

Our Minds Matter Short Term Community Grants

Introduction


This investment sits within Fife's Our Minds Matter Framework for supporting young people's emotional wellbeing in response to the aims of the Community MH&WB. The funding is aimed at young people aged 5-24 (up to 26 if care experienced) and their parents or carers.

Fife Community Mental Health and Wellbeing Strategic Oversight Group invite applications from eligible groups that can demonstrate early intervention and prevention to promote positive mental health and wellbeing, using the **Five ways to wellbeing** **Connect, Be Active, Give, Take Notice** and **Learn**. We are particularly interested in applications where the idea has been created in partnership with people within that community.

Five Ways to Wellbeing:

In Fife, we recognise that the emotional wellbeing of our young people matters. Emotional health is as important as general health and wellbeing. For more information on supporting young people's emotional wellbeing visit: fifedirect.org.uk/ourmindsmatter

Here are our five ways to wellbeing:



Connect
People with strong and wide-ranging relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning, support, and increase our feelings of self-worth. Friendships bring a sense of belonging, so taking action to strengthen our relationships and build connections is essential for emotional wellbeing.

Be Active
Keeping active helps your mind and body. Small, positive changes can make a difference. People who do regular physical activity have a lower risk of diseases and physical activity can boost self-esteem, mood, sleep quality and energy. Adults should aim for 30 minutes and children 60 minutes of activity most days.

Give
Giving is about helping others with kindness. It is not only good for them and a worthy thing to do, it also makes us happier and healthier as it helps lower stress and anxiety. Volunteering can be a good way of helping others. When you give, you're more likely to get back and remember it is particularly helpful to be kind to ourselves.

Take Notice
Life can feel fast paced and stressful sometimes, so time spent on looking after ourselves is important. Try to find ways to take notice of things like diet, sleep, your thoughts and feelings and to be aware of the here and now. Some people call this being 'mindful'. Focusing on positives can change the way we feel about life and how we approach challenges.

Learn
The human brain is most happy when we are working towards a goal. This can be anything from learning a new language or taking part in sport, work or music. Research has shown learning something new makes us feel better about ourselves, feel more confident, reduces the risk of depression, anxiety and sleep disorders.

There are lots of ways to keep connected, keep active, give, take notice and learn in Fife:

[Twitter: /FifeActiveSch](https://twitter.com/FifeActiveSch)
[Facebook: /ActiveFife](https://www.facebook.com/ActiveFife)
[onyourdoorstepfife.org](https://www.onyourdoorstepfife.org)
[nhs.uk/livewell](https://www.nhs.uk/livewell)
[fivevoluntaryaction.org.uk](https://www.fivevoluntaryaction.org.uk)
[communityuse.fife.scot](https://www.communityuse.fife.scot)
[fife.ac.uk](https://www.fife.ac.uk)
[youthspacefife.co.uk](https://www.youthspacefife.co.uk)
[young.scot](https://www.young.scot)
[fifeleisure.org.uk](https://www.fifeleisure.org.uk)
[onfife.com](https://www.onfife.com)
[eatbetterfeelbetter.co.uk](https://www.eatbetterfeelbetter.co.uk)
[moodcafe.co.uk](https://www.moodcafe.co.uk)
[stopbreathethink.com](https://www.stopbreathethink.com)
[calm.com](https://www.calm.com)
[headspace.com](https://www.headspace.com)

These are just a few examples, there are many more.

Essential Criteria:

Applications for this short-term funding must meet the following criteria:

- It must have a focus on delivering outcomes for children and young people aged between 5-24 (up to 26 if care experienced and/or to their parents or carers).
- Supports should be easily available at the heart of community settings and be available at a broad range of times (e.g. not just within the hours of 9-3 pm, Monday to Friday).
- Projects must be viable within timeframe of spend by the end of June 2023
- The organisation must have a child protection/safeguarding policy and their staff and volunteers should be members of the PVG scheme.

- e) The organisation must be a constituted third sector organisation or Community Council (unconstituted groups can contact FVA for free support to consider how best to become constituted and apply for the grant)
- f) The bank account must be in the organisation's name
- g) Maximum grant is £9,999. We welcome all applications and have not set a minimum fund
- h) Partnership bids are welcome, but they must be led by, and most of the activity undertaken by, a third sector organisation.
- i) The grant is for grassroots projects - things that benefit at-risk/priority groups in local communities in Fife
- j) We cannot fund budget gaps - this must fund additional activity or enhance existing activity
- k) Grant awards are mostly for revenue activity, but we can consider applications that include up to £5k for capital costs.

Targeted Groups

We are looking to develop a balance of initiatives across the Fife area, therefore we will consider the needs of the particular community being served by the project and the current gaps in provision for that community.

The fund aims to support those groups who are more vulnerable to poorer mental health and wellbeing. For this reason, we are particularly interested in projects supporting children and young people who are:

- Living in poverty
- Are affected by homelessness
- Affected by substance use
- Affected by homelessness
- From LGBT+ communities
- Care experienced young people
- Young Carers
- Disengaged with education due to their mental health being a barrier
- At risk of a negative destination
- Have a long term health condition or disability
- Who have been on the highest risk (previously shielding) list
- From a minority ethnic background
- Refugees or asylum seekers
- Facing socio-economic disadvantage
- Experiencing severe and multiple disadvantage
- Diagnosed with a mental illness
- Affected by psychological trauma (including adverse childhood experience)
- Have experienced bereavement or loss
- Disadvantaged by geographical location (particularly remote and rural areas)

Outcomes

The intended outcome of this fund is to develop a culture of early intervention and prevention using the 5 ways to wellbeing to improve mental health and emotional wellbeing of young people and their families to:

- Increase awareness and application of the 5 ways to wellbeing

- Improve awareness of how to maintain positive emotional wellbeing
- Improve resilience for parents and carers, to resolve difficulties and problems
- Increase support for mental and emotional distress and wellbeing
- Improve conversations about mental health, reducing stigma and increasing confidence in talking about it
- Improved communication with young people and their families where verbal communication is a challenge

We Can fund:

- Equipment
- One-off events
- Small capital spend up to £5,000 for land or building projects
- Additional staff costs to deliver the project
- Overheads/management fee – capped at 10% of grant request
- Training costs
- Transport
- Utilities/running costs
- Volunteer expenses
- Helping people to stay safe (PPE for small gatherings/group activities)
- Hall hire for community spaces
- Food related activities
- Costs related directly to the current cost of living crisis

We cannot fund:

- Projects that are solely aimed at children under 5 or adults over 24 (26 if care experienced). Projects that would benefit parent/carers of those aged between 5-24 (26 if care experienced) would be eligible.
- Any goods or services that you buy or order before we confirm our grant
- Items that only benefit an individual – for example, scholarships and personal clothing for individuals and equipment that is not shared
- Routine repair and maintenance costs
- 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
- Fireworks

Budget

The project will be in place for a short, fixed-term period between January 2023 to June 2023 with a maximum funding request of £9,999. Projects requiring funding above £9,999 will not be considered.

Deadlines and timescales

Applications must be submitted by 31st January 2023. Projects must be completed by 30th June 2023. All successful applicants must be able to submit an impact report by the 4th July 2023.