



Small grants of up to £10,000 for projects that improve mental wellbeing in the city

Glasgow Communities Mental Health and Wellbeing Fund 2023



Scottish Government
Riaghaltas na h-Alba
gov.scot

Polish/Polski

To są wytyczne Funduszu Zdrowia i Dobrego Samopoczucia Społeczności Glasgow. Fundusz zapewni niewielkie granty w wysokości do 10 000 funtów na projekty sprzyjające poprawie zdrowia psychicznego i samopoczucia w Glasgow. Jeśli angielski nie jest Twoim językiem ojczystym i chciałbyś uzyskać wsparcie w aplikacji o grant, wyślij e-mail do: wellbeingfund@gcvs.org.uk, podając słowo „Polish”

Chinese

此乃 " 格拉斯哥社區健康與福利基金 " 申請指南: 為改善本市居民的心理健康質素及福祉, 本基金將提供總額高達£10,000英鎊的免償還小額財政資助項目, 以供合資格的人仕提出申請。對此項目有興趣而英文並非其第一言的人仕, 如需以中文作查詢及協助, 請以電郵聯絡 wellbeingfund@gcvs.org.uk, 並註明 “CHINESE”, 本會將盡可能提供所需協助。

Lietuviškai/Lithuanian

Tai yra Glazgo bendruomenės sveikatos ir gerovės fondo gairės. Fondas numato teikti nedideles dotacijas iki 10 000 svarų projektams, kurie susiję su žmonių psichinės būklės ir sveikatos mieste gerinimu. Jei jūsų anglų kalba nėra jūsų gimtoji kalba, ir jūs norėtumėte teikti paraišką – kreipkitės el.p. wellbeingfund@gcvs.org.uk ‘Lithuanian’

عربي/Arabic

هذه هي إرشادات صندوق غلاسكو للصحة والازدهار المجتمعي. سيقدم الصندوق مُنحاً صغيرة تصل إلى ١٠٠٠٠ جنيه إسترليني للمشاريع التي تعمل على تحسين الصحة العامة للصحة العقلية ولرفع من جودة الحياة في المدينة. إذا لم تكن اللغة الإنجليزية هي لغتك الأولى وترغب في تقديم الدعم، فيرجى الاتصال بـ wellbeingfund@gcvs.org.uk “Arabic”

ਪੰਜਾਬੀ / Punjabi

ਇਹ ਗਲਾਸਗੋ ਕਮਿਊਨਿਟੀ ਹੈਲਥ ਐਂਡ ਵੈਲਥੀਗ ਫੰਡ ਲਈ ਮਾਰਗਦਰਸ਼ਨ ਹੈ। ਫੰਡ ਸ਼ਹਿਰ ਵੱਚ ਮਾਨਸਿਕ ਸਹਿਤ ਅਤੇ ਤੰਦਰੁਸਤੀ ਨੂੰ ਬਹਿਤਰ ਬਣਾਉਣ ਵਾਲੇ ਪ੍ਰੋਜੈਕਟਾਂ ਲਈ £10,000 ਤੱਕ ਦੀਆਂ ਛੋਟੀਆਂ ਗ੍ਰਾਂਟਾਂ ਪ੍ਰਦਾਨ ਕਰੇਗਾ। ਜੇਕਰ ਅੰਗਰੇਜ਼ੀ ਤੁਹਾਡੀ ਪਹਲੀ ਭਾਸ਼ਾ ਨਹੀਂ ਹੈ ਅਤੇ ਤੁਸੀਂ ਅਪਲਾਈ ਕਰਨ ਲਈ ਸਮਰਥਨ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ “ਪੰਜਾਬੀ” ਦੇ ਹਵਾਲੇ ਨਾਲ wellbeingfund@gcvs.org.uk ‘ਤੇ ਸੰਪਰਕ ਕਰੋ ‘Punjabi’

Čeština / Czech

Toto je průvodce finančního fondu Glasgow Community Health and Wellbeing. Tento fond poskytuje granty do £10,000 projektům přizpůsobivým pozitivně k rozvoji a udržení dobrého zdraví a prospěchu obyvatelstva v našem městě. Pokud byste potřebovali pomoc s vyplněním přihlášky z důvodu nedostatečného ovládní Anglického jazyka, kontaktujte nás emailem wellbeingfund@gcvs.org.uk a citujte “Czech”

اردو/URDU

یہ گلاسگو کمیونٹی ہیلتھ اینڈ ویلیننگ فنڈ کے لیے رہنمائی ہے۔ فنڈ شہر میں ذہنی صحت اور تندرستی کو بہتر بنانے والے منصوبوں کے لیے £10,000 تک کی چھوٹی گرانٹس فراہم کرے گا۔ اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ درخواست دینے کے لیے تعاون چاہتے ہیں، پھر رابطہ “URDU” حوالہ دینا wellbeingfund@gcvs.org.uk کریں



This fund, resourced by Scottish Government, aims to support small to medium sized community groups, voluntary organisations and social enterprises to deliver adult mental wellbeing projects across the city's diverse communities.



The Glasgow Communities Mental Health and Wellbeing Fund is the local implementation of Scottish Government's Communities Mental Health and Wellbeing Fund. The fund recognises the hugely important role that communities can play in bolstering the wellbeing of Glasgow's citizens.

This grant fund has been specifically designed to offer financial support to local community projects which improve the mental health and wellbeing of local people. With grants of up to £10,000 being made available, the Fund is especially interested in hearing from groups who provide community connections and practical support for those who have experienced distress, disadvantage or isolation, or whose mental health has been negatively impacted by the ongoing cost of living crisis.

The Glasgow Communities Mental Health and Wellbeing Fund will open on 4 September 2023 and welcome applications until 5pm on 20 October 2023.

What is the fund for?

The Glasgow Communities Mental Health and Wellbeing Fund will be used to fund projects which help improve the mental health and wellbeing of adults in the city.

As the country grapples with the ongoing cost of living crisis, the Scottish Government have provided funding worth £15m to be shared across the country. This money will support community projects that play a critical role in mitigating the impact of the crisis on individuals and communities.

Glasgow will receive £1.79m of the total fund.

The fund's primary focus is to support projects that help and support mental health and wellbeing. Counselling or therapy can be included, but priority will be given to more community-focused activities.

Applications from small-scale, local projects and those who haven't previously applied to the fund will be especially welcome. These will be well-connected projects that can demonstrate that they are encouraging people and communities in the Glasgow City area to help each other to build good mental health, resilience and connections and to focus on their mental wellbeing.

We would like applicants to consider how projects can result in lasting wellbeing benefits through partnership working, matched funding or increased volunteer participation.

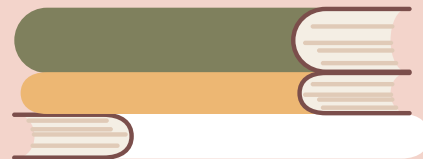


Fund criteria and priorities

Projects funded through the Glasgow Communities Mental Health and Wellbeing Fund will need to demonstrate how they build one or more of seven wellbeing drivers:

- emotional resilience, strength and mindfulness
- connection to others within the community
- a sense of security, trust and being included
- mobility and physical activity
- a sense of purpose and being valued through volunteering, helping others, or paid work
- support for people who are in distress
- access to learning opportunities and the development of new skills and knowledge

Applicants should consider how their proposal contributes to promoting people's human rights. Priority will be given to projects demonstrating that they work with groups of people who are routinely disadvantaged or excluded in society or have been particularly affected by the 'pandemic and cost of living crisis. This can include activities which bring together different perspectives and communities, or work to overcome barriers and improve participation.



Who can apply?

The Glasgow Communities Mental Health and Wellbeing Fund is designed to support small scale projects which promote wellbeing in local communities within the Glasgow City boundary.

Community is the key word for applicants - bringing people together to connect with and support each other is an absolute priority for the fund.

Small and medium-sized organisations that can demonstrate a strong community focus for their wellbeing work or proposed project are encouraged to apply, especially those who provide support for those who are often excluded or disadvantaged or are experiencing isolation, distress or anxiety. We recognise that people have all sorts of communities - and we are keen to fund a combination of communities of place, communities of interest and communities of circumstance.

It is expected that the majority of applications will come from groups already operating to some extent, with some infrastructure in place, or who can demonstrate the benefits of developing a new project. The main criteria are that each application must clearly show how its proposed project will benefit local people's mental health and wellbeing within one or more of the seven categories listed above.





Some types of projects which may benefit from the Fund include (but are not limited to):

- arts and creative projects
- physical and recreation activities
- befriending or peer support groups
- lunch, food or cookery clubs
- gardening and green space initiatives
- mindfulness sessions
- work to support people in distress

Grant funding will support projects that work with adults (those aged 16 or above), and applications can come from new and existing groups or partnership projects. Applicants need not have a specific wellbeing or mental health remit, but their applications must clearly outline the proposed project's benefits to mental health and wellbeing.

Applications for up to £10,000 may be made by constituted third sector organisations, parent councils and community councils. Constituted groups include charities (including SCIOs), Companies Limited by Guarantee, trusts and unincorporated associations. Community Interest Companies (CICs) are eligible, provided they are constituted in a way that prevents profit distribution to shareholders.



Given that the clear objective of the Glasgow Wellbeing Fund is to support local, grassroots projects, applications are invited from organisations with a turnover of up to £1m per year. Applications from financially small organisations (income under £25,000) are particularly welcome. Grants may be made in exceptional circumstances to organisations with a more significant income if outcomes for a specific community are unlikely to be addressed otherwise. Assessors will need to see evidence of this within the application.

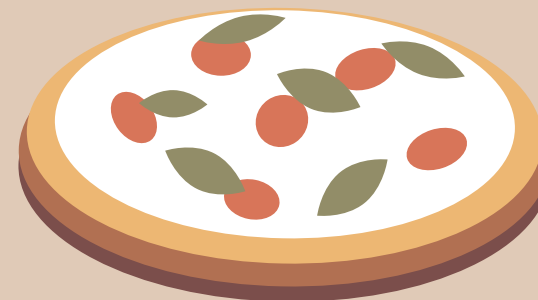
The Fund will also consider small-value grant applications (up to £2,000) from unconstituted groups where another organisation agrees to hold the grant on their behalf.

There is no minimum grant size, but organisations intending to ask for less than £1,000 may want to consider expanding or extending their activity.

Organisations that received funding in previous rounds must demonstrate how they have implemented learning as part of an application to year three.

Activity funded by the grant must last at least six months and be completed within 18 months from the award date.

Where activities support parents and families, the work must focus on the adults or young people (those ages 16 or over).



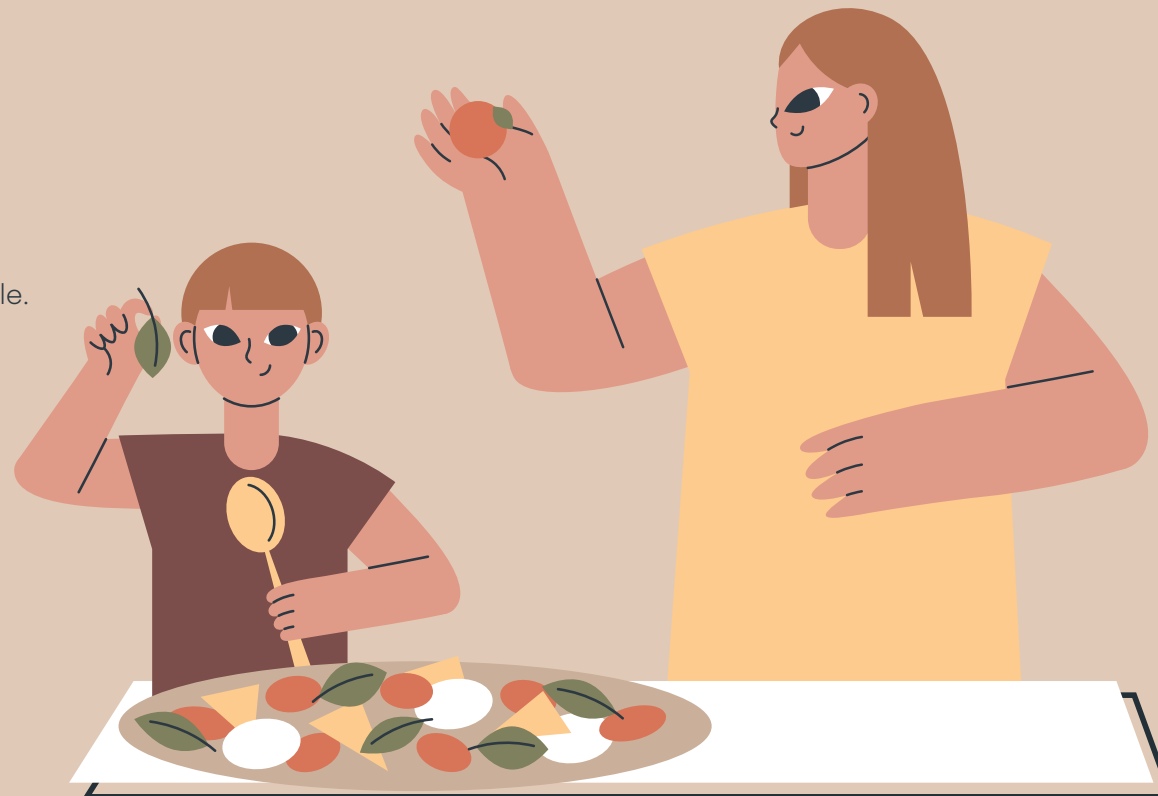
What can be funded

- equipment, materials
- capital costs (up to £5,000)*
- one-off events
- hall and room hire, including appropriate refreshments
- participation costs
- staffing costs
- training costs
- transport
- utilities and running costs
- volunteer expenses
- safety equipment and PPE

*in the context of this fund, equipment is not considered to be a capital costs as long as the costs are deemed reasonable.

What WILL NOT be funded

- contingency costs, loans, endowments or interest
- political or religious campaigning
- profit-making or fundraising activities
- VAT which can be reclaimed
- statutory activities
- overseas travel
- alcoholic beverages and other harmful substances (e.g. tobacco)



How to apply

The Glasgow Communities Mental Health and Wellbeing Fund will open for applications on Monday, 4 September 2023 and close at 5pm on Friday, 20th October.

Please note that an organisation can only make one application to the fund.

The online application form, guidance for completing the application and answers to any frequently asked questions are available at www.gcvs.org.uk/wellbeingfund. If you are unable to use the online application form, we can consider alternatives. Get in touch with us on 0141 332 2444 or by emailing wellbeingfund@gcvs.org.uk.

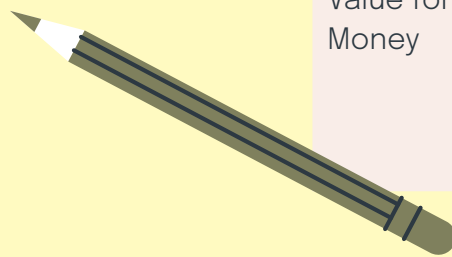
Information sessions on how to complete the application are being organised and further information will be available at www.gcvs.org.uk/wellbeingfund.

If you require more specific support to tailor your application, you can arrange this by calling 0141 332 2444 or by emailing sectordev@gcvs.org.uk

Assessment criteria

Your application will be assessed against five criteria:

Criteria	How you can maximise your chance of success
Eligibility (Pass/Fail)	Read this guidance carefully and ensure your application is eligible before you submit it. In particular, check that: <ul style="list-style-type: none">- your organisation is eligible to apply- your project meets the criteria,- you have answered all relevant questions
Impact on Mental Wellbeing	Your application should make clear how your project will improve mental wellbeing for the participants of the project.
Equalities & Inclusion	Be clear about how this project is targeted towards people who would benefit from it the most. Tell us about the practical steps you are taking to ensure your project is inclusive.
Community & Sustainability	Show us how your project is embedded in your community. Be clear about how volunteers are or will be involved in your project. Tell us who you are working in partnership with.
Value for Money	Ensure your budget is appropriate for the work you intend to undertake. Consider what funding you will need to make your project inclusive. Tell us about other contributions to the project (for example from other funders or local businesses).



What next

Glasgow's TSI Partners (GCVS, Glasgow Social Enterprise Network and Volunteer Glasgow) will complete the assessment of each application. We may ask you for further information to help you demonstrate your project is fundable. An assessment panel will make the final decision on which projects are funded.

Please note. It is a condition from Scottish Government that all payments made from the fund to applicant organisations is completed by 31 March 2024. Therefore, it is critically important that if your project is successful, you respond quickly by providing any required information.



Monitoring and reporting

Grantees should expect a light-touch approach to monitoring proportionate to the size of the grants. Monitoring will likely include information about the number and types of people who benefited and a case study or project story. Where appropriate, we would also like to see photographs or videos of your project and to be able to visit the project and meet with the people involved.

We want the work of this fund to inform future policy and funding decisions. With this in mind, we may also create opportunities for great projects to showcase their work and impact on citizens and communities. Applicants are encouraged to participate in these.



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#GlasgowWellbeingFund

Glasgow Council for the Voluntary Sector is a charity (SC006923) and a company limited by guarantee (SC097679).

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