



Community mental health grants 2020/2021 - Guidance notes

Supporting projects and activities to improve the mental health and wellbeing of residents in Bristol

Overview

This funding is for projects and activities which contribute to improving mental health and wellbeing with communities most affected by COVID-19.

We are keen to receive applications from small community groups and organisations, including mutual aid groups. Projects may be new and emerging, will be based in Bristol and be able to go live in November 2020.

1. Applications must be for funding between **£1,000** and **£10,000**.
2. The grant can cover short term running costs such as venue hire, crèche, staffing or volunteering costs, transport and the purchasing of equipment. The grant cannot contribute towards the core running costs of larger projects.
3. Application forms and supporting information should be submitted by email and must be received before **5pm on Wednesday 21st October 2020**.

Who can apply for this grant?

We welcome applications from small community groups and organisations, new mutual aid groups and other voluntary and community sector organisations.

- You can apply for a grant if your organisation can meet the following criteria:
 - It is a voluntary organisation, community group or social enterprise.
 - It has Public Liability Insurance no less than £5 million in place before the project begins.
 - It has a constitution, or other governing document.
 - It has an equalities and diversity policy and will comply with all legislation, official guidance and codes of practice relating to equal opportunities.
 - It has safeguarding policies for vulnerable adults & children and will comply with all legislation, official guidance and codes of practice relating to safeguarding.
 - It can provide a recent set of annual accounts or financial track record via bank statements.
 - It can show how the project reflects the concerns and priorities of members of the group/community.
 - It can show how the project will improve the mental health and wellbeing of participants.
- Projects and activities are expected to meet **one or more** of the following criteria:
 - Improve the health and wellbeing of individuals, or communities, who are most affected by COVID-19.
 - Benefit Black and/or other minority ethnic residents, including Gypsies and Travellers.
 - Benefit carers, or disabled people, or young people, or older people, or lesbian, gay, bisexual or transgender people, or people with mental health problems or people with learning disabilities.
 - Benefit residents in wards experiencing higher levels of economic deprivation.



- Development of community-based activities such as volunteering; for example, building on existing skills and assets in people and communities that have evolved out of COVID-19.
- Focus on increasing individual or community happiness levels and emotional resilience.
- Focus on providing social support and reducing isolation.
- Focus on reducing individual or community anxiety.

What outcomes are we measuring?

Although definitions vary, there is broad agreement that wellbeing refers to the quality of people’s lives. It is about how well we are, and how our lives are going. It is understood both in relation to objective measures, such as household income, educational and health status and subjective indicators such as happiness, perceptions of quality of life and life satisfaction. Specific outcomes that we would like to measure include:

- **Anxiety:** ‘Overall how anxious did you feel yesterday?’ With 0 representing no anxiety and 10 representing extreme anxiety.
- **Happiness:** ‘Overall how happy did you feel yesterday?’ With 0 representing not happy at all and 10 representing totally happy.
- **Social isolation:** ‘Thinking about how much contact you’ve had with people you like, which of the following statements best describes your social situation? *Please tick (☐) one box:*

- I have as much social contact as I want with people I like 1
- I have adequate social contact with people 2
- I have some social contact with people, but not enough 3
- I have little social contact with people and feel socially isolated 4

We will also ask you to record the number of individuals you support and their demographic information along with the number of volunteers involved in your programme.

We will also ask you to report on any funding or resources you secure to sustain this work beyond the period funded by this grant

What can you apply for?

You can apply for one-off funding grants of between £1,000 and £10,000. Funding is for 12 months only.

The grant can fund the whole of your project or be used in combination with other funding streams. Please make it clear in your bid if you are combining this funding with other sources and state what those other sources are.

What we do not fund

- General appeals
- The direct replacement of statutory funding



- Political groups or activities promoting political beliefs
- Religious groups promoting religious beliefs
- Projects with no community or charitable element
- Medical research, equipment or treatment
- Projects that take place before an application can be processed
- Activities that raise funds for other organisations
- Fundraisers' salaries

Application process

Please complete an application form and attach the below documents as part of this process:

- Equality and diversity policy.
- Safeguarding policy.
- A reference. The referee should know the work of the applicant in a professional capacity but not be directly involved in this work.

Where do I submit my application?

Please submit your completed application form and additional documents to thrive.bristol@bristol.gov.uk

The information and data collected from the application form will be processed by Bristol City Council in accordance with the terms and conditions of the 2018 Data Protection Act and Council policy.

What is the deadline for applications?

The deadline for returning completed application forms and additional documents is: **before 5pm on Wednesday 21st October 2020**. Applications received after this date and time unfortunately cannot be considered.

What will happen next?

Once you have submitted your application with supporting documents, it will be assessed by an evaluation panel. The panel is made up of representatives from the Voluntary sector, Independent Mental Health Network, and Bristol City Council Public Health and Communities teams. You will hear the outcome of the evaluation process via email no later than **Friday 6th November 2020**.

What happens if we are successful?

If you are successful, we may request the following documents as part of our assurance process. For ease you are welcome to submit these as part of your application:

- Evidence of a bank account in the name of the organisation. This bank account must have a minimum of 2 signatories. If your organisation does not have a bank account another organisation can look after the funds for you. Please provide written authorisation from that organisation.
- Successful applicants will be required to work with us to agree their outcomes ready to go live in November 2020.
- If appropriate, a Council Officer may request to visit the project to gain a richer understanding.



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Evaluation

All successful applicants must complete an evaluation of the impact of the award on improving the mental health and wellbeing of communities most affected by COVID-19; how your project delivered on the outcomes; details of how the money was used and how many people benefitted from the project. This is expected on completion of the delivery of the project or up to 12 months from the payment of the award, whichever is sooner.

Further questions

If you have any questions about this grant, please email thrive.bristol@bristol.gov.uk.