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**Highland**

**Communities**

**Mental Health**

**& Wellbeing**

**Fund for Adults**

**Year Three**

**Local Plan**

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# **Introduction to the Fund**

The Communities Mental Health and Wellbeing Fund for Adults was established in October 2021 and to date has distributed around £36 million to community initiatives supporting mental health and wellbeing across Scotland. Funding for a third year (£15 million) was announced in April 2023.

The Fund was originally part of the overall Scottish Government’s Recovery and Renewal fund and the [Mental Health Transition and Recovery Plan.](https://www.gov.scot/publications/mental-health-scotlands-transition-recovery-summary/) The fund is now contributing to delivering the [Mental Health & Wellbeing Strategy](https://www.gov.scot/publications/mental-health-wellbeing-strategy/) and is administered through the Third Sector Interface Network in partnership with relevant Health and Social Care Partnerships.

In Highland, for the current year we have just over £700k to support local, grassroots community activity that meets the overarching national ambitions for the funds and the local priority areas. This year’s funding is for projects starting in April 2024 and is specifically for the Third Sector, Charities and Community Groups.

## How are we approaching the distribution in Highland?

In Highland we are working in partnership with the Community Planning Partnership and Health and Social Care Partnership to assess applications. As such, we have formed a panel of individuals from both Public and Third Sector organisations, including those who have been selected because of their relevant life experiences.

The panel will include representatives from across NHS Highland, the Highland CPP and members of relevant Third Sector organisations.

Additionally, local HTSI delivery partners across Highland will form part of the panel structure and facilitate feedback about the match of proposed activities against identified local needs; helping to inform the prioritisation in the decision-making process.

Applications will be invited to be submitted via HTSI’s online portal in three separate tranches starting from the 29 September 2023. At each of the first two panels, there will be an opportunity to support applicants to respond to any comments or feedback prior to the following panel meeting, if required.

Panels will communicate the decisions and make payments to recipients directly after each panel.

# **What the fund can support**

The Fund has a strong focus on **prevention and early intervention** and aims to support **grassroots community groups** in tackling mental health inequalities and addressing priority issues of social isolation and loneliness, suicide prevention and tackling poverty and inequality.

The overarching purpose of the funding has been set on a national basis in response to feedback around the mental health and wellbeing needs of communities. On a regional basis we are able to identify key areas of priority that the fund can be utilised to support.

## The Fund Aims & Outcomes

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 (aged 16 and over), with a particular focus on prevention and early intervention:

1. Tackle **mental health** **inequalities** through supportinga range of ‘at risk’ groups
2. Address priority issues of **social isolation and loneliness, suicide prevention and poverty and inequality**, with a particular emphasis on responding to the cost-of-living crisis and support to those facing socio-economic disadvantage
3. Supporting **small ‘grassroots’ community groups** and organisations to deliver such activities
4. Providing **opportunities for people to connect** with each other, build trusted relationships and revitalise communities

The Fund directly contributes to Outcome 4 of the [Mental Health and Wellbeing Strategy](https://www.gov.scot/publications/mental-health-wellbeing-strategy/) published in June 2023: “better equipped communities to support people’s mental health and wellbeing and provide opportunities to connect with others”. It also clearly supports the three key areas of focus in the Strategy:

* Promote positive mental health and wellbeing for the whole population, improving understanding and tackling stigma, inequality and discrimination;
* Prevent mental health issues occurring or escalating and tackle underlying causes, adversities and inequalities wherever possible; and
* Provide mental health and wellbeing support and care, ensuring people and communities can access the right information, skills, services and opportunities in the right place at the right time, using a person-centred approach.

The Fund also seeks to contribute to the following 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

Specifically, the intended outcomes of the Fund remain the same as in Year One and Two, and are 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
* 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 Locally Identified Priorities

To identify the local priorities, within the context of the nationally agreed fund purpose, we reviewed various reports and evidence gathered through the work of the Third Sector, HTSI and their Partners, the CPP and the Health and Social Care Partnership here in Highland. The CPP Mental Health Delivery Group have completed a review of priorities to improve mental health and wellbeing and prevent suicide in Highland, following extensive engagement with partners and stakeholders.

The following are priority areas but are not intended to be restrictive and where an applying group can demonstrate a clear need for their activity, within the scope of the purpose as outlined above; they are encouraged to consider submitting their application.

## What our priorities are

Although the priorities are grouped together, we are interested in **any initiative which is targeted at reducing inequalities and promoting wellbeing** and if you are unsure about where or how your idea fits within this set of priority areas please get in touch.

Social Isolation

We recognise that social isolation is sadly too common across Scotland and has a significant impact on the ongoing health of individuals. We also recognise that we face some unique challenges in Highland owing to:

* substantial distances between amenities
* population migration and disbursement
* access to and affordability of travel

We would be keen to see activities that will target reducing social isolation in general, particularly the additional barriers that have developed because of the COVID-19 pandemic, but also specifically in relation to older people, single parents and those from within a BAME community, refugees or the LGBTQI+ community.

Unpaid Carers and those with a Long-Term Condition

The pandemic has presented particular challenges for people living with long-term conditions and those who have caring responsibilities and the cost-of-living crisis has created further negative impacts for those caring for loved ones and facing health problems.

We would be keen to hear about activities that will support both the wellbeing needs of these members of our communities; or about how resources could be used to expand services to make it easier to participate in community activities.

Prevention of Crisis/Suicide

Suicide is a tragedy we would like to see reduced in Highland and, as such, we hope to see activities that are directly or indirectly supporting a reduction of risks that contribute to suicide.

The risks are wide ranging and any activity that can demonstrate a link to supporting people in distress, crisis and/or at risk of suicide are welcome. We would particularly invite areas of work connected to reducing problematic use of drugs and alcohol, social isolation of vulnerable individuals, those in debt or living with lower incomes, those with diagnosed mental ill health and those coping through significant life changes and challenges.

Rurally Distanced

Much of our Highland region is rural or very rural and this can not only increase an individual’s experience of social isolation but can also create physical barriers to accessing a range of activities, services and community-based initiatives. Rural isolation and working lifestyle can also contribute to a reduction in wellbeing and an increase in risks associated with poor mental health.

We would encourage applications that can assist with increasing initiatives and services for people in rural communities, including those that support creating new services and those supporting access to activities and services elsewhere in Highland.

Poverty

Living with a low income or being dependent on uncertain incomes can generate a significant amount of stress and impacts enormously on wellbeing. Research has indicated that people who live on a low income are significantly more at risk from early death, particularly related to the use of alcohol or drugs, far more at risk of suicide and have been disproportionately disadvantaged by the impacts of COVID-19.

The fund could be used to provide support for initiatives that can support development or delivery of services and assistance that will tackle issues connected to poverty. Please note that this does not include funding immediate crisis intervention for food or fuel poverty*.*

Trauma

Historic, as well as recent, trauma can have long-term impacts on our health and wellbeing. Whether we experience trauma through abuse as a child or adult, or through accident or service, support and help are often a necessary part of our recovery and strengthening our resilience.

We are keen to encourage services supporting people who have experienced trauma to come forward with ideas on how new approaches, enhanced services and expansions of delivery could help to reduce the negative impacts of trauma on someone’s life.

## How we identified our priorities

We pulled together these priorities from a wide range of research and engagement activities, both locally and nationally, around the needs and connections which exist between wellbeing and good mental health.

In pulling together these areas of priority we have reviewed the following documents:

* MHDG and CPP Workshop session, August 2022
* MHDG and CPP Review of MH Improvement and Suicide Prevention 2023
* Poverty in Scotland 2021, Joseph Rowntree Foundation
* Socioeconomic Disadvantage and Suicidal Behaviour, Samaritans
* Dying from inequality, Samaritans
* Marginalised Rural Community Report 2021, Support in Mind Scotland
* Highland Mental Health Strategy
* Caithness Carers Project Action Plan
* Caithness Mental Health Survey
* Highland Outcome Improvement Plan, including the engagement reports from 2017
* NHS Third Sector Commissioning Engagement Report, 2021
* Exploring the impacts of the pandemic on Third Sector staff and service users in Highland, 2020
* Mental Health Provisions within Skye and Lochalsh – A CAB Research report
* Report into Mental Health and Wellbeing for HTSI, 2020
* Highland Third Sector Policing Consultation, Wrap Up Report, 2015
* Highland Integrated Children’s Services Plan 2021

## **What can we fund?**

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.

As outlined in the fund aims, it should fund 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.

**While the Fund can support the expansion of existing activities, it is intended to provide additionality, not replacement funding. Additionally, projects funded through Years One/Two of the fund are eligible to apply again but must clearly show how they will develop and improve in this funding period and where possible they should be able to demonstrate impacts from Year One and/or early impacts from Year Two.**

Please note that while existing projects may seek funding, there must be space within the allocated funding to award grants for new ideas and tests of change. An award in the first or second round is no indication of the likelihood of success in this funding round.

Further to this, we shall prioritise groups who can demonstrate a particular focus on one of the following at-risk groups:

* Women, particularly those 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 a diagnosed mental illness
* People affected by psychological trauma
* People who have experienced bereavement or loss
* People disadvantaged by geographic location, particularly remote and rural
* Older people (50+)
* LGBTQI+ Communities

Projects should also have a specific community focus rather than providing regional or national coverage. Therefore, applications should be funded for initiatives based only within your local authority.

Please note that activities which could be seen to replace primary mental health care are not eligible for funding, therapeutic activities are allowed but nothing focused on primarily treatment activities.

## Examples of permitted activities and resources

|  |  |
| --- | --- |
| **We will fund** | **We cannot fund** |
| Equipment | Contingency costs, loans, endowments or interest |
| One-off events  Hall hire for community spaces | Electricity generation and feed-in tariff payment |
| Staff costs (fixed-term) | Political or religious campaigning |
| Training costs | Profit-making/fundraising activities |
| Transport | VAT you can reclaim |
| Utilities/running costs | Statutory activities |
| Volunteer expenses | Overseas travel |
| Small capital spend up to £5,000 | Alcohol |
| *(i.e. construction, refurbishment, purchase of buildings, amenities or vehicles.)*  *This limitation does not apply to the purchase of small items of equipment.* | |

## Counselling and other therapeutic treatments

The Fund is primarily aimed at a range of **preventative** community supports for improved mental health and wellbeing and the allocation of funding will reflect this. However, the Fund also aims to support early intervention approaches and support to those with existing mental health and wellbeing issues.

As such, counselling and other therapeutic treatments are not excluded from the Fund but will be considered on a case-by-case basis. The main focus of the fund is not about projects that are primarily ‘treatment’ focused and is not intended to replace funding for direct therapeutic interventions in the community, such as counselling or CBT.

## **How much can we fund?**

The majority of grants are anticipated to be in the region of £10,000 or less, which should give an indication of the size of project we’re aiming to fund. If your project is particularly targeted at the most vulnerable or is perhaps a collaborative approach which requires additional funding, we have some discretion to award higher amounts, but you must contact us to discuss this in advance of applying.

As you may expect, where an application is for a higher amount, the level of detail and evidence required to justify additional spend, would be proportionately higher.

**Who can apply?**

The fund is intended to support local or small thematic community-based activity. That doesn’t mean that a larger organisation can’t apply but it does require that they have a very focused outline of what they are going to do and have involved the proposed beneficiaries in the development of their concept. We would only anticipate Highland wide applications where there is a clear and defined small thematic community identified as beneficiaries.

The Government is anticipating that the majority of applications will come from eligible groups with an income of less than £1million.

The groups eligible to apply are:

* Scottish Charitable Incorporate Organisations (SCIO)
* Unincorporated Associations
* Companies Limited by Guarantee
* Trusts
* Not-for-profit company or asset locked company or a community interest company (CIC)
* Cooperative and community benefit societies
* Community councils
* Parent Councils

It is expected that most applications would come from local, grassroots organisations or in some instances from larger organisations delivering activities within a localised area with the clear support of the community, or to a distinct community within a localised area.

All groups applying should have a bank account and can evidence the ability to competently deliver their plans and account for the spend provided through a grant.

We would actively encourage collaborative approaches. Applications where there has been no consideration of the wider environment or similar providers are likely to be considered weaker, i.e. where we are asked to support two similar projects within a close geographical area where neither appears to take account of each other or demonstrate collaboration.

**How organisations can apply to the fund**

## Where to find forms and guidance

Applications for funding should be made online via the HTSI website through this link:

[**https://www.highlandtsi.org.uk/hcmw-fund**](https://www.highlandtsi.org.uk/hcmw-fund)

A guidance document is available on HTSI’s website, along with FAQs (frequently asked questions) and a sample application form. If you require further guidance before applying, please get in touch and we can direct you to your nearest TSI support officer for support.

[Funding@HighlandTSI.org.uk](mailto:Funding@HighlandTSI.org.uk)

07826 821 545

## The timeline

In Highland the fund will remain open for applications for 14 weeks, and there will be three separate panel meetings, where applications will be assessed. This is intended to give you time to develop the project proposal more fully while also allowing the panel to provide feedback and redirect applications to the next panel, if required.

**Phase 1:** Opens 29 September 2023 and applications received by midday 27 October will be assessed at the November panel meeting.

**Phase 2:** Applications received by midday 29 November will be assessed at the December panel meeting.

**Phase 3:** Applications received by midday 9 January will be assessed at the January panel meeting.

Projects must start by the end of April 2024 and are expected to last no more than 12 months.

Progress Reports will be required half-way through the project term (unless the project is going to be completed within three months) and a closing report is required within two weeks of the end of the project term.

Failure to return a project completion report could result in HTSI seeking to recover the funds distributed.

## Who can offer support or guidance?

If you have questions that are specific to the fund, how to apply or what may or may not be eligible, please contact Marion MacNeil at the Highland Third Sector Interface using the following details.

**Email** [**Funding@HighlandTSI.org.uk**](mailto:Funding@HighlandTSI.org.uk)

**Tel: 07826 821 545**

Technical issues with the form itself should be directed to:

**Email:** [**Enquiry@HighlandTSI.org.uk**](mailto:Enquiry@HighlandTSI.org.uk)

**Tel: 01349 864289**

# **What questions will be in the application form?**

# **KEY:** BLUE = Scot Gov requirement

BLACK = Administrative requirement

**APPLICATION FORM**

1. Name of organisation
2. Main Contact details

NAME:

1. Job Title/designation
2. Email
3. Phone No.
4. Secondary Contact details

NAME:

1. Job title/designation
2. Email
3. Phone No.
4. Name of project
5. Please tick one of the following types of initiatives which best describes your project?

* *Befriending*
* *Peer support*
* *Counselling*
* *Therapeutic*
* *Mentoring*
* *Financial inclusion/cost of living*
* *One to one*
* *Group activity*
* *Equipment*
* *Food*
* *Nature*
* *Social*
* *Arts and crafts*
* *Maintenance/repair*
* *Sport or physical activity*
* *Culture*
* *Other*

Please describe

1. Please enter the number of volunteers involved in delivering the project
2. Please describe the project including its key aims and activities and how this supports mental health and wellbeing. (max 100 words)
3. Is your project for the general population (general), open to all but with a focus on particular target groups (targeted) or aimed only at particular target groups (restricted)?

* *General*
* *Targeted*
* *Restricted*

1. If your project is targeting specific groups of people, which groups of people are you seeking to reach? (Select no more than three)

* *Women (particularly 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, Transgender and Intersex (LGBTI) communities*
* *Other (please describe)*

1. Cost of Living - the following family types are considered to be most at risk of poverty. Please select any or all who are highly likely to engage with this project.

* *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*

1. National/Local Priorities – please tick any or all of the following priorities your project will contribute to:

* *Suicide prevention*
* *Social Isolation/loneliness*
* *Addressing poverty and inequality*
* *Other (select from Local Priorities List below)*
  + *Unpaid carers and those with a long-term condition*
  + *Rurally distanced*
  + *Trauma*

1. Please select the category which describes the income of your organisation:

* *Organisation with income up to £5,000*
* *Organisation with income up to £10,000*
* *Organisation with income up to £25,000*
* *Organisation with income between £25,000 and £100,000*
* *Organisation with income between £100,000 and £500,000*
* *Organisation with income between £500,000 and £1 million per annum*
* *Organisation with income over £1 million per annum*

1. Have you received a grant from the Communities Mental Health & Wellbeing Fund from HTSI before? Yes/No
2. Is your application for a new project or for a continuation/expansion of an existing project? (Select one)

* *New project*
* *Existing project (funded through the Communities Fund)*
* *Existing project (New to Communities Fund but funded previously through another grantee)*

[Applications to continue projects are not eligible for this fund, unless this is for development/improvement/expansion.]

**Costs breakdown for the project:**

1. Projected REVENUE expenditure for the activity/service:

|  |  |
| --- | --- |
| Revenue Expenditure item | £ |
| *[Type item description here]* | *[Figures here]* |
|  |  |
|  |  |
|  |  |
|  |  |
| TOTAL REVENUE COSTS |  |

1. Projected CAPITAL expenditure for the activity/service:

|  |  |
| --- | --- |
| Capital Expenditure item | £ |
| *[Type item description here]* | *[Figures here]* |
|  |  |
|  |  |
|  |  |
|  |  |
| TOTAL CAPITAL COSTS |  |

1. Match funding if applicable:

|  |  |  |
| --- | --- | --- |
| £ | Funded by? | Confirmed? Yes/No |
|  |  |  |
|  |  |  |

1. Amount requested:

|  |  |
| --- | --- |
| Total project costs: |  |
| Amount requested from us: |  |

1. Please provide one or more outcomes that describe the changes you hope participants will achieve through involvement with the above activity: (100 words)

|  |  |
| --- | --- |
|  | **Brief** description of outcome |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |

**Tell us more about your organisation**

1. What is the legal structure of your organisation?

* *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*

1. If you are a registered charity and/or company, please tell us your registration number(s):

* *Charity Number*
* *Company Number*

1. Please provide your organisation’s address and contact details:

* *Full address*
* *Postcode*
* *Email*
* *Website*

1. How many people are on the board or committee that runs your organisation?
2. Please complete the following for the period ending 31 March 2023 (for your whole organisation, not the department related to this application). You will be asked to attach a copy of your latest accounts (or an alternative if you are a new organisation) at the end of the form.

|  |  |
| --- | --- |
| **2022/23** | **£** |
| Income |  |
| Expenditure |  |
| Surplus or deficit at year end |  |
| Total savings/reserves at year end |  |

If your accounts cover a different period, please explain. (20 words)

1. In which locality do you plan to focus your work?

* *Badenoch & Strathspey*
* *Caithness*
* *East Ross*
* *Highland-wide*
* *Inverness-shire*
* *Lochaber*
* *Mid-Ross*
* *Nairnshire*
* *Skye & Lochalsh*
* *Sutherland*
* *Wester Ross*

1. Within the above locality, name any specific geographic community or neighbourhood your project will focus on?
2. What dates will you start and finish your activity:

1. Describe how you identified a need for this activity? We particularly want to know how people you hope will benefit from this activity have been part of the process: (200 words)
2. Describe additional measures you will take to ensure you can break down the barriers to \*inclusion to reach your target group(s): (200 words)

\* The aim of inclusion is to embrace all people irrespective of race, gender, disability, medical or other need. It is about giving equal access and opportunities and getting rid of discrimination and intolerance (removal of barriers).

1. Tell us how you are working with other organisations, agencies or businesses in your area: (150 words)
2. Describe how you will apply [Fair Work First](https://www.gov.scot/publications/fair-work-first-guidance-2/pages/6/) practices to your project and support staff retention and recruitment? (150 words)