better able to connect and/or re-connect.

Examples of activity might relate to transport in rural areas (e.g. the concept of 20 Minute Neighbourhoods), befriending calls/visits, dementia cafés, lunch clubs, etc.

2. People in Fife will have improved mental health and wellbeing due to increased access to physical activity, diet and nutrition, life-long learning or some other activity that brings people together and reduces social isolation.

Examples might include “Green Health” initiatives, environmental and growing projects, cooking clubs, safe outdoor spaces, walking groups, exercise classes, IT classes etc.

3. People in Fife will have better access to services which help to tackle poverty and achieve income maximisation.

Examples might include homelessness projects, food banks, signposting, fuel poverty, etc.

4. Fife will have a stronger local infrastructure which can respond effectively to the mental health and wellbeing support needs of at-risk groups.

Examples might include volunteering (including for hard to reach people), more regular community events, projects promoting suicide prevention and those that give the ability for at-risk groups to have their voices heard.

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Who can apply?

This Fund will support projects and activity which promote mental health and wellbeing at a small scale, grass roots, community level within Fife. The Fund can support new projects and activity, and the expansion of existing activities; it is intended to provide additionality, not replacement funding.

You do not have to be a mental health and wellbeing organisation to apply but your application does have to clearly benefit the mental health and wellbeing of people in your community. We will accept bids from partnerships though the lead partner must be a third sector organisation, and they must be delivering the majority of the activity. The following constituted third sector organisations are eligible to apply:

- Scottish Charitable Incorporated Organisations (SCIO);
- Companies Limited by Guarantee;
- Unincorporated associations;
- Trusts;
- Not-for-profit company or asset locked company or Community Interest Companies (CIC);
- Cooperative and Community Benefit Societies;
- Community councils.

If you are not constituted and wish to apply please contact us using the details provided at the start of this guidance.

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Eligibility Criteria

This list is designed to help organisations to determine whether or not their project/funding proposal will be eligible for a grant:

- your organisation must be a constituted third sector organisation or Community Council;
- the bank account must be in the organisation's name;
- there are no size restrictions for organisations - most of the funding will be prioritised for smaller organisations (turning over less than £1m), but organisations of any size can apply;
- minimum grant amount is £1,000;
- we anticipate most grants to be around £10,000, so please use this figure as the 'normal maximum';
- in exceptional circumstances we may award grants of up to £50,000 (please use the online system to Request an Exception to see if your idea would qualify for exceptional consideration);
- partnership bids are welcome, but they must be led by, and most of the activity undertaken by, a third sector organisation. We'd expect the larger bids to involve an element of partnership working/collaboration;
- the grant is for grassroots projects - things that benefit at-risk/priority groups in local communities in Fife;
- we will consider projects for communities of interest that are spread across Fife;
- activity must specifically target at-risk/priority groups and tell us which one(s) (see the beneficiary list below);
- we cannot fund budget gaps - this must fund additional activity or enhance existing activity;
- grant awards are for revenue activity, but in Year 1 only, we will consider applications for up to £10k for capital costs.

If you have communication support needs and would like support with your application then please contact us using the details provided at the start of this guidance.

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Type of projects we can support

Your project and its activity must be delivered within Fife and should benefit whole communities and/or community groups, in turn making a difference to the lives of individuals. The focus of the Fund is on the adult population, aged 16 and over. We will fund family work where the target/focus is on adults, not children and young people (there's separate funding and activity in Fife to focus on children, which also includes family work).

What we can and cannot fund

This Fund **will** cover costs for:

- Equipment;
- One-off events;
- Hall hire for community spaces;
- Small capital spend up to £10,000 for land or buildings projects ;
- Staff costs;
- Training costs;
- Transport;
- Overheads – utilities costs;
- Volunteer expenses;
- Helping people to stay safe (PPE for small gatherings, activity, etc) ;
- Childcare and other caring costs.

This Fund will **not** cover costs for:

- Contingency costs, loans, endowments, or interest;
- Electricity generation and feed-in tariff payment;
- Political or religious campaigning;
- Profit-making/fundraising activities;
- VAT you can reclaim;
- Statutory activities;
- Overseas travel;
- Alcohol.

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List of At-Risk Groups (Beneficiaries)

The Fund is for working with adults, but where the focus is the adult, work that also involves the family is likely to be eligible. **We will only be able to fund activity which focuses on benefiting people in the following list** (you only need to focus on one group, but you can work with multiple 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;
- people affected by homelessness;
- LGBTQIAA+ communities.

Please note that the above list is not in any order of priority or importance.

Frequently Asked Questions (FAQs)

We maintain an up-to-date list of FAQs on the website, so please do check there for further helpful information: www.fva.org/mhgrant