Berkshire West Mental Health Community Grants 2022-23: Guidance Notes for applicants

RVA has been asked to manage a small grants process to deliver wellbeing projects with a focus on inclusion for communities within Berkshire West at risk of experiencing health inequalities. RVA will work in partnership with Volunteer Centre West Berkshire and Involve – Wokingham.

The impact of The Covid-19 pandemic has highlighted significant inequalities for people of a particular ethnicity, those with disabilities and disadvantaged communities. Inequalities are experienced across health, social care, and social determinants of life such as loss of finances, unemployment/redundancies, social isolation. We have seen the strength in joint collaboration of health, social care and our voluntary sector partners working to deliver service integration for all and this grants programme aims to further that collaboration.

The programme aims to identify voluntary sector organisations that can deliver & support groups in our communities to: improve their knowledge and understanding of emotional wellbeing and mental health; access early help; support with navigating the system to access the right level of support they need to prevent mental ill health; reduce mental health stigma and promote good well-being. We are particularly interested in hearing what local community groups feel would be beneficial. For example, the development of local community responses to mental health and emotional wellbeing, so people have the choice of advice and support in a culturally appropriate way. As an example, exploring the development of community hubs, or groups, for socialising, mentoring, information and support.

Priority groups include:

Ethnically diverse communities which may include – Black African, Black Caribbean, and South Asian, Refugees, Traveller communities and others.

Cost: Expressions of interest are welcome and VCOs can apply for a maximum of £5,000 per organisation . Charities or organisations can bid together for whole community approaches to tackle a particular issue, support community involvement, upskilling communities, creating hubs and safe spaces.

Timescale: service delivery to be completed by 31 March 2023.
Impact and Benefits

Target population Vulnerable groups – Groups at risk of health inequalities in the following categories: babies and pre-school children, school age, and adults.

1. Raise awareness and understanding about emotional wellbeing and mental health needs.
2. To provide a better experience through more culturally sensitive support services for our

vulnerable populations in accessing emotional wellbeing and mental health advice and support.

3. To increase the scope of community support – for early intervention and support, to increase community and individuals' wellbeing, and prevent crisis and surges of mental health needs.

4. Develop and promote self-help programmes for groups in the local communities.

. To provide support to carers who are supporting their loved one through difficult times

Measurable Outcomes

- Total number of clients - including the number of carers - and needs identified
- Total number and type of 'follow up' support activities (including referrals to other organisations)
- Summary of themes and needs identified by clients
- % breakdown of clients by ethnicity, gender, age, locality (Reading/Wokingham/West Berkshire (if out of area, make a note of location)
- Service user & carer experience (feedback both qualitative & quantitative)
- 3 case studies

Why are we distributing these small grants?

As a local community group or charity, you are providing a vital role in reaching pre-natal, children and adults most at risk in your community, who may not be accessing mental health services from mainstream providers. Being directly connected to communities and often helping them to access the services that they need, within these communities or in the local area, is hugely valuable. There are many residents who do not have access to the internet and for whom literacy and language may be a barrier. Many of these residents are supported by local community groups and charities.

Who can apply for this funding? (Eligibility criteria)

Whilst we recognise that there is an incredible voluntary and community sector and many larger groups and charities need financial support, we have specifically been awarded this sum to distribute to those groups, who often do not have the same access to funding opportunities. Your organisation will need to fit the following criteria:

1. You are embedded within a local community in Reading, Wokingham or West Berkshire. Being embedded in a local community means you are already in contact with and supporting a particular community in some way and you will not need to spend time making those relationships. You will also need to be wide enough to satisfy public benefit and not just benefitting a closed group of friends or family.

2. Your work will involve one or more of the priorities above.

3. Your work will involve one or more of the beneficiaries above.

4. Your project will be completed by 31 March 2023.

5. You are applying as a group with a constitution and not as an individual. You will have a bank account in the name of the organisation, that requires 2 signatures of people who are not related.

6. Your group will need to have public liability insurance. However, if you cannot afford this at the moment, you can include this in your application.

7. Your group will need to have safeguarding procedures in place and in some cases DBS checks depending on your activities. This is to ensure that you protect those you are helping and everyone is kept free from harm. If you do not have this already, you can include DBS costs and safeguarding training in your application and we can help you to put some basic safeguarding procedures in place.

8. Your group will need to have an Equal Opportunities policy to ensure everyone involved in your group can take part and are not unfairly discriminated against. For example, how do you ensure women or those with a disability in your community can take part and have a voice.

9. You can provide a reference from one other group or organisation in Reading, Wokingham, or Berkshire who can confirm your group's activities or services.

Who cannot apply:

- This funding is not available to businesses, political parties, individuals or other profit-making organisations, national organisations or branches.
- If your group is not embedded in a local community.

What can you spend the money on?

When completing your application you will be asked to list the costs of your project. You can include:

- Staff costs
- Volunteer expenses
- Training costs for staff or volunteers, including DBS fees
- Equipment needed to run your activities, such as IT equipment, Zoom account, website domain costs.

● Other costs related to running activities, such as refreshments, room hire, printing, public liability or employer's liability insurance.

You cannot spend money on

- Items you have already purchased or received other funding for.
- Activity to promote a particular faith.

How can you apply?

- Please complete the online form from here
- You will need to submit the following with your application:
    - Last set of accounts
    - Copy of your bank statement for your group

Do you need support with your application or any of the above governance?

If you need help with applying or have any questions about this funding, please contact the RVA Advice Service on advice@rva.org.uk or telephone our main number on 0118 9372273.

Timeline:

- Open for applications – 1 August 2022
- Deadline for applying – 9 Sept 2022
- Decisions made by the panel and successful applicants notified by 23 Sept 2022
- Project to be completed by 31 March 2023.

Monitoring and evaluating

Successful applicants will need to set aside time to monitor and evaluate the impact of their project and complete a report at the end of their project. We will also contact you mid-way through your project to see how you are getting on and if you need further support. Successful applicants will receive details on this at the start of their project.

Please keep a copy of your application.

We wish you all the best with your application and thank you for supporting your local communities.