

# Communities Mental Health & Wellbeing Fund Grants

## Guidance Notes 2022/2023

The funding will be allocated through Dundee's Third Sector Interface: a partnership between [Dundee Volunteer and Voluntary Action](#) and [Dundee Social Enterprise Network](#).

**Please read the following document before completing your application**

Funded through:



## Contents

1. Background: Recovery and Renewal Fund .....	3
2. What is the Communities Mental Health and Wellbeing Fund? .....	4
Funding available .....	5
3. Funding Application Process .....	6
Length of funding .....	6
4. Assessment .....	7
5. Eligibility .....	7
What will the Fund support? .....	8
What will the Fund not support? .....	8
6. Monitoring and Evaluation requirements .....	9
7. Definitions .....	9
8. How to submit an application .....	10

## 1. Background: Recovery and Renewal Fund

In February 2021, an additional £120 million was announced for a Recovery and Renewal Fund to ensure delivery of the commitments set out in the Mental Health Transition and Recovery Plan. This funding comes in response to the mental health need arising from the pandemic, and is also intended to benefit the full agenda for mental health and wellbeing in line with the four areas of key need set out in the Plan.

As part of the Recovery and Renewal Fund, the Minister for Mental Wellbeing and Social Care announced a new [Communities Mental Health and Wellbeing Fund](#) for adults on 15 October 2021, with £15 million being made available in 2021- 22.

In February 2022, an additional £6 million was provided for 2021/2022 to the Communities Mental Health and Wellbeing Fund to meet the demand for local mental health and wellbeing projects, bringing total funding made available in 2021/22 to £21 million. A further £15 million for Year 2 of the Fund was announced on 7 May 2022. The funding reflects the importance we place on community support as part of our overall mental health infrastructure and the commitments given by Scottish Ministers to increase direct mental health investment, in both the NHS Recovery Plan and this year's Programme for Government.

The Fund will be distributed by [Third Sector Interfaces](#) (TSI's) to community groups and organisations. This funding reflects the importance we place on community support as part of our overall mental health infrastructure and the commitments given by Scottish Ministers to increase direct mental health investment, in both the NHS Recovery Plan and this year's Programme for Government.

Building on the focus on wellbeing and prevention in the Transition and Recovery Plan, the Fund provides significant investment into community support for adults.

## 2. What is the Communities Mental Health and Wellbeing Fund?

The intended outcome of the Fund is 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.

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

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, with a particular focus in 2022/23 on:

1. Tackling priority issues within the [Transition and Recovery Plan](#) such as suicide prevention, social isolation and loneliness, prevention and early intervention
2. Addressing the mental health **inequalities exacerbated by the pandemic** and the needs of a range of 'at risk' groups locally

At risk is defined as:

- Women (particularly young women, and women affected by male sexual violence);
- people with a long term health condition or disability;
- people who are or have been on the highest risk (previously shielding) list; 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;
  - and LGBTI communities.
3. Supporting **small 'grass roots' community groups** and organisations to deliver such activities
- Please note that to be eligible for this fund your group or organisation must have an income of under £1 Million. (More information in the [Eligibility section](#))
4. Providing **opportunities for people to connect** with each other, build trusted relationships and revitalise communities
5. Supporting **recovery and creativity** locally by building on what is already there, what was achieved through the pandemic, and by investing in creative solutions

It may be useful to refer to priorities in the [City Plan for Dundee 2017-2026](#).

While the effects of the pandemic on mental health will be long lasting, and still emerging, it is important to recognise that there are also other societal challenges affecting communities and their mental health and wellbeing such as the Cost of Living Crisis. This issue deepens the importance of initiatives that support one of the Fund's 'at risk' groups, those facing socio-economic disadvantage and those at risk of becoming increasingly isolated.

## Funding available

There are two types of funding:

- Level 1 – grants of up to £7,500
- Level 2 – grants of between £7,500 and £25,000

Each funding stream has a separate application form. Please ensure you are completing the correct form for the amount of funding you are applying for. You do not need to apply for the full amount.

### 3. Funding Application Process

**Level 1** – Applications will be assessed as they are received. The first deadline for application submission is **9<sup>th</sup> December 2022**.

The fund will reopen on **Monday 9<sup>th</sup> January 2023** with a deadline for application submission by **24<sup>th</sup> February 2023**.

However, this fund may close before this date if all the money is allocated. An early application may be beneficial in view of this.

If successful you should hear within two weeks.

**Level 2** – The closing date for applications is **9<sup>th</sup> December 2022**. Applications will be assessed in **January 2023**.

#### Length of funding

All funding must be spent 12 months after being awarded

Completed forms should be via online application form or a Word version can be returned via email to [funding@dvva.scot](mailto:funding@dvva.scot) or sent to Dundee Volunteer and Voluntary Action, Number Ten, 10 Constitution Road, Dundee, DD1 1LL, FAO Funding Coordinator.

## 4. Assessment

**Level 1** – assessed by staff within the Third Sector Interface based on the fund criteria and eligibility.

**Level 2** – assessed by a small panel of third sector, lived experience and community representatives including the [Health and Social Care Partnership](#) and [Dundee City Council](#) based on the fund criteria and eligibility.

## 5. Eligibility

**Please ensure you meet the following criteria:**

	<b>Level 1</b>	<b>Level 2</b>
Meet at least one of the outcomes <ul style="list-style-type: none"> <li>• Reducing social isolation and loneliness</li> <li>• Enhancing suicide prevention</li> <li>• Addressing mental health inequalities</li> <li>• Building local community resilience</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
The people who will benefit from your activity are adults (16+) who live in Dundee	<input type="checkbox"/>	<input type="checkbox"/>
You are not duplicating services in your area	<input type="checkbox"/>	<input type="checkbox"/>
Have a fully completed form with any relevant accompanying documents	<input type="checkbox"/>	<input type="checkbox"/>
You have an income of less that £1 Million	<input type="checkbox"/>	<input type="checkbox"/>
Have an independent bank account or use of a third sector host bank account	<input type="checkbox"/>	<input type="checkbox"/>
Have a constitution or set of rules	<input type="checkbox"/>	<input type="checkbox"/>
Be a community group/charity/social enterprise/ other third sector organisation	<input type="checkbox"/>	<input type="checkbox"/>

If you are an unconstituted community group you may still be eligible to apply for a smaller grant of £2,000. Please contact [funding@dvva.scot](mailto:funding@dvva.scot) to discuss.

If you do not have an independent bank account, a constitution or set of rules Dundee Volunteer and Voluntary Action staff can support you to put them in place.

The Fund can support both existing and new projects. Projects funded through Year 1 of the Fund are eligible to apply again but must clearly show how they will develop and improve in Year 2 (for example, in increasing accessibility and reach to different groups) and where possible, they should demonstrate early impacts from Year 1.

### **What will the Fund support?**

- Equipment
- One-off events
- Hall hire for community spaces
- Small capital spend up to £5,000 (i.e. land or building projects)  
Please make sure you own the land or building, have a lease that can't 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 an official letter from the owner or landlord that says you're allowed to do work on the building) - you should also think about getting planning permission for the work too.
- Staff costs (noting this is a 2-year fund therefore one off or fixed term)
- Training costs
- Transport
- Utilities/running costs
- Volunteer expenses
- Helping people to stay safe (PPE for small gatherings/group activity)

This list is not exhaustive but is intended to give an indication of the breadth of activity that can be supported.

### **What will the Fund not support?**

The following types of activities are not eligible for the Fund:

- Contingency costs, loans, endowments or interest
- Electricity generation and feed-in tariff payment
- Political or religious campaigning
- Profit-making/fundraising activities
- VAT you can reclaim
- Statutory activities
- Overseas travel
- Alcohol



## 6. Monitoring and Evaluation requirements

Level 1 – Completion and submission of a monitoring form by 31<sup>st</sup> March 2023

Level 2 – Completion of a progress report by 31<sup>st</sup> March 2023 and a monitoring form by 31<sup>st</sup> January 2024

Forms will be distributed following confirmation of funding.

## 7. Definitions

### Aim

What you hope to achieve

e.g. to make older people feel more confident

### Objective

A programme of activity that you need to carry out to achieve your aim.

e.g. deliver a programme of confidence building courses

### Outcomes

The changes, benefits and effects that happen as a result of your work

e.g. People are able to look after and improve their own health and wellbeing and live in good health for longer.

People feel more confident

### Performance Indicators

An indicator is a measurable sign of progress towards achieving a particular outcome.

e.g. Number of people who feel their confidence has improved

Number of volunteer hours achieved.

### Outputs

The services and products of your work which are usually quantifiable.

e.g. 10 people feel their confidence has improved

120 volunteer hours achieved

12 training courses run

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Registered Address: 10 Constitution Road, Dundee, DD1 1LL

Dundee Third Sector Interface (TSI) is a partnership between Dundee Social Enterprise Network and Dundee Volunteer and Voluntary Action

**DUNDEE**  
Third Sector Interface

 **DUNDEE VOLUNTEER  
& VOLUNTARY ACTION**

## 8. How to submit an application

Please submit your completed application via the [online form](#) or email and any relevant accompanying documents to: [funding@dvva.scot](mailto:funding@dvva.scot) or Dundee Volunteer and Voluntary Action, Number Ten, 10 Constitution Road, Dundee, DD1 1LL.

Should you wish support in submitting your application you can get in touch through the same email address or phone in on 01382 305700 and some one will help you at the time or call you back.