

## Mental Health Community Grants: Guidance Notes for groups

Berkshire West CCG has been awarded £20,000 as part of winter pressures planning in delivering Mental Health Urgent and Emergency Care for 2020/21.

The Head of Mental Health Commissioning has asked RVA to manage a grants process to deliver early help and wellbeing support for the Black and Asian Minority Ethnic and Refugee (BAMER) communities within Berkshire West, in partnership with Garry Poulson (Volunteer Centre West Berkshire), Rachel Spencer (Reading Voluntary Action), Phil Cook (Involve - Wokingham) and Cecily Mwaniki (BHFT Community Engagement Lead).

The impact of The Covid-19 pandemic has highlighted significant inequalities within the BAMER communities across health, social care, and social determinants of life such as loss of finances, unemployment/redundancies, social isolation including people living alone and people not being able to go out due to complexities. Since the start of the Covid-19 pandemic, there has been a well-recognised collective spirit of communities coming together to help rebuild our social networks and support people in need in the communities. We have seen the strength in joint collaboration of health, social care and our voluntary sector partners working to deliver service integration for all.

The programme aims to identify voluntary sector organisations that can deliver & support BAMER groups in our communities accessing 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

BAMER groups – Black African, Black Caribbean, and South Asian, Refugees, Traveller communities and others in this group.

**Cost:** Expressions of interest are welcome and VCS can apply for a maximum of £5,000 with multiple applications.

**Timescale:** service delivery to start mid December 2020 to run for 3months (see project timeline)

### **Background information**

Berkshire West Population is 570 000 with an average 20.9% BAMER composition. About 70 000 people have a diagnosis of anxiety and/or low/moderate depression across Berkshire West. Only 12% are from a BAMER background, possibly underrepresented compared to white communities. The average age of people with a diagnosis is 48 which implies anxiety more prevalent amongst the younger population and 63% were females.

This project will support in improving on our data reporting - fewer BAMER males accessing mainstream mental health services, understanding BAMER experiences of accessing early help and improving access to culturally appropriate psychological support (IAPT).

For patients with anxiety and/or low/moderate depression that are BAMER:

51% live in Reading

25% in West Berkshire

24% in Wokingham

*(Population Health Management data set Oct 2020)*

## **Impact and Benefits**

**Target population Vulnerable groups** – BAMER communities, over the age of 18, in Reading, Wokingham and West Berkshire:

Black Afro-Caribbean, South East Asian, Refugees, Traveller and other communities.

1. Raise awareness about psychological access and well-being within the BAMER communities

group 2. To provide a better experience and more cultural sensitive support services for our vulnerable population in accessing healthcare 3. To increase the scope of community support – to prevent crisis and surges of mental

health needs 4. To provide support to carers who are supporting their loved one through difficult times

## **Measurable Outcomes**

- Total number of contacts from BAMER population group
  - One off contacts
  - Needs follow up – specify
  - Virtual contacts and or sessions offered
- Total number of following support activities (aim 50% of contacts)
- Summary of themes and needs identified
- Service user & carer experience (feedback both qualitative & quantitative)
- Number and nature of successful referrals to other agencies
- 5 case studies
- Total number of carers accessing support and key themes

## **Proposed hub and spoke model**

### **Benefits of the Hub and spoke model**

- Promotes and encourages VCS groups to work together
- Delivers a diverse range of services for BAMER groups.
- provides greater access to specialists, resources and opportunities
- enable VCS to gain a greater depth and breadth of people's experience
- increases access points within Berkshire for people

### **Why are we distributing these small grants?**

As a local community group or charity, you are providing a vital role in reaching people 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 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 and your community has been heavily impacted by the effects of Coronavirus. 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 2021. 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 that 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, individuals or other profit-making organisations, national organisations or branches.
- If your group is not embedded in a local community.
- The main purpose of your group is to promote religion or a political party.

## **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.

Please do not include items you have already purchased or received other funding for. If you are unsure, please contact Herjeet to check if you can include an item.

## **How can you apply?**

- [Please complete the online form 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 Herjeet Randhawa, RVA Advice Manager on [herjeet.randhawa@rva.org.uk](mailto:herjeet.randhawa@rva.org.uk) or telephone our main number on 0118 937 3720. One-to-one support is available to all small community groups in Reading for support with this application and a meeting can be set up via telephone or Zoom.

## **Timeline:**

- Deadline for applying – 9 December 2020
- Decisions made by the panel and successful applicants notified by 14 December 2020
- Project to be completed by 31 March 2021.

## **The Panel**

The panel will be made up of representatives from Reading Voluntary Action, Volunteer Centre West Berkshire, Involve – Wokingham and Berkshire Health NHS Foundation Trust. We have chosen these representatives as they have a good understanding and experience of the voluntary and community sector and to ensure greater transparency. Please note that you should not contact panel members if you need support with your application, but instead please contact Herjeet Randhawa, who will guide you with your applications and will not be involved in any decisions or discussions with the panel about individual applications.

Please note that we have a limited fund to distribute so we may receive more applications than funds available. The decision of the panel will be final and there is no appeal available. If you are unsuccessful in this round, we will do our best to connect you with further funding that may be available for your group.

## **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.