Third Sector Interface (Perth & Kinross)

Communities Mental Health & Wellbeing Fund for Adults Year 6

Information Session - 27/10/2026

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- Context
- Overview
- Priorities and Aims
- Application Process
- Questions

Context

- The Scottish Government's Communities Mental Health and Wellbeing Fund for Adults was established in October 2021 as part of Scottish Government's Mental Health Transition and Recovery Plan
- To date has distributed around £99 million to community initiatives supporting mental health and wellbeing across Scotland.

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Context

- Funding for a fifth year and sixth year of funding (£15 million) was announced in March 2025.
- Most projects in Year 5 were funded for 2 years as part of the Scottish Government's **Fairer Funding** pilot, a commitment to deliver fairer funding for the third sector
- In Perth & Kinross c£83,000 was reserved for new Year 6 projects, to ensure that local needs and gaps in delivery could be addressed

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Overview

The Fund

- has a strong focus on **prevention** and **early intervention**
- 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**.

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Overview

- The fund contributes to the 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

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Outcomes

- 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

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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

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Summary

- 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**.

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What the fund supports

- As per previous years, the intention is that funding supports initiatives based within Perth & Kinross, 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.

- Projects funded through the first five years of the Fund are eligible to apply again but should **clearly show** how they will **develop and improve** in Year 6 and where possible, they should demonstrate early impacts from Years 1-5.

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Specific Priorities for Year 6

- While we welcome applications that align with the wider aims and overall priorities of the Fund, we are particularly keen to receive applications that:

- Support **mental health recovery**
- Support the **LGBTQ+ community**
- Support **families**

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Overall Priorities - underrepresented at-risk groups

- · 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

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Overall Priorities

- 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)

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- The six priority family groups overlap with the priority 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.

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All applications should clearly demonstrate how services and activities will be **inclusive and accessible to all**, and organisations should take a **neuroaffirming approach** in the design and delivery of their work.

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What can be funded

Detailed lists of what is permitted or excluded can be found in the Guidance for Applicants.

- There is a maximum grant limit for Year 6 of the fund, set at no more than £10,000.

- Funding must be used within 18 months of receipt of funding

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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

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Applicant Organisations

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- Funded organisations do not need to have 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.

Application Process

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- EOI phase completed 14/10/26
- Invitations to apply issued 19/10/26
- Applications by **5pm 19th November 2026**
- Due Diligence completed
- Assessment panel meets in December 2026
- Decisions in writing and grant allocations in January 2027

Application Process

- Please note that we have introduced a **new online application system** this year.
- Before starting your application, we strongly recommend that you review the form carefully and prepare your responses in advance.
- The application form **must be completed and submitted in one session** and cannot be saved and returned to later. Applicants may find it helpful to draft their answers in a separate document and copy them into the form when ready to submit.

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Application Process

It is also important to note that:

- The application **cannot be submitted without all required supporting documentation being uploaded**.
- Once your application has been successfully submitted, you will receive an **automated email confirmation** containing a **summary of your application** for your records.
- Applications submitted by any method other than the online form will not be accepted.

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Application process

The link to the application form has been sent to you in your invitation to apply email

PKAVS - Communities Mental Health and Wellbeing Fund for Adults Application Form

Before you complete and submit your application, please read the 'Communities Mental Health and Wellbeing Fund For Adults 2026-2027: Information for applicants'

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Application process

- **Primary Contact Details** – *able to answer any queries regarding your application*

- **Lead Organisation Details** – *Name, address, legal status, registration number if appropriate.*

- **Are you a Living Wage Employer –** *yes or no*

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Application process

Partnership Applications

Does this project involve a partnership with other organisations?

- *If no, this section can be left blank*
- *If yes – details required as per primary contact*

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Application process

- **Finance**

- Provide the bank details for the lead organisation – *name of bank, account name, sort code, account number*

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Application process

Project details

- What are the main aims and activities of your organisation/partnership? – 150 words

- Please describe your project including its aims and objectives, demonstrating how these link to the aims of the fund – 500 words

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Application process

Alignment with aims

- Is the project new, existing not CMHWF, continuation CMHWF
- Which priority groups will your project support (Select the three most appropriate)
- Which fund priority(ies) does your project contribute to?
- Will your project support any of the priority family groups?

- How many volunteers will be involved in delivering the project?

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Application process

- How will the project benefit the people you are working with, and what outcomes will it achieve – 750 words

- *Please include how you know the activities are needed, and how the project will benefit people in Perth and Kinross. Note the fund priorities identified in the* ***Information for Applicants*****.**

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Application process

Safeguarding

- Does your project involve working with vulnerable adults, children or young people?

- *If you answer yes you MUST upload a copy of your organisation's safeguarding policy*

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Application process

Finance

- What amount are you applying for?
- You MUST upload a breakdown of your budget request - *The panel accepts that groups or partnerships will have their own ways of presenting financial information. Applicants should ensure there is enough information provided to allow the panel to make an informed view on whether the project costs are reasonable and present good value for money.*
- Will this project receive funding from any other source? - *If you answered yes, please provide details of funding from other sources*

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- Are you applying to the Communities Mental Health and Wellbeing Fund in any other local authority area? - *If you answered yes please provide the details of applications in other local authority area(s)*

Further details

- Is there anything else you want to tell us at this stage that hasn't been covered elsewhere in your application?

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Application process

Supporting documentation

- To accept your application we require you to upload:

- last two month's bank statements, and
- your governing document/constitution.

- *We require the top portion of the last two month's bank statements. These must show the bank's details and letterhead as well as your bank details (and must match what is on the application)*
- *Your constitution, or a separate document, must include board member names and date of appointment*

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Application process

Contact consent

We would like to use your contact details to communicate with you with news and information about PKAVS and ways to support us.

Please choose how you'd like us to contact you:

- Email
- Phone

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Application process

Submit

Remember

- The application **cannot be submitted without all required supporting documentation being uploaded**.
- Once your application has been successfully submitted, you will receive an **automated email confirmation** containing a **summary of your application** for your records.
- Applications submitted by any method other than the online form will not be accepted.

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Timeline

- Applications by 5pm 19th November 2026
- Due Diligence completed
- Assessment panel meets in December 2026
- Decisions in writing and grant allocations in January 2027

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- Contact the TSI Team on info@thirdsectorpk.org.uk
- The Communities Mental Health and Wellbeing Fund Y6 is Here! - TSI (Perth & Kinross)
- https://www.thirdsectorpk.org.uk/funding-news/cmhwf/communities-mental-health-and-wellbeing-fund-y5-y6/#information

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FAQs

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- Who should lead a partnership application?

  Groups have the flexibility to present their application in the way that suits them best. Should any clarification be required before the Assessment Panel meets, it is advised that the named contact is able to respond to questions about local need and how the project will be delivered in Perth & Kinross.

- What format should be used to present the project budget?

  The panel accepts that group or partnerships will have their own ways of presenting financial information. Applicants should ensure there is enough information provided to allow the panel to make an informed view on whether the project costs are reasonable and present good value for money.

FAQs continued

- Do I need to pay project staff the Real Living Wage?

  Scottish Government have made a commitment to supporting the Real Living Wage through their grant and procurement frameworks. It is expected that applicants will be offering RLW or will have a plan to introduce RLW. If this is not the case, use the Supporting Information section to outline your reasoning.

- Who is on the Assessment panel?

  The panel is being finalised this week and details will be published on the CMHWF webpage

FAQs

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- Can I save my application and return to it to finish later?
  - No. The application form **must be completed and submitted in one session** and cannot be saved and returned to later. You may find it helpful to draft answers in a separate document and copy them into the form when ready to submit.
- Can I submit a paper copy of my application instead?
  - No. Applications must be submitted online using the form link provided. This ensures your data remains secure and allows the assessment panel to access your application.

- How can I find out more about taking a **neuro-affirming approach** in the design and delivery of my project?
  - You can sign up for free training on Neurodiversity in the Workplace here https://www.eventbrite.co.uk/e/supporting-neurodiversity-in-the-workplace-tickets-1987530419989