

# Emotional Wellbeing & Mental Health Fund

Single awards of up to £70k for 18-month projects supporting those in the **Living Well cohort**:

## Programme priorities:

- Support for Families / Parents / Carers
- Substance Misuse
- Loss

MEET THE  
FUNDER  
SESSION

14th July  
10am-11am

Closing Date: 02.09.20



## Guidance Notes

Before you start writing your bid, please read all sections of these notes.

### What is the Emotional Wellbeing and Mental Health Fund?

This grant scheme is designed to widen the front door of mental health services and build upon neighbourhood approaches to support people with mental health problems. It builds on the work supported under the Emotional Wellbeing and Mental Health funding rounds 2018-19.

Salford is one of [4 national pilots](#) being supported by the UK's Innovation Unit to apply learning from the borough of Lambeth in restructuring mental health services (known as the Living Well programme).

The Emotional Wellbeing and Mental Health Fund has been made possible by Greater Manchester mental health transformation funding.

### Who can apply to the fund?

This is a grants fund for Salford-based\* voluntary, community or social enterprise (VCSE) sector organisations and partnerships involving VCSE organisations.

*\*Definition of Salford-based: organisations that have offices in Salford, OR have a track record of delivering activities for Salford residents in Salford, OR have articles of association which stipulate working to benefit the people of Salford.*

### Funding Principles:

Any bids received should incorporate (and will be expected to evidence) the following principles:

- All bids should focus on the Living Well cohort (i.e. people who need more support than primary care is able to offer, but do not meet the criteria for secondary care mental health services).
- Proposals should be trauma informed – this may mean working with trauma informed models of care and loss and recognition of adverse life experiences for adults.
- Co-production – bids should include people with lived experience in the design, development (and delivery where appropriate) of the support offer.
- Recognition of strength and resilience – bids should have a strengths based approach and should support the strengths and aspirations of individuals
- Flexibility – as the Living Well model is still in the early stages of development, providers will need to work flexibly to develop and shape approaches in line with the Living Well model.
- Collaborations between organisations are permitted and encouraged.

# Background to the Living Well model

All of the applications must be focused on the living well model and the group of people it supports (i.e. individuals who require more support than can be offered in primary care, yet do not meet the criteria for secondary care mental health services).

## Living Well in Salford

Salford people are strong, resilient people with lots of strengths. However, life can sometimes be hard and some days are more difficult than others. Everyone needs support now and again to help with their mental health.

Most of the time, we get the support we need from friends, family, neighbours or our GP. Sometimes, the support we need is a bit more than primary care mental health services (sometimes called talking therapies) can offer, but a bit less than a secondary care mental health team might provide.

It's fair to say that support for this group of adults hasn't always met people's needs. The Living Well programme is a way of trying to change that.

The Living Well Programme is designed to help us think differently about mental health support. It will help Salford to focus on people's skills, aspirations and experiences to build a different way of offering support and help.

Over the last eight years, Lambeth has been changing their mental health support to help everyone who experiences mental health difficulties to work towards recovery, stay well, make their own choices and take part in everyday life.

Salford, along with Luton, Edinburgh and Tameside & Glossop have been chosen to learn from this work as part of a 3 year programme funded by the National Lottery Community Fund. Over the course of the programme, we will focus on developing new ways for people to access support that:

- Recognises people's skills, aspirations and experiences;
- Is designed by people with lived experience working together with service leaders, clinicians and commissioners;
- Is easy to access;
- Is located within community settings;
- Helps to stop difficult times from getting worse
- Supports people with relationships, housing, debt and employment
- Is provided by communities, including voluntary sector, social enterprises and statutory services. Salford will be working with the Innovation Unit, a not for profit social enterprise. The Innovation Unit will help all of the sites in the Living Well programme to develop their own local systems to meet the needs of local people.

# The Grants Available

## Large Grants of up to £70k

for 18 month projects - October 2020 - March 2022

VSCE organisations are invited to complete a full application form for submission by **Wednesday 2nd September 2020**. There is no turnover limit for VCSE organisations.

There are three key priority areas of focus for the larger grants:

### A) Loss

### B) Alcohol / Substance Misuse

### C) Parents, Families, Carers

- Providers can submit more than one bid.
- Providers will agree to pay the real living wage for jobs supported by these grants and will work towards becoming a Living Wage Foundation accredited employer.
- Start Inspiring Minds, Mind in Salford and Salford Mental Health Forum will not be eligible to bid for these grants as they have already been awarded from this allocation
- All projects will work as part of the Living Well team / service model and will be responsive to developments in the design of this service.
- Staff / volunteers will be employed / supported by their individual provider organisation but will work as part of the Living Well System. It is expected that referrals to the proposed services will only come via the Living Well Team, although this will be reviewed over time depending on demand.
- Applications that are 'stand alone' to the Living Well programme will not be considered.
- Bids should be focussed on working age adults

## A) Loss - up to £70k for 18 month projects (anticipating one award only for this category)

The Living Well programme is looking for projects to support adults who have needs too complex to be met by primary care mental health services (e.g. GP or IAPT) but are not meeting secondary care mental health service criteria (e.g. Community Mental Health Teams).

Ethnographic research has illustrated that people in the living well cohort have often experienced trauma, loss or bereavement. Projects addressing this priority area will focus on providing appropriate, timely support to adults affected by loss or bereavement. This may relate to bereavement of a loved one or loss relating to loss of a relationship / job / role / identity etc.

It is expected that referrals to the proposed services will only come via the Living Well Team, although this will be reviewed over time depending on demand.

Project monitoring will be required on a monthly basis and will be undertaken using the Living Well monitoring framework.

All projects will be expected to run for approximately 18 months, with an end date of 31.3.22

## **B) Alcohol and Substance Misuse** - up to £70k for 18 month projects (anticipating one award only for this category)

The Living Well programme is looking for projects to support adults who have needs too complex to be met by primary care mental health services (e.g. GP or IAPT) but are not meeting secondary care mental health service criteria (e.g. Community Mental Health Teams).

Greater Manchester Mental Health NHS Trust (as the provider of Salford's Substance Misuse Service (Achieve) and Secondary Care Adult Mental Health Service) has a 'dual diagnosis' pathway in Salford, designed to support people with both mental health and substance misuse needs. This pathway supports people known to the Community Mental Health Team and Achieve.

Projects focusing on this priority area should address the substance misuse needs of adults with mental health problems who don't meet the criteria for Community Mental Health Teams but have complex mental health problems that cannot be met in Primary Care. The project will need to work closely with Achieve and the Living Well team.

It is expected that referrals to the proposed services will only come via the Living Well Team, although this will be reviewed over time depending on demand.

Project monitoring will be required on a monthly basis and will be undertaken using the Living Well monitoring framework.

All projects will be expected to run for approximately 18 months, with an end date of 31.3.22

## **C) Parents, Families, Carers** - up to £70k for 18 month projects (anticipating one award only for this category)

The Living Well programme is looking for projects to support adults who have needs too complex to be met by primary care mental health services (e.g. GP or IAPT) but are not meeting secondary care mental health service criteria (e.g. Community Mental Health Teams). Our ethnographic research showed us that people in this cohort often had very complex lives, the impact of which would be felt throughout their family unit.

Projects will be aimed at meeting the mental health needs of families, parents or carers, focusing on working with the adult but recognising the impact on wider family members (e.g. children). Projects may be based on breaking the cycle of poor mental wellbeing between adults and children, managing the impacts of trauma in adults or supporting carers for example.

It is expected that referrals to the proposed services will only come via the Living Well Team, although this will be reviewed over time depending on demand.

Monitoring will be required on a monthly basis and will be undertaken using the Living Well monitoring framework.

All projects will be expected to run for approximately 18 months, with an end date of 31.03.22.

# Application Process

## Meet the Funder session

On **Tuesday 14th July 2020** (10.00pm - 11.00pm) we will hold a '**meet the funder**' session to provide greater detail on the funding priorities and improve understanding of what is being sought.

**To register** for this session, please email [grants@salfordcvs.co.uk](mailto:grants@salfordcvs.co.uk) - use the subject 'meet the funder'.



## Important dates:

- **Closing date** for applications: 12:00 noon on **Wednesday 2nd September 2020**
- **Decision date:** applicants will be informed by **Friday 11th September 2020**

## Application Form Guidance

Additional detail on completing the application forms will be made available at the Meet-the-Funder session and online published at: [www.salfordcvs.co.uk/live-grants](http://www.salfordcvs.co.uk/live-grants)

## Need any help?

Please contact Salford CVS' Grants Team on 0161 787 7795 or email [grants@salfordcvs.co.uk](mailto:grants@salfordcvs.co.uk)

Calling all organisations in Salford...

# Unleash your creativity and go **Social in Salford**



When **planning your project** have a think about how you can deliver your activities for the benefit of Salford

**You could support other community / voluntary organisations, social enterprises and independent local businesses by shopping locally and keeping the money in Salford!**

**You can also do your bit for the environment by choosing greener products as well as reusing, recycling or composting any waste.**

**As you already support volunteering you're doing great things for local people. However you might be able to involve new groups in the project or help people develop new skills.**

One way of describing these added benefits is 'social value'.

## Spending with Salford in mind

**Venue Hire** Hiring community owned or managed venues helps maintain Salford's important community assets.

**Refreshments** Will refreshments be healthy? Will you include vegetarian, vegan, kosher and halal options? Will you be supporting local, independent shops or businesses?

**Marketing and Publicity** Have a think how you can support local printers or suppliers. Will you be using recycling paper, card or other materials?

**T-shirts and other merchandise** Whilst the vast majority of merchandise is manufactured in the far east, you can still do your bit for Salford and support local suppliers and shops. Organic cotton t-shirts are now more readily available.

**Entertainment / activity costs** Help keep your money within Salford and use local, independent businesses and suppliers where possible.

**Awards and Certificates** These could be hand-made by local people, and reflect the culture of Salford.



...plus lots of other amazingly creative ideas from your project team!

## Help make Salford 10% Better



Together with our partners Salford CVS want to tackle the inequality and poverty in Salford and improve wellbeing and quality of life for the people who live here. Our aim is to maximise the local benefit from all money spent in Salford. The **10% Better Campaign** invites you **make a pledge** to help make positive difference in.

