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COMMUNITIES MENTAL HEALTH AND WELLBEING FUND FOR ADULTS INFORMATION FOR APPLICANTS

SEPTEMBER 2024

Fund overview

The Scottish Government's Communities Mental Health and Wellbeing Fund for Adults was established in October 2021 and to date has distributed around £51 million to community initiatives supporting mental health and wellbeing across Scotland. Funding for a fourth year of funding (£15 million) was announced in March 2024.

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 support the three key focus areas in the [Mental Health and Wellbeing Strategy](#) published in June 2023:

- **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
- **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

It also contributes to these national outcomes identified in 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

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 all funded projects are expected to focus on one or both of these themes.

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.

In Year 4, we are continuing to seek projects that reach underrepresented at-risk groups in our local area. 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)
- People with neurological conditions or learning disabilities, and from neurodiverse communities
- Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities

We are also interested in supporting the six priority family types at greatest risk of experiencing child poverty, outlined in [Best Start, Bright Futures](#):

- Lone parent families
- Minority ethnic families
- Families with a disabled adult or child
- Families with a younger mother (under 25)
- Families with a child under one
- Larger families (three or more children)

Notably, these priority family groups overlap with the aforementioned at-risk groups. While the focus of this fund is adults, funded projects can support families provided the funded activities meet the aims of the fund and specifically focus on supporting young people aged 16 or over or supporting adults rather than their children.

What projects we can fund

The Fund can support both existing and new projects.

Projects funded through the first three years of the Fund are eligible to apply again but should clearly show how they will develop and improve in Year 4 and where possible, they should demonstrate early impacts from Year 1-3.

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

- 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
 - This includes construction, refurbishment and/or purchase of buildings, amenities or vehicles, provided they demonstrably contribute to the Fund outcomes

Counselling and other therapeutic treatments are not excluded from the fund but are not its primary focus.

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
- have an official letter from the owner or landlord that says you're allowed to do work on the building

You must also obtain planning permission for the work if necessary.

We **cannot** fund:

- 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
- Alcohol

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 must only 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. The range of organisations eligible to apply are:

- 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 (Provided the funded activities meet the aims of the Fund and specifically must focus on supporting young people aged 16 or over or supporting adults rather than their children)

We are not accepting applications from:

- 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 provided that organisation is one of the delivery partners
- TSI organisations

Communities Mental Health and Wellbeing Fund For Adults 2024-2025: Information for applicants

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.

National organisations undertaking initiatives in Perth and Kinross are not excluded but are not the main focus of the Fund.

The majority of grants in each local area will go to small to medium sized groups with incomes less than £1 million to ensure grassroot organisations are supported.

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](#) by **Tuesday 15 October at 5pm** to see if their project is eligible.

Eligible applicants will be sent the application form on 22 October. Ineligible applicants will also be notified.

Final application and supporting documents can be sent to info@thirdsectorpk.org.uk with the subject line: CMHWF Application – [Organisation name].

The due date for applications is **Friday 15 October at 5pm**.

Key dates and contacts

Expression of Interest opens: 24 September

Expression of Interest closes: 15 October, 5pm

Applications sent to eligible applicants: 22 October

Applications close: 15 November

Applicants will hear about their application and funds will be distributed by December 2024.

Contacts

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