



Highland Communities Mental Health & Wellbeing Fund for Adults Year 4



Scottish Government
Riaghaltas na h-Alba
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Highland
Community
Planning
Partnership



HIGHLAND
THIRD
SECTOR
INTERFACE

2024/25

Opening 30 July 2024 for grants <£10,000

Opening 9 September for grants <£50,000

Overview

- Small/Large grants
- Eligibility
- Local priorities
- At-risk groups
- Application process
- Outcomes
- Reporting
- Questions

Who is eligible?

To promote mental health and wellbeing at a small-scale, grassroots, community level. Applications must be 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.

- 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

Aims and priorities

Promoting good mental health and wellbeing
and/or protecting against the impact of distress
and mental ill health in adults

Fostering a strategic and
preventative approach to
improving community
health

Supporting the resilience of
communities and investing
in their capacity to develop
their own solutions

Tackling the social
determinants of mental
health, targeting resources
& collaborating on initiatives
to tackle poverty and
inequality

What is eligible?

local community focus or thematic focus

both existing and new projects

increasing reach and accessibility

reaching seldom-heard, at-risk groups

time-limited projects, test of change, etc.

within the adult population (16+)

- equipment
- one-off events
- hall hire for community spaces
- small capital spend up to £5,000
- staff costs (fixed-term)
- training costs
- transport
- utilities/running costs
- volunteer expenses

Two grant programmes:

Small Grants for Grassroots Activity

- Grants of up to £10,000 maximum

Large grants for Development & Collaboration

- Grants of up to £50,000 maximum

Small Grants £10,000 or less

Small-scale, community-led projects:

- Reducing social isolation (26+)
- Supporting unpaid carers
- Supporting people with long-term conditions
- Preventing crisis and suicide
- Addressing rural inequalities
- Alleviating poverty
- Supporting people with trauma

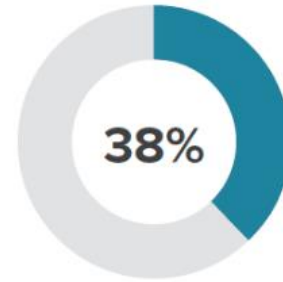
Large Grants £50,000 or less

Collaborative or development projects:

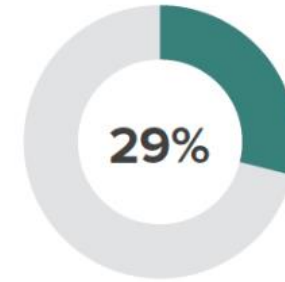
- Tackling mental health inequalities
- Responding to the cost-of-living crisis
- Supporting 'at risk' groups
- Building trusted relationships and revitalising communities
- Addressing priority issues of:
 - a) social isolation and loneliness
 - b) suicide prevention
 - c) poverty and inequality

Families at higher risk of poverty

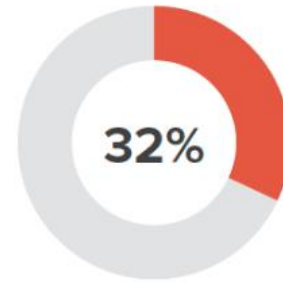
Lone Parents



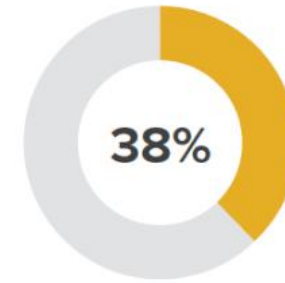
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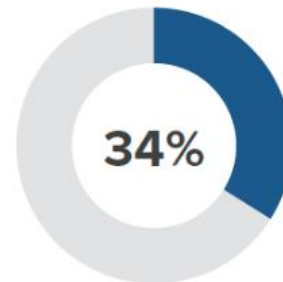
3+ Children



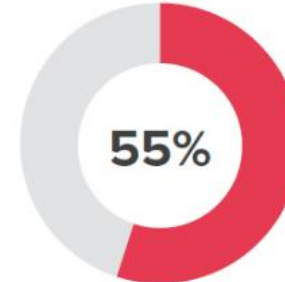
Minority Ethnic



Youngest Child Aged <1



Mothers Aged <25



At risk groups:

women (particularly 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)

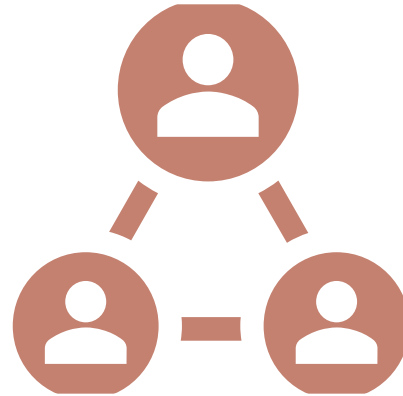
Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities

People with learning disability, neurological and neurodiverse conditions

National priorities



suicide prevention

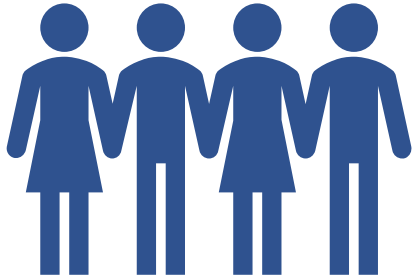


social isolation and
loneliness



addressing poverty
and inequality

Local priorities



Social Isolation



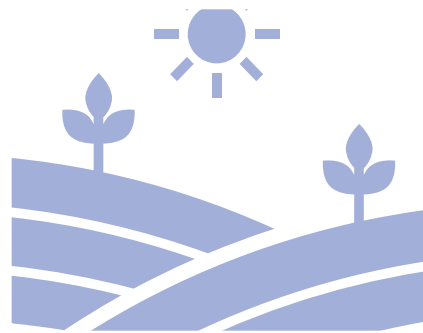
Unpaid Carers



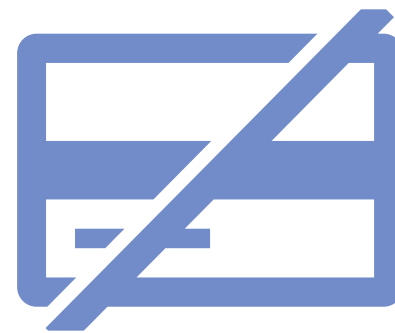
People with
LTCs/disability



Prevention of
Crisis/Suicide



Rurally distanced

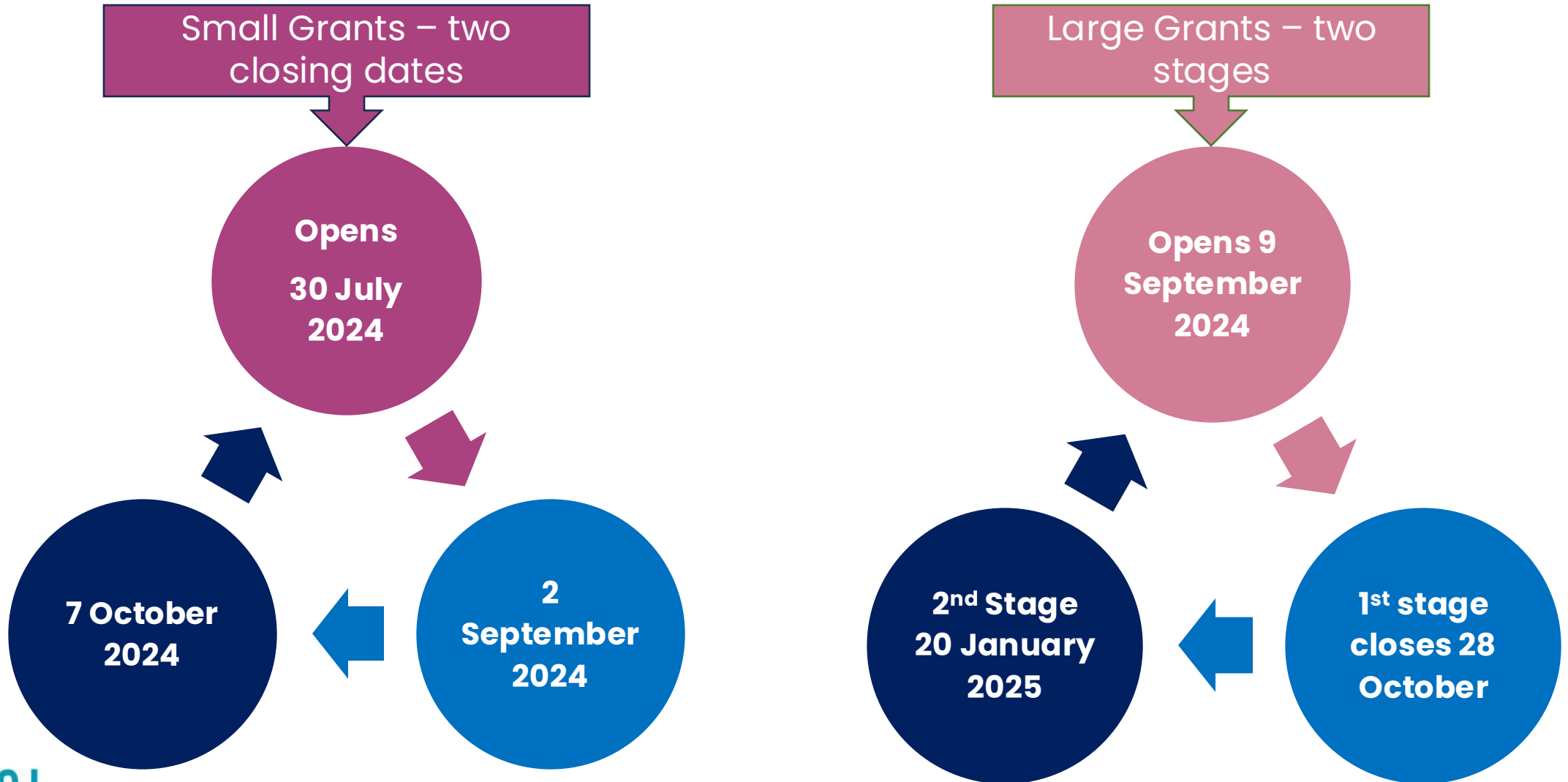


Poverty

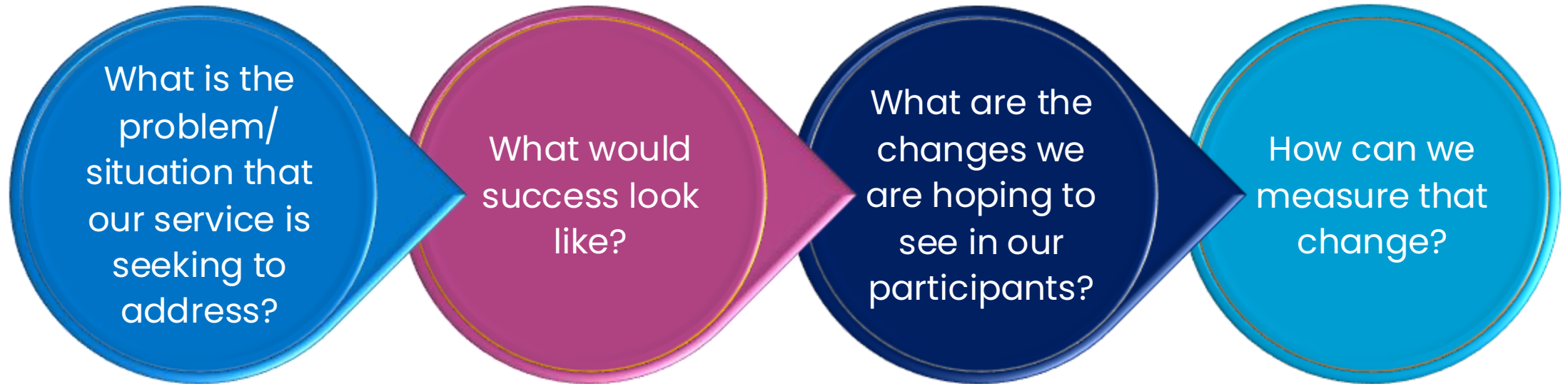


Trauma

Application process

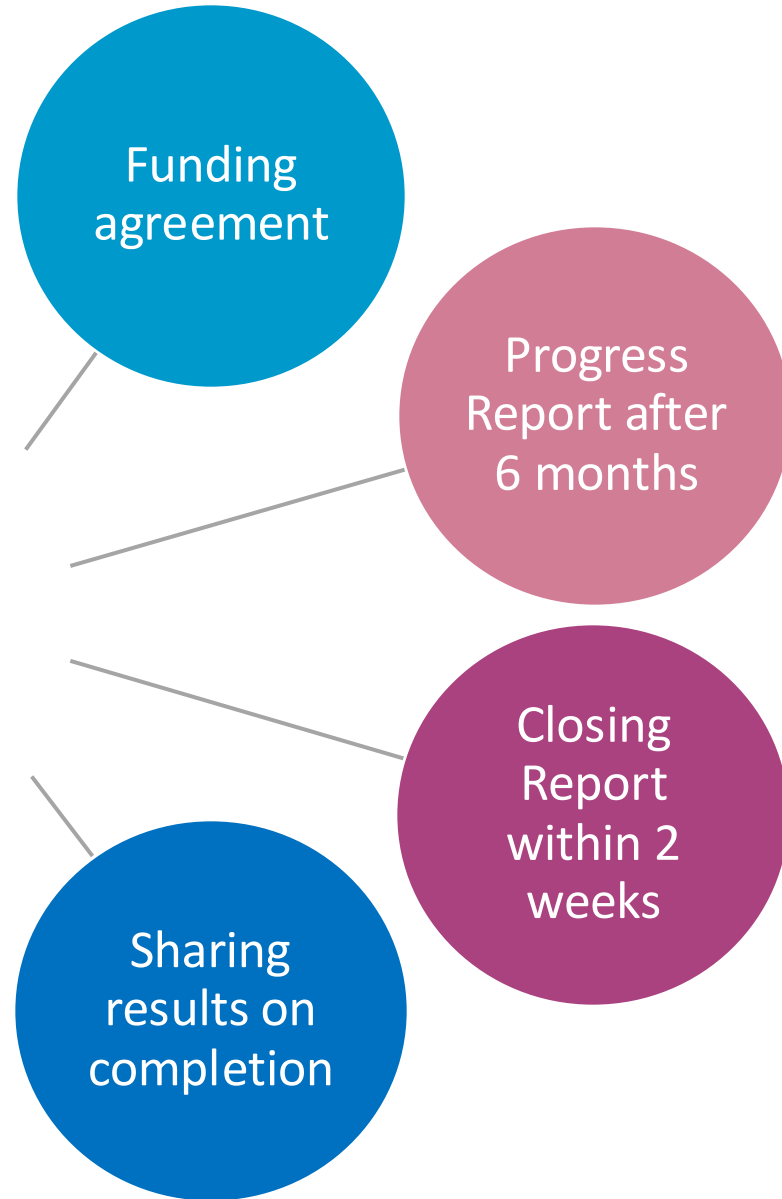
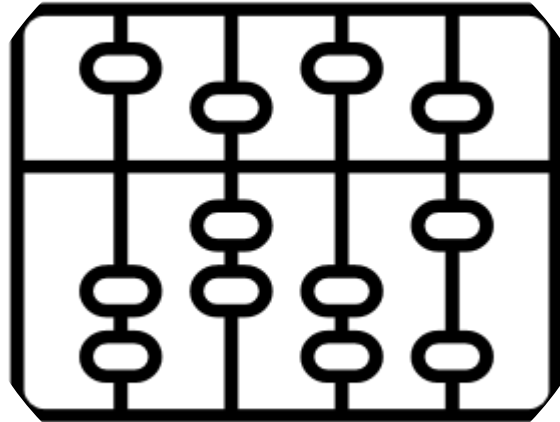


Outcomes: what difference do we make



[Support Sessions](#) - book a place on a support session for each grant
[Engagement, Evaluation, Funding](#): book a place on our training 22 Aug 2024

Reporting



Questions



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