

# Communities Mental Health and Wellbeing Fund for Adults Round 4

## Introduction

The Communities Mental Health and Wellbeing Fund for Adults (the Fund) was established in October 2021 and to date has distributed around £51 million to community initiatives supporting mental health and wellbeing across Scotland, just over £250,000 of which has supported projects and activities in Orkney. Funding for a fourth year was announced in March 2024 and Orkney will again have £75,000 to disburse.

In Round 3, we received applications totalling £182,000 and so the demand for funding was very much higher than the amount we had to disburse. We anticipate the requests being high again this year and have therefore made the decision to reduce the maximum grant level that organisations can apply for, from £10,000 to £7,500. A maximum of £5,000 of any application can be requested towards capital items. There is no minimum level that organisations can apply for, and in previous rounds the smallest grants allocated have been around £400.

As not all of the Fund was allocated in December 2024 a second tranche is now open for applications. £12,000 is available in this tranche.

For further information and an application form please contact the Community Development Team at [development@vaorkney.org.uk](mailto:development@vaorkney.org.uk) or phone 01856 872897.

## Fund Aims

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:

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

## At Risk Groups

Evidence shows that the Covid pandemic and the Cost of Living Crisis exacerbated existing mental health inequalities and had a disproportionate impact on the mental wellbeing of a range of groups in society. These 'at risk' groups are prioritised by the Fund and include:

- Women (particularly young women and women affected by gender-based violence)
- People with a long-term health condition or disability
- 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
- People with neurological conditions or learning disabilities and those from neurodiverse communities

In addition, the Scottish Government has prioritised families most at risk of poverty:

- Lone parents
- Families with a disabled family member
- Families with 3+ children
- Minority ethnic families
- Families where the youngest children are under 1 year old
- Mothers aged less than 25

## Local Priorities

Local priorities, in addition to those above, have been identified in collaboration with statutory and third sector partners and experts through experience as being:

- Poverty
- Social Isolation
- Prevention of Suicide
- Unpaid Carers
- Older People

## Local Outcomes

We are looking for projects to deliver at least one of the three local outcomes, to:

- Increase opportunities for people to engage with activities/services within their own local communities
- Increase opportunities for people to take part in activities that are purposeful and meaningful to them
- Increase opportunities to embrace and enable the conversation around suicide

## Grant Awards

Applications can be made for a maximum of £7,500. Applications can include requests for funding towards small capital items up to a maximum of £5,000. The deadline for applications is **8am on Monday 3<sup>rd</sup> February 2025**.

**Projects must be completed by 28 February 2026.**

## Eligibility

The ambition of this Fund is to support initiatives which promote adult mental health and wellbeing at a small scale, grass roots, community level. For the purposes of this Fund, the adult population is considered to be those 16 and over. It is accessible to all groups, no matter how small or inexperienced they are. It can support both new and existing groups or projects. Your group does not have to have mental health and wellbeing as your main focus, but your application does have to clearly benefit the mental wellbeing of people in your community.

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, including:

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)

Co-operative and Community Benefit Societies

Community Councils

Parent Councils\*

\*Please note that parent councils are eligible to apply subject to the following conditions:

1. The funded activities must meet the aims of the Fund and specifically must focus on supporting adults rather than their children
2. 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 OSCR as a charity.

The Fund can also support an un-constituted group to become constituted, or a constituted entity (that meets criteria above) can hold a grant for an un-constituted group. VAO will have to be satisfied that appropriate arrangements have been put in place. Whilst the Fund can support the expansion of existing activities it is intended to provide additionality, not replacement funding.

Any organisation that has received funding from the first tranche of Round 4 cannot apply to this second tranche but those who were unsuccessful in the first tranche are welcome to reapply. If you are not sure of eligibility contact Clare Gee for confirmation at [clare.gee@vaorkney.org.uk](mailto:clare.gee@vaorkney.org.uk).

## **Previously funded projects**

Organisations that received funding from Rounds 1 to 3 of the Fund are welcome to apply to Round 4. If applying for the same project, however, applicants must be able to demonstrate improvement and development. If it is possible to include information or evidence of early impact from the project that would be welcomed.

In addition, if the application is for ongoing revenue or staff costs, applicants will need to include information about their exit strategy or proposals for future funding for this element of the grant requested.

## **Prevention and Early Intervention**

Prevention and Early Intervention are the key themes of the Fund. We define prevention and early intervention as stopping mental health problems before they start and/or stopping existing mental health problems from worsening. We know that non-clinical interventions like building community, having structure, learning new skills or being in nature can improve mental health.

The Fund is aimed at projects that are primarily support and prevention focused within the community. The Fund is not aimed at projects that are primarily treatment focused and is not meant to replace funding for direct therapeutic interventions such as counselling or CBT. It aims to provide a range of broader community supports that can complement clinical care.

## What we will and will not fund

We will fund	We cannot fund
<ul style="list-style-type: none"> <li>• One-off events</li> <li>• Hall hire</li> <li>• Small capital spend (e.g. equipment, up to £5,000)</li> <li>• Staff costs (one off or fixed term)</li> <li>• Training costs</li> <li>• Transport</li> <li>• Utilities / running costs</li> <li>• Volunteer expenses</li> </ul>	<ul style="list-style-type: none"> <li>• Contingency costs, loans, endowments or interest</li> <li>• Electricity generation and feed in tariff payment</li> <li>• Political or religious campaigning or activities</li> <li>• Profit-making / fundraising activities</li> <li>• VAT you can reclaim</li> <li>• Statutory activities</li> <li>• Overseas travel</li> <li>• Alcohol</li> </ul>

## Fair Work

Any organisation applying for a grant which either currently employs staff or will employ staff using the Communities Mental Health and Wellbeing Fund grant, must have a **Fair Work Action Plan** and be able to demonstrate their commitment to the Fair Work Agenda. The Fair Work Action Plan must be included with your application along with a copy of your constitution and most recent annual accounts. The Fair Work Action Plan must cover the following Scottish Government priorities:

- Effective voice
- Opportunities
- Security
- Fulfilment
- Respect

If you would like support to develop a Fair Work Action Plan to accompany your application, please contact the Community Development Team.

## Payment of Grant

We aim to ensure that applicants will receive payment of their grants within two weeks of a decision being made.

If your application is on behalf of a partnership of organisations, a successful grant will be paid to the lead partner.

If you are a small group without a bank account do not let this put you off applying. Please get in touch to discuss how we can support you.

## Help and Support

VAO will provide one to one advice, support and resources to help you develop your project/activity ideas and complete your application form.

We will also keep in close contact with you during the delivery phase of your project/activity and will support you with any concerns or difficulties you may face. Please do not hesitate to contact the Community Development Team at [development@vaorkney.org.uk](mailto:development@vaorkney.org.uk) or phone 01856 872897.

## Reporting

At the end of the project the applicant will be required to report on the delivery of the project. We will seek the following information:

- What did you expect to do with the funding and what did you actually do against your original plan
- How many activities were planned?
- How many activities were undertaken?
- How many participants benefited?
- Who were the main beneficiaries?
- Please let us know of any achievements to date that you are particularly proud of, or that demonstrate the difference made to individuals
- Please tell us how you achieved each of your proposed outcomes
- What methods were used to gather evidence?
- Did you achieve your outcomes? What are the indicators that demonstrate success?
- What were the challenges? Did you encounter any problems that slowed the progress or stopped the outcomes from happening, or did you need to make any changes to the project in order to deliver against your outcomes?
- What did we need to change to make the project work
- Is there anything else you want to add?
- What was your final project budget?

## Submitting your application

Please ensure that you complete the application form correctly, with support if required, and attach the required documents. Completed application forms should be submitted to: [development@vaorkney.org.uk](mailto:development@vaorkney.org.uk) or posted to Voluntary Action Orkney, 6 Bridge Street, Kirkwall, KW15 1HR marked CMHWF by **8am on Monday 3<sup>rd</sup> February 2025**.