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# COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS INFORMATION FOR APPLICANTS

SEPTEMBER 2023

## Fund overview

The Scottish Government's Communities Mental Health and Wellbeing Fund for Adults (the Fund) 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 of funding (£15 million) was announced in April 2023.

The Fund has a strong focus on prevention and early intervention, and aims to support grass roots community groups in tackling mental health inequalities and challenges such as social isolation and loneliness, suicide prevention, poverty and inequality, particularly through the cost-of-living crisis.

## Principles

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 at population level
- 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

The Fund also seeks to contribute to the following national 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

## 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 or over), with a particular focus on prevention and early intervention.

Specifically, it aims to:

1. Tackle mental health inequalities through supporting a range of 'at risk groups (as outlined in the Equalities section).
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. Support small 'grass roots' community groups and organisations to deliver such activities.
4. Provide opportunities for people to connect with each other, build trusted relationships and revitalise communities.

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The intended **outcomes** of the Fund 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.
- Foster a strategic and preventative approach to improving community mental health.
- Support the resilience of communities and investing in their capacity to develop their own solutions, including through strong local partnerships.
- Tackle the social determinants of mental health by targeting resources and collaborating with other initiatives to tackle poverty and inequality.

### Funding priorities

- The focus of the Fund is on **prevention** and **early intervention** and we would expect all funded projects to focus on one or both of these themes.
- Prevention and early intervention
- The focus of the Fund is also on supporting the **adult population**, which is considered to be members of the population aged 16 and over.
- Projects must also have a specific **community** focus rather than providing regional or national coverage.
  - As per previous years, the intention is that funding provided in your local allocation supports initiatives based within your local authority area, though the initiatives need not exclude people living in surrounding areas.
- While existing projects are eligible, it is important that the funding overall does not lean too heavily towards existing projects and allows **space for new projects** to be funded
- For Year 3 there should be a continued effort to reach underrepresented at-risk groups in your local area networks which should in turn unearth further 'new' projects not funded in the first 2 years. These groups include
  - Women particularly women experiencing 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);
  - and Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTIA+) communities

### What projects we can fund

The Fund can support both existing and new projects. Projects funded through the first 2 years of the Fund are eligible to apply again but should clearly show how they will develop and improve in Year 3 and where possible, they should demonstrate early impacts from Year 1/2.

We can fund projects including (but not limited to):

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- Equipment
- One-off events
- Hall hire for community spaces
- Staff costs (these should be one off or fixed term)
- Training costs
- Transport
- Utilities/running costs
- Volunteer expenses
- Small capital spend up to £5,000

If you need funding for land or refurbishment projects, you need to either:

- own the land or building
- have a lease that cannot be ended for five years,
- have a letter from the owner saying the land or building will be leased to you for at least five years, or
- have an official letter from the owner or landlord that says you're allowed to do work on the building.
- Obtain planning permission for the work if necessary.

We cannot fund:

- alcohol
- contingency costs, loans, endowments or interest
- electricity generation and feed-in tariff payments
- political or religious activities
  - Please note that faith based organisations are eligible to apply with the exclusion of any religious campaigning activities or activities restricted only to members of the faith based organisation
- profit-making or fundraising activities
- VAT you can reclaim
- statutory activities
- overseas travel.

There is no minimum or maximum bid for this fund, though the majority of funding will go towards smaller scale community projects (for example amounts of less than £10,000). Funding must be used within 18 months of receipt of funding.

### Applicant criteria

Applications are welcomed from a range of voluntary groups and organisations including:

- Scottish Charitable Incorporated Organisations (SCIOS)
- Constituted group or club
- Companies Limited by Guarantee
- Registered Charities
- Community Interest Companies (CICs)
- Cooperatives
- Partnerships

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We are not accepting applications from the following groups:

- individuals
- sole traders
- companies that can pay profits to directors, shareholders or members (including Companies Limited by Shares)
- statutory bodies
- organisations based outside the UK
- one organisation applying on behalf of another
  - Note: Partnership applications can be submitted by one organisation, as long as that organisation is one of the delivery partners
- TSI organisations

Funded organisations do not need to have mental health and wellbeing as their sole focus, but, as this is the purpose of this Fund, their application does have to clearly outline how it benefits the mental health and wellbeing of people in their community.

All successful applicants will be expected to monitor, evaluate and report on the impact of the project with regards to the fund outcomes. Applicants will provide a report upon the final output of the project.

### How to apply

Applicants must first complete an online [Expression of Interest form](#) before 20 October to see if their project is eligible for the Fund. Eligible applicants will be sent the application form on 24 October. Ineligible applicants will also be notified. Final application and supporting documents can be sent to [info@thirdsectorpk.org.uk](mailto:info@thirdsectorpk.org.uk) with the subject line: CMHWF Application – [Organisation name]. The due date for applications is 17 November.

### Key dates and contacts

Expression of Interest opens: 29 September

Expression of Interest closes: 20 October

Applications sent to eligible applicants: 24 October

Applications close: 17 November

Applicants will hear about their application and funds will be distributed by 18 December.

#### Contacts

Tia Manavis, Project lead, [tia.manavis@pkavs.org.uk](mailto:tia.manavis@pkavs.org.uk)

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