

Communities Mental Health and Wellbeing Fund

Year 1 Monitoring and Reporting Summary

June 2022



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EXECUTIVE SUMMARY

Introduction and Background

Funding: In October 2021, as part of the £120 million Recovery and Renewal Fund to support the delivery of the Mental Health Transition and Recovery Plan, the Minister for Mental Wellbeing announced £15 million funding for 2021/22 for a new Communities Mental Health and Wellbeing Fund (the Fund) for adults to help tackle the impact of social isolation, loneliness and mental health inequalities made worse by the pandemic. In February 2022, an additional £6 million was provided for 2021/2022 to the Communities Mental Health and Wellbeing Fund to meet the demand for local mental health and wellbeing projects, bringing total funding made available in 2021-22 to £21 million.

Delivery: The Fund is being delivered through a locally focused and co-ordinated approach via local partnership groups (building upon existing partnerships), working together to ensure that support to community based organisations is directed appropriately and in a coherent way. Each Third Sector Interface (TSI) has overall accountability for the spend at local level and working in collaboration with Integration Authorities and other existing local partnerships, leads in the coordination of the local plan and undertakes fund administration, capacity building support and local monitoring and evaluation.

Aims: The Fund is aimed at tackling priority issues within the Mental Health Transition and Recovery Plan - such as **suicide prevention, social isolation and loneliness, prevention and early intervention** - and addressing the mental health inequalities exacerbated by the pandemic including a particular focus on needs of **'at risk' target groups** locally such as:

Women (particularly young women, and women and young women affected by gender based sexual violence); people with a long term health condition or disability; people who are or have been on the highest risk (previously shielding) list; people from a Minority Ethnic background; refugees and those with no recourse to public funds; people facing socio-economic disadvantage; people experiencing severe and multiple disadvantage; people with diagnosed mental illness; people affected by psychological trauma (including adverse childhood experiences); people who have experienced bereavement or loss; people disadvantaged by geographical location (particularly remote and rural areas); older people (aged 50 and above); and Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities. For further information on the Year 1 of the Fund, please see the [2021/22 Communities Mental Health and Wellbeing Fund National Fund Guidance](#).

This summary outlines national analysis of local monitoring and reporting data for Year 1 provided by the Third Sector Interfaces (TSIs) in their capacity as the lead partner for the delivery of the Fund.

Key Findings: Process – Fund delivery approach

- The Fund’s partnership approach has enabled existing partnerships to mature and has provided a platform for the development of new connections, with ambitions for a wider range of partners in Year 2.
- The report highlights a range of good practice in involving people with lived experience and engaging with target groups and notes room for improvement for Year 2.
- Positive feedback was provided by TSI’s on the effectiveness of their Fund management and the importance of the capacity building grant for TSIs to support accessibility of the Fund among less experienced groups.
- Time was a key challenge to delivery in Year 1.

Key Findings: Reach of funded projects

- **Number of awards:** 1842 grants have been awarded through the £21 million fund which has resulted in funding for 1775 projects.
- **Diverse:** A wide range of community mental health projects have been funded including those focused on sport and exercise, nature, social spaces, art, and therapeutic approaches, with a strong emphasis on the key themes of prevention and early intervention. Spaces and activities serving as a vehicle for human connection and communication underpin the vast majority of projects, with many projects having sprung up from within communities themselves. Annexes A and B of the report provide a rich set of project examples.
- **Small grants:** The majority (70%) of grants awarded were for grants of £10,000 or less, with only 1% of awards for grants of over £50,000.
- **Local organisations:** The vast majority of funding (86%) went to local organisations operating at either locality or local authority/TSI level.
- **Smaller organisations:** Most funding (93%) went to either small or medium sized organisations, all with incomes less than £1 million.
- **Target groups and priority issues**
 - Awards were made to projects focused on a range of different target groups and priority themes, as outlined in the Fund guidance, as well as many others identified locally such as carers.
 - The most common target groups or priorities were: social isolation and loneliness (1026 awards); people facing socio economic disadvantage (819); people with a long term health condition or disability (618); prevention (589); people facing severe and multiple disadvantage (535); and older people (482).
 - The lowest number of awards were for projects focused on the following groups: refugees and those with no recourse to public funds (112); LGBTI communities (161); and people from a minority ethnic background (202).
 - While these groups are often the most hard to reach, it will be important for Year 2 of the Fund to improve the accessibility of the Fund to these groups.

Key Findings: Learning and Reflections

- For Year 2 of the Fund, it will be important to build on the successes of Year 1 such as the building of sustainable partnerships and good practice shown in terms of TSI’s capacity building support to less experienced applicants.

- Key areas for improvement include:
 - Engagement: There is a need for an increased emphasis on ensuring meaningful involvement of those with lived experience and improving levels of support to hard-to-reach target groups. The number of partners within local partnerships should be improved in some areas to support a broader reach of the Fund.
 - Measuring impact: There is a need for deeper monitoring to help understand the impacts of the Fund on target groups whilst retaining a light touch evaluation process for applicants.
 - Support: There is a need to ensure local partnerships feel supported to deliver Year 2 of the Fund. This includes ongoing support through the National Network meetings and bespoke support to TSIs where needed.

INTRODUCTION

1. Purpose

This report summarises the monitoring and reporting data for Year 1 of the Communities Mental Health and Wellbeing Fund (the Fund). The data has been provided to the Scottish Government by the Third Sector Interfaces (TSIs) in their capacity as the lead partner for the delivery of the Fund.

It draws together information from:

- The local partnership plans produced by each local partnership group (TSIs and local partners) submitted by TSIs in December 2021;
- The interim progress reports submitted by TSIs in January 2022; and
- The end year reports submitted by TSIs in April 2022

To provide a national account of local reporting data, the analysis has been undertaken by the Communities Team within the Wellbeing and Prevention Unit of the Mental Health Directorate, Scottish Government. It should be noted that this provides a summary of data collected so far and that further information will be collected later on Year 1 in terms of the drawing out the impact and outcomes of the projects being funded.

2. Background on the Fund

Funding

- In October 2021, as part of the £120 million Recovery and Renewal Fund, the Minister for Mental Wellbeing announced £15 million funding for 2021/22 for a new Communities Mental Health and Wellbeing Fund for adults to help tackle the impact of social isolation, loneliness and mental health inequalities made worse by the pandemic.
- In February 2022, an additional £6 million was provided for 2021/2022 to the Fund to meet the demand for local mental health and wellbeing projects, bringing total funding made available in 2021-22 to £21 million.
- In May 2022, it was formally announced by the Minister for Mental Wellbeing that £15 million for a second year of the Fund would be made available for 2022/23.

Aims

- The Fund supports the development of an integrated culture of mental wellbeing and prevention within local communities and across Scotland, developing and building on existing capacity within community organisations and grassroots groups and supporting the mental health and wellbeing of individuals.
- The funding recognises the important role that small, grass roots, community groups play in supporting adult mental health and wellbeing and builds on the excellent examples of good practice we have seen emerge throughout the pandemic.
- The Fund is aimed at tackling priority issues within the Transition and Recovery Plan - such as suicide prevention, social isolation and loneliness, prevention and early intervention - and addressing the mental health inequalities exacerbated by the pandemic including a particular focus on needs of 'at risk' target groups locally such as:

Women (particularly young women, and women and young women affected by gender based sexual violence); people with a long term health condition or disability; people who are or have been on the highest risk (previously shielding) list; people from a Minority Ethnic background; refugees and those with no recourse to public funds; people facing socio-economic disadvantage; people experiencing severe and multiple disadvantage; people with diagnosed mental illness; people affected by psychological trauma (including adverse childhood experiences); people who have experienced bereavement or loss; people disadvantaged by geographical location (particularly remote and rural areas); older people (aged 50 and above); and Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities.

For further information on the Year 1 of the Fund, please see the [2021/22 Communities Mental Health and Wellbeing Fund National Fund Guidance](#).

Delivery

- The Fund is being delivered through a locally focused and co-ordinated approach via local partnership groups (building upon existing partnerships), working together to ensure that support to community based organisations is directed appropriately and in a coherent way.
- Each Third Sector Interface TSI has overall accountability for the spend at local level and working in collaboration with Integration Authorities and other existing local partnerships, leads in the coordination of the local plan and undertakes fund administration, capacity building support and local monitoring and evaluation.
- Local application processes were accessible through local TSIs and were shared nationally at [Communities Mental Health & Wellbeing Fund - TSI Scotland Network](#) and through a wide range of networks. All application processes had commenced by end November 2021.
- National fund guidance was shared with TSIs, which in keeping with local needs and strategies and the national aims of the Fund, provided local flexibility about the approach to distributing the Fund to grass roots community groups and organisations locally.
- Funding was distributed through grants to the 31 Third Sector Interfaces (TSI) across Scotland (with the Dumfries and Galloway TSI managing Borders funding of their behalf).
- £15 million was distributed across all regions and in line with current NHS Scotland Resource Allocation Committee Formula (NRAC). The additional £6 million was allocated on a demand led basis, with 27 TSIs receiving additional funding. Further detail can be found at Annex C.
- An administration grant was provided to each TSI to support administration of the Fund including a capacity building role to support and ensure accessibility of the Fund to less experienced groups.
- Support has been provided to local partnerships through the establishment of a National Communities Mental Health and Wellbeing Network. The Network meets regularly and aims to connect local partnerships (TSIs, Health and Social Care Partnership leads, Suicide Prevention leads and any other interested parties) to help share good practice and learning from the Fund.
- A National Oversight Group for the Fund was established in January 2022 to provide advice around delivery of the Fund in line with the vision and intended outcomes as set out in the Fund guidance. The independent, time-limited advisory group has met three times to date.

3. Method

All TSIs were asked to complete:

- a Local Partnership Plan and a summary feedback template;
- an online Questback survey for interim report data; and
- an online Questback survey for end year reporting data

The information provides both qualitative and quantitative data. Quantitative data gathered includes funding details, such as type of project, size of grant given, and geographical coverage, while qualitative data covers project examples, feedback on process such as fund management and learning reflections from TSIs.

4. Limitations

This summary is focused on reporting returns from TSIs on: the process (in terms of the approach to delivery); the reach of projects (in terms of the number and nature of projects and their reach to target groups); and on the learning gained from Year 1 of the Fund.

While it would have been helpful to collect more information on outcomes in the end year reporting, the timescales involved in Year 1 of Fund (launched in October 2021) means that many organisations will have received funds later in the financial year. Therefore it is difficult for projects, and consequently TSIs, to report on impact and outcomes at this early stage. Given this, questions posed to TSIs were largely limited to those areas where real progress could be calibrated and reported.

At a later stage, evaluative work will take place to consider the impact of Year 1 and Year 2 projects. This could consider the perspectives of funded projects, project users and other local partners involved in the Fund.

5. Structure of the report

This report outlines key findings under three themes:

- **SECTION A PROCESS - APPROACH TO DELIVERY**
- **SECTION B REACH OF FUNDED PROJECTS**
- **SECTION C LEARNING AND REFLECTION**

SECTION A PROCESS - APPROACH TO DELIVERY

1. Local Partnership Group working

What we asked

We asked TSIs how well they thought their partnership approach has operated across the duration of Year 1 of the Fund, whether they had experienced partnership challenges and to note any improvements to partnership working for Year 2 of the Fund. TSIs were also asked to submit local partnership group plans.

Key observations

Partnership working effectiveness

- 51.6% of TSIs noted that their partnership approach had operated 'very well' whilst 38.7% said it operated 'well'.
- A large number of TSIs have drawn on pre-existing partnerships, such as CPPs, to oversee and implement the fund, with some citing benefits such as the use of existing statutory frameworks. Many TSIs noted that the collaboration on the Fund has strengthened those existing partnerships in the process.
- In terms of governance, many local partnerships established a steering group (or partnership workshop) and an assessment panel for the delivery of the Fund.
- In terms of the partners involved in the Fund, HSCPs were the most commonly cited, with several mentions of local authority and third sector partners (including national and anchor organisations), as well as CPPs. A smaller proportion of TSIs noted the involvement of those with lived experience within their partnership arrangements, with several reflecting on the need to improve in this area, particularly to achieve representation of the most marginalised groups in their area. Many TSIs reflected on a range of partners that they would like to add in Year 2 of the Fund.
- Many TSIs noted the strength of enthusiasm, cooperation and support across all partners in maximising the opportunities of the funding, despite the tight timescales of the Fund and heavy demands on some partners.
- A range of specific benefits from the partnership approach were cited:
 - additional support in promoting the Fund leading to increased scope and accessibility
 - improved awareness of HSCPs in terms of the innovative approaches and third sector practice at a localised level
 - ensured allocation of funds aligned to strategic direction of the HSCP and local health/wellbeing priorities
 - local authority involvement brought practical experience around due diligence and funding allocation
 - improved relationships with third sector partners and people who use services and insight for partners into the local mental health and wellbeing challenges, as well as their own capacity to develop proposals
 - one TSI has been asked to run a local council children and young people health and wellbeing fund in response to the positive partnership and delivery of the Fund.

- In terms of a useful tool to reflect on the partnership working, one TSI carried out a feedback survey with members of the partnership group, which found very strong agreement about the effectiveness of the partnership.

Planning group: The group met 3 times to agree the priorities, the partnership plan and the process, and have been provided further information as the project has continued and involved the health and social care partnership, the local council,, Police Scotland, Scottish Recovery Network, Making Recovery Real Partnership and those with lived experience.

Decision making panel: The panel met 4 times and involved: Public Health, Police Scotland, the local council, 3 members of community organisations and 1 Social Movement org with the voice of lived experience.

Partnership working challenges

- The majority of TSIs had experienced a challenge (58.1%).
- The vast majority of challenges noted were around time pressure and how this made the establishment of new partnerships and meaningful connections much more difficult to establish.
- The second most common response was the difficulty around the emergence of the Omicron variant, which made things more difficult, and certainly compounded the time issue.
- A small number of TSIs noted the lack of engagement or capacity of some partners, such as Health and Social Care Partnership leads or community networks, but this was rare.

Partnership working improvements for Year 2

- A common response was that people with lived experience will be more involved in the partnership group for year 2.
- Some TSIs noted that overlooked groups such as disability representatives will also be sought out for year 2.
- It was noted that short timescales for Year 1 had been a main challenge therefore the longer timeframe for delivering Year 2 of the Fund was highlighted as a way to improve the quality of partnership working. Further, it was noted that natural learning processes (given that the Fund was new) will feed into year 2 approaches.

We will be including primary care and health promotion representatives to the steering group and the new head of Mental Health and Learning Disabilities is keen to be involved. We would also like to ensure that lived experience is integral again, with some input from learning disabilities/autism on the panel.

Local Partnership Plans – effectiveness

As set out in the Fund guidance and grant letters, Third Sector Interfaces (TSIs) were asked to coordinate the production of a Fund Local Partnership Plan setting out local priorities for spend within the parameters of the fund criteria. The purpose of the Local Partnership Plans is to:

- Ensure coherence of approach locally.
- Tie into existing planning for mental health and community wellbeing.
- Provide a strategic approach to addressing identified priorities locally in line with fund criteria.
- Take account of current provision and address evidence on gaps in support.
- Agree a set of outcomes for community mental health and wellbeing support locally and identify the contribution the Fund will make to these.

TSIs were asked to submit local plans and summary template. Some reflections from the analysis of these plans is outlined below:

- Key aspects were set in place, including partnership working, governance arrangements and progress on delivery of the Fund.
- The plans identified the local priorities, which were very much in line with the Fund priorities set out in the national guidance, and there was excellent use of existing literature and strategies shown across the board regarding decision making.
- Given the early stage at which they were asked to report, plans were strategic in nature, focusing on the aims, approach to implementation and anticipated coverage.
- The plans show some good practice in terms of lived experience engagement in the Fund – including early consultation and inclusion in some partnership arrangements. However, many TSIs acknowledged a need to improve this area and that it would be easier with more time.
- While there was some variation in approaches to the delivery of the Fund, on the whole, there was a high level of consistency in approach. This may be informed by the direction provided in the fund guidance and the high level of communication between TSIs and the practice sharing that has been enabled through the TSIs and fund networks. Where particularly good innovation exists, we sought to draw this out through interim and end year reports as well as through the national Network.
- As expected, the short timescales involved in the delivery of the Fund in this Financial Year were raised as an issue, particular in relation to a range of risks such as allocating spend, ensuring access to target groups and so on.

2. TSI fund management - effectiveness and risk assessment

What we asked

We asked partnerships about the effectiveness of their fund management arrangements, any difficulties they have experienced and ideas for how to improve their approach. TSIs were asked to identify any risks to delivery in their local partnership plan and were also asked if they arose in practice and how these were dealt with.

Key observations

Fund management effectiveness

- 100% of partnerships rated their fund management as either very effective (61.3%) or effective (38.7%) which is very encouraging, as fund management is a key operational indicator.

- Some TSIs also pointed to feedback they have had from applicants on the effectiveness of their fund guidance and forms – for example one TSI reported that over 90% of applicants had rated it “excellent”.
- Many TSIs pointed to the strength of their in-house or adopted online system, giving ease of access to the process. One said that:

We developed an in-house grant management system which is a cloud-based enterprise level database system which allows applications to be done online, applicants can start/resume/share the application with colleagues, they get sent a copy when they submit it, they can withdraw it, they can also log in at any time to see exactly where their application is in the process - with dates and times of when certain stages are completed.

Difficulties administering the fund

- When asked whether they had experienced any difficulties administering the fund, 71% said no and a corresponding 29% said yes.
- Of the small number (9) of respondents who faced a challenge, time was the most common issue. Other issues included willingness of the local Integrated Joint Board to take part, technical errors, and a rolling application process resulting in an overwhelming number of applications.

Risk management

- The types of risks identified were wide ranging in nature, from Covid uncertainties to potential conflict of interests between applicants and partnerships, as well as risks relating to short timescales involved in the Fund.
- A clear theme however was TSIs mitigating risks ahead of time if they did threaten to come to fruition. For example, several TSIs found pragmatic ways to address potential conflicts of interest if they arose.
- A large number of TSIs had pre identified potential risks that did not arise
- Time limitation, being the most common risk, was dealt with admirably but due to its nature as a risk, caused the most issues.

We identified that COVID related restrictions may emerge and this proved to be correct just before Christmas. We extended our application deadline until after Christmas, January 7th, and allowed a limited number of applications through after this deadline where COVID was explained as a factor in their late submission.

The risk we identified was potential conflict of interest in the decision making panel given that members could equally be applicants or have an interest in a particular application. As this risk was identified at the outset we required all panel members to complete a conflict of interest form prior to taking part in the panel. This was therefore understood by all at the outset and the panel member was asked to leave the room when that particular application was being discussed. All panel sessions were facilitated by the same facilitator and were minuted. This risk was therefore managed successfully and seamlessly as part of the process.

3. How the TSI capacity building grant has been used

What we asked

Partnerships were asked how they have utilised the additional capacity building grant they received to manage/administer the Fund and what additional value this has provided in successfully implementing the Fund locally.

Key observations

- A significant number of the partnerships reported that they used some or most of the additional capacity building grant to increase their staffing capacity, enabling them to manage and administer the Fund.
- Use of the grant include creating and recruiting staff to a new post, increasing staff hours and seconding or redeploying staff from other duties – with roles varying from administrative and support roles to fund management roles and roles focussed on mental health and wellbeing.
- TSIs provided ample evidence that a dedicated post was very beneficial to the Fund being run. Direct help with monitoring and administration for projects was a common use of the grant.
- Two partnerships used some of the additional money to employ external consultants to assist with the process and evaluations.
- Other uses include – purchasing software and computer hardware to assist in managing applications, promoting the fund locally and in supporting meetings, consultations and events.
- Several partnerships reported using the additional capacity building grant to support training and capacity building for community groups and organisations – including training, support and advice.
- One partnership used part of the capacity building grant to establish a small fund to offer support to small organisations to participate in the process.
- TSIs have been looking for improvements in Year 2, such as being more proactive in reaching rural groups, and how the capacity building grant can support this.
- The following examples illustrate how the grant has been used:

A number of organisations will have improved governance arrangements, awareness of key risks, direct invitations to learning events and various capacity building improvements as a direct result of this Fund - regardless of the outcome of their application.

The grant has been used in multiple ways. Just over half has been used to support more capacity at the local grassroots level around support for groups in preparation for and following feedback from the panel - this has worked really well with new groups engaging in TSI support. A further amount was used to support the digital promotion and engagement necessary across the region to deliver the changes to the website, webinars and online application process.

4. Improving accessibility - support provided to applicants

What we asked

TSIs were asked to explain what support they have provided to Fund applicants (particularly those with less experience) to ensure they can apply for funding.

Key observations

- Capacity building has emerged as a strength of the Fund. There is clear evidence of all TSIs providing a wide and comprehensive range of support, guidance and assistance to applicants to the Fund – particularly those applicants with less experience of applying and those in more vulnerable groups. The support provided covers both the pre-application stage and post-application, for both successful and unsuccessful applicants.
- The type of support offered by TSIs often included awareness raising campaigns, clear written guidance, one-to-one support, information sessions, group sessions, guidance videos, web based guidance, courses and training and tailored assistance for groups who are new to applying for funds or who found the process challenging. Innovation was shown, such as creating a project application network, linking un-constituted groups to constituted groups, and using online forums.
- TSIs reported evidence of supported groups being able to successfully submit applications and undertake projects when they would not have done so without support, a clear indication of capacity building success.
- Other more basic supports included help on governance, budgeting, banking, monitoring and evaluation, and community engagement.
- In many cases the level of support provided in respect of the Fund has extended beyond the usual level of support provided by the TSI, enabling many community groups and organisations to access support and develop activities – expanding capacity in the community.
- Example of support:

For very inexperienced applicants, we have offered a 'light touch' micro-grant with a simplified request form that encourages them to begin to structure their idea more effectively and respond to the types of questions that funders would normally ask.

In addition to offers of support from the Community and Voluntary Action team at Engage, we are also developing a network for funded organisations to learn from one another. This will take the form of formal network meetings quarterly, we held our first on the 1st March, and an online forum for members to discuss developments, share resources and support one another in between formal meetings.

In one case, an organisation's original application was rejected after only scoring 34% in the assessment process. After support, their resubmission scored 77% and received funding.

Over the course of Year 1 we have conducted in excess of 75 individual 1:1 conversations by phone and email to discuss people's proposals in more detail.

5. Action on equalities and reaching target groups

What we asked

TSIs were asked what actions they have taken to reach target groups and what action the TSIs and the funded organisations have taken to ensure equalities considerations. TSIs were also asked to provide a view on how successful their own actions had been in reaching target groups.

Key observations

Actions taken to reach target groups and consider equality issues

- Targeted action was taken by some TSIs, with proactive communication such as a targeted mailing list and support of identified organisations seeming to bring success.
- Ensuring application forms, guidance and processes did not introduce any inadvertent barriers.
- Producing a gap analysis the geographic spread and equality group 'coverage' to inform decisions.
- Pro-actively seeking applications from particular groups if these had not been received such as with tenants on a Gypsy/Traveller site.
- Prioritising and scoring applications in line with target groups – one partnership allocated 25% of funding to 'inclusion and diversity' and 25% to 'wellbeing impact' for organisations that reach priority groups.
- Ensuring assessment panels had equalities experience.
- Working with specialist equalities organisations and trusted local projects to seek advice, plan their approach to working with particular groups, and support them before and after applying for funds.
- Providing capacity building support and guidance (i.e. Race Equality Toolkit) for applicants and requiring successful them to attend equality and diversity training.
- Requiring applicants to demonstrate how they would monitor progress.
- Constant checking of target numbers was also seen as important, for example checking an online application system weekly for numbers, and adjusting communications proactivity accordingly.
- Regarding equalities considerations, consistent themes included early guidance and evaluation criteria for project applications that stressed tackling inequalities, to ensure equality was a key feature of projects down the line.
- The equalities requirements being placed on small and larger grant applicants were proportionate, with more onus being placed on larger bids.

Our guidance was clear that projects needed to take inequalities, as an impact from the covid pandemic, into account in the design of their projects. Where the assessment panel felt there was a potential issue regarding equalities, specific conditions were included in the grant offer paperwork

We have worked with other local action groups to meet their needs – i.e a local development trust that work with the gypsy community through the pandemic. Discussion with the tenants of the camp happened and an organisation already providing some services within the camp were approached to see if they could provide some additional work to meet the needs.

Although there was widespread effort among TSIs to reach target groups and address equality, some were more successful than others. It is important to note here that each TSI faces different challenges.

TSI views on effectiveness of their actions to reach target groups

- 54.8% of TSIs said that their actions had been very successful. None said ‘not at all’.
- TSIs that were less confident in their success pointed to lack of time as a factor in limiting the proactive work required to reach some target groups.
- They also pointed to the fact that some groups simply did not make up a high proportion of applications. This mirrors wider issues in lack of support for overlooked target groups, and is not unique to the Fund. It should be acknowledged that some areas have significant variations in demographics and infrastructure, and so each TSI faces different circumstances. It is difficult for TSIs and ScotGov to strike a balance between accepting the applicant landscape (i.e how many groups there are that could apply in an area) with how ambitious to be in pushing for increasing applications from certain groups.
- TSIs that considered their actions successful highlighted a local landscape that may have already been made up of known target group partners, or have a communication strategy that allowed the Fund to be promoted to target groups.
- Some TSIs have already begun improving approaches ahead of year 2.

6. Engaging those with lived experience

What we asked

TSIs were asked whether the Local Partnership Groups have involved those with lived experience in the delivery of the Fund and to provide a few examples of the ways in which the projects they are funding intend to engage those with lived experience in their work.

Key observations

Actions of local partnership groups

- 80% of TSIs noted that they had involved those with lived experience in their implementation of the fund. Different approaches included:
 - Engaging local, user-led, lived experience or advocacy organisations and groups – such as CAPS, Glasgow and Clyde Mental Health Network, Fife's Lived Experience Team (LET), the Scottish Recovery Network, Coalition for Racial Equality and Rights

(CRER), Mental Health and Wellbeing Project and Ayrshire Recovery College – in either steering groups or the local partnership or in planning events.

- Involving individuals who have lived experience - either as a user of mental health services or as a carer of someone who uses mental health services - in steering groups, local partnerships or decision making panels.
- Involving staff members within the local partnership group who have their own lived experience of these issues.
- Some of the partnerships reported holding co-production events or facilitating workshops and consultation events, “to define the parameters and priorities” for the Fund locally.

We have really enjoyed this element of the Fund so far and we feel that it is an area of strength and good practice. We have worked alongside Health in Mind and CAPS Collective Advocacy to ensure that we had people with lived experience on both our recent decision-making panels.

- A number of partnerships fully embraced involving the voices of lived experience in informing local priorities of the fund and in the process of awarding grants from the Fund to local initiatives.

We delivered co-production activities with people with lived experience to define the parameters and priorities of the Fund, to ascertain gaps in provision, to identify what has worked well in the past, identify barriers to participation and identify outcomes they would like to see the fund achieve.

Others referred to the short and demanding timescale of this year’s Fund as an issue in being able to engage more fully with those with lived experience.

Lived experience in funded organisations

- Several partnerships reported grants being awarded to initiatives where peer support – using lived experience as a positive attribute to support others experiencing similar challenges - is a significant feature in the proposal.
- A number of groups or organisations supported by the Fund are ‘user-led’ – devised, run, delivered or managed by people with lived experience.

Deaflinks is a peer led organisation with 80% of the Board made up of people with lived experience. The Board works to deliver services in response to the needs identified by those in their community who they support. Co-production is clearly a keystone of project planning and delivery for the organisation and feedback is sought throughout the planning, delivery and end of a service/project.

Shetland Pride’s LGBTQ Reach Out Mental Health Project - The need for this project have been ascertained by enquiries from the local LGBTQ community that indicates there is an underlying need to reach out to the wider community.

Advocacy Orkney will ensure that service users are included in the design and delivery of their own advocacy. Transition North Ronaldsay have worked closely with local residents to design and plan the Community Garden and determine the requirements for the shed.

SECTION B REACH OF FUNDED PROJECTS

It is important to note that the strength of the Fund has been the wide variety of types of projects it has funded. To help illustrate this, a wide selection of projects being funded through the Fund can be found in Annex A and Annex B by target group and by TSI location respectively.

This section provides a national summary of the projects and community organisations being funded through the £21 million Communities Mental Health and Wellbeing Fund in terms of:

1. Number of grants applied for and awarded
2. Size of grants awarded
3. Size of organisations funded
4. Geographical location of funded organisations
5. Type and range of projects
6. Project focus on target groups and priority themes

Please note that in relation to data gathered about 2- 4 above, the percentages provided are based on the figures reported by most TSIs, with a few exceptions where TSIs had not gathered their data this way (as reporting requirements were not agreed at the outset of the Fund).

1. Number of grants

In total, there were 2691 applications received across the local applications across Scotland. Of these, 1842 grants have been awarded through the Fund which has resulted in funding for 1775 projects. The difference of 67 between projects and awards made is explained by some projects who received funding as part of the initial £15 million of funding and later received additional funding through the £6 million funding released in February, to expand or broaden their activity.

2. Size of grants awarded

TSIs were asked how many awards they have allocated to small, medium and larger projects (up to £2,000; between £2,000 and £10,000; between £10,000 and £20,000; between £20,000 and £50,000; and over £50,000).

Overall, 70% of grants were made for grants of £10,000 or less. Small grants between £2,000 - £10,000 were most commonly awarded, with 60% of grants allocated in this bracket. 16% of awards were for grants of £10,000 - £20,000 10% of awards were for grants of under £2,000, 13% of awards were for grants of £20,000 – £50,000 and 1% of awards were for grants of over £50,000.

3. Size of organisations funded

TSIs were asked to list the size of organisation that had been funded. Of all awards allocated:

- 31% went to small organisations (with an annual turnover under £25,000)
- 62% went to medium sized organisations (with an annual turnover between £25,000 and £1 million)

- 7% went to large organisations (with an annual turnover over £1 million)

The vast majority of grants (73%) were therefore allocated to either small or medium sized organisations, which is encouraging given the ethos of the Fund.

4. Geographical location of funded organisations

TSIs were asked to list the geographical nature of funded projects. Of all awards allocated:

- 31% went to organisations operating across a small locality
- 18% went to organisations operating across a few localities
- 37% went to organisations operating across a whole TSI region
- 8% went to organisations operating across multiple TSI regions
- 5% went to organisations operating across Scotland
- 1% went to organisations operating across the UK
- Close to 0% went to organisations operating internationally (2 projects)

Therefore, most funded projects are community based, most either operating at a local authority, across few locality or one small locality which is in-keeping with the fund ethos. It was much less common to see organisations working across Scotland.

5. Type and range of projects

While further example projects can be found in Annex A and B, this section provides a summary of the types of projects funded and a selection of case studies.

What we asked

To provide a snapshot of the type and range of projects, TSI were asked in both interim and end of year reporting to provide some examples of projects being supported, including those showing any emerging impacts on communities. While TSIs were asked to noted impacts, it was acknowledged that this is an early stage for being able to demonstrate impacts, particularly regarding prevention focused work. As such, the examples provided provide limited information on impacts.

Key observations

- A wide variety of projects are being supported through the Fund with a focus on social prescribing and early intervention, sport and the arts, and volunteering, among others.
- Nature, sport, and exercise are very common amongst the projects. Chiefly, spaces and activities serving as a vehicle for human connection and communication underpin the vast majority of projects.
- Awards were made across the wide range of priority themes such as social isolation and loneliness and suicide prevention, early intervention and prevention as well as the at-risk groups identified in the guidance such as older people, young people, women, LGBTI communities, disabled people, refugee communities and additional groups identified by partnerships such as carers.
- It is clear from the examples given that the Fund is being utilised to support a great deal of worthwhile projects that will help and support a wide variety of individuals and communities.

- Many projects reflect work being undertaken through existing partnerships whilst others show how communities are reaching out to work with others.
- It was notable how intimate and small scale a lot of projects are, working with relatively small groups of people in an informal, consistent and caring way, providing long term low level of support.
- Quite a few applications were for equipment and small items which for very small amounts of funding would enable initiatives to continue and improve their work.
- The majority clearly articulated the mental health and wellbeing focus of the projects as outlined in the fund guidance. However, there were a few examples where the mental health and wellbeing focus was less clear. For example, a talking newspaper which was allocated £2,000.00 for recording equipment and two new laptops to replace an ageing laptop that was being passed around committee members in order to continue to provide a service to blind and partially sighted members of the community. While this is only a summary account at this stage, it will be important to capture the mental health and wellbeing outcomes of projects in further evaluation activities. It should be noted 'prevention' focused activities are more inherently more difficult to consider in terms of outcomes on mental health and wellbeing however there is a need to articulate the connections.

Case Study: The Good Morning Service, Glasgow

The Good Morning Service in Glasgow has received funding. 400 older people have benefitted from the service which builds meaningful relationships through regular telephone befriending sessions. The service directly monitors mental and physical wellbeing, reducing social isolation, and flags potential health problems whenever a Good Morning Call remains unanswered. Good Night Calls are also provided from November to February alleviating the heightened sense of loneliness that the dark winter nights can bring.

Nicky Thomson, Chief Executive Officer of the Good Morning Service: "Simply put, without the support from the Scottish Government we wouldn't be able to run our 365 day life-enhancing and life-saving service providing practical and emotional support. The Community Mental Health and Wellbeing Fund has enabled us to reach more people in need. Notably, it is the light-touch, non-intrusive nature of our support which is very attractive to older people. We don't diminish their sense of ability to live independently, we enhance it. Operationally, on Good Morning Calls we take whatever time is needed to help people to implement their coping strategies and build resilience. Resilient people build resilient communities, which is what we need at this challenging time."

Case Study: Cowal Elderly Befrienders, Dunoon

This organisation works with men aged 65 and over to reduce social isolation in a group known to be hard to reach. It provides befriending services designed to improve the quality of life, reduce isolation and loneliness which in turn aids the prevention of suicide. The service also helps keep older people independent and active in their communities.

Robin Miller, Project Coordinator: "The numbers of older people we support has steadily increased and we now support over 200 each week. Many of the men we support are keen to remain as independent as possible and do not initially reach out for help - it can take weeks or months of sympathetic support to build up confidence, trust and an acceptance of outside help. Our work also allows older people to make a positive contribution to the work - in the small groups we work with. Our older men often support each other, thereby increasing their sense of self-worth and allowing them to actively further our aims. The funding we have recently received will allowed us to sustain and develop our work. Over the coming year, our Men on Board project will help us to focus more closely on older men, provide much needed support for them and provide insights into what isolated older men need, want and why this group is often viewed as 'hard to reach'."

Case Study: The Woodland Wanderers, Midlothian

The Woodland Wanderers, which has received funding, is an established group for people with mental health issues that meets bi-weekly in the woods in different areas of Midlothian. The project includes people with chronic and enduring mental health difficulties including schizophrenia and is particularly strong on sustained engagement with a core group of around 10 regular attenders. It is led by a local woman who needed some support to put her ideas into practice and with equipment, running costs and volunteer expenses.

Case Study: Yes Your Entire Self, East Ayrshire

Yes Your Entire Self set up 'Open About Suicide', a group for people affected by someone else's suicidal thoughts. The group has been set up to give peer to peer support and allows people to express their feelings without being judged. There have already been positive stories from group participants on the success of coming together and sharing experiences.

6. Project focus on target groups and priority themes

Whilst recognising that many projects will progress a range of key priorities and be of benefit to a number of different groups, TSIs were also asked to indicate how many applications they received and how many allocations they made for projects that include a focus on each target group and priority theme of the Fund. The full set of figures for applications and awards in relation to each target group/themes are outlined in Annex F. Overall, we see that applications were received across the range of target group and priority

themes. The numbers also indicate many projects include a focus of more than one target group and priority theme.

The highest levels of awards related to projects focusing on the following groups or priority themes:

- Social isolation and loneliness (1026)
- People facing socio economic disadvantage (819)
- People with a long term health condition or disability (618)
- Prevention (589)
- Severe and multiple disadvantage (535)
- Older people (482)

Given the timing of the Fund in response to the pandemic, it is unsurprising to see that isolation is so prominent, especially as prevention mental health projects will naturally have an onus on community and interpersonal connection.

The lowest levels of awards related to projects focusing on the following groups:

- Refugees and those with no recourse to public funds (112)
- LGBT+ communities (161)
- People from a minority ethnic background (202)

These lowest numbers are consistent with groups that are often the least represented in health support, as well as the groups that can face the most health inequalities and stigma. Whilst it should be factored in that this is a society wide trend, these low numbers are still a concern and need to be looked at, regarding TSI work and wider Scottish Government support. Elsewhere in this paper the effort and success of various TSI areas in proactively reaching overlooked groups has been noted.

It is important to note that feedback from the Equality and Human Rights Forum (made up of external stakeholders) has highlighted the need for quality assurance/ moderation when it comes to a projects stating that it will be supporting a particular group to ensure we are gathering information on meaningful inclusion. Some themes like social isolation are addressed by a large variety of projects. However, certain often overlooked groups such as the LGBTI community require services that help overcome the health inequalities they experience. This makes it important to evaluate projects addressed at certain groups fully, as is the need to avoid tokenism from projects.

7. Spend

What we asked

We gained a detailed breakdown of spend across areas such as number of awards and amount of capital spend

Key observations

Overall, 2691 applications have been received to the Fund (table 1) and 1842 grants have been allocated. Of the £21 million total allocated to TSIs for onward distribution to

community organisations, £78,536 was unable to be allocated by a small number of TSIs. Of the money spent, 6.7% has been allocated to capital spend.

Committed Spend	Total
Number of applications received	2,691
Number of applications awarded funding using the £15 million of funding	1,413
Number of applications awarded funding using the additional £6 million of funding	429
Total number of applications awarded	1842
Total number of organisations/projects receiving funding	1775
Total funding made available	£21,000,000.00
Total underspend	£78,536.00
Total funding distributed to community organisations	£20,921,464.00
Total amount allocated to capital spend (Note - include the amounts allocated to dedicated capital projects as well as the capital elements of hybrid capital/revenue projects)	£1,399,937
Percentage of overall fund on Capital spend	6.7%

SECTION C – LEARNING AND REFLECTIONS

1. TSI views on Scottish Government support and improvements to the Fund

What we asked

Partnerships were asked to share any learning points and suggestions for how we could improve implementation and supports of the fund.

Key observations

- A very common response was that clear, early messaging on what monitoring will be requested throughout the year should be given at the outset, to make the job as easy as possible for TSIs. This included a suggestion for a high level overview of the year-long monitoring plan.
- Some TSIs requested a balance between space for innovation with the provision of more detailed guidance and templates that could be used for planning and administration processes. In terms of support for TSIs, some TSIs noted a desire for one-to-one time. It would be good to understand the nature of the support required. While we operate an open door policy, this may need to be communicated more clearly, and Scottish Government should be as proactive as possible.
- There is a common demand for earlier information on our approach to evaluation and monitoring requirements, with many also noting the compressed timing of Year 1 monitoring requirements.
- A concern was noted around larger national organisations applying for the Fund across different areas of the country, without involvement in localised partnership working. Related to this, it was noted that the national Fund guidance could lead to ambiguity and create potential for tensions and disagreements, for example, “larger organisations could query why some TSIs will fund their activities and others will not”.
- Branding to go alongside any poster campaign would be helpful to ensure there is a unified “look” to the fund when promoting it locally to ensure that there is recognition that this is a national fund throughout Scotland.

Whilst I appreciate space to innovate, I do feel clearer parameters and guidelines would have been beneficial for creating the likes of the local plans.

It would help to have the reporting criteria up front so we can ensure that we are tracking this or including it in a way that is more prominent in the assessment process – otherwise it can take days to collate retrospectively. Other than that I think the fund generally has worked well and the Scottish Government have been really supportive.

The relationship that has been built up directly with the Scottish Government through nation-wide TSI meetings and the Network has been invaluable, in particular the flexibility of the Scottish Government and the ability to feed in learning and thoughts right through the process.

2. Views of funded organisations on applying to the Fund

What we asked

We asked if TSIs had gathered views of organisations applying to the Fund, and to provide a summary of the feedback you have received from them.

Key observations:

- Several TSIs had not yet finished compiling project feedback.
- Of TSIs that had, feedback was overall very positive.
- Themes included the light touch approach bringing simplicity and accessibility to the Fund, TSI support being invaluable, and understanding from projects that time pressures were out of TSI control.
- Constructive feedback included querying the limitations of the Fund, such as eligibility of counselling, and time limits potentially bringing a bias towards pre-established groups.
- Example feedback:

(To TSI) “We are so excited about the funding and the project we are now working on thanks to it. Thank you so much, the Community Mental Health and Wellbeing funders, as well as Scottish Government, for this opportunity to help make our community a better, healthier place. We are sincerely honoured to have been part of the selected.”

(To TSI) “We both cannot thank you enough for your help, guidance and support with the application process for the Wellbeing Fund and all other charity matters, nothing is ever, any bother to you, and even the hardest and most complicated challenges you calmly resolve, which can’t be easy at times. We are genuinely overwhelmed by the grant award, and know this will make such a difference.

They also felt that the timescales and time of year were not conducive to good project development. Many small Third Sector Organisations do not have project ideas ‘on the shelf’ and need time to work up the proposal. We will create opportunities to do that in the next round.

3. Conclusions and Reflections

PROCESS

Partnership working:

The Fund seems to have enabled existing partnerships to mature and has provided a platform for the development of new connections and meeting points across people and organisations. The longer lead in time to year 2 should mean that the majority of challenges reported (time and omicron) will be less of a factor, especially given that the partnership work undertaken this year will provide a solid platform moving forward.

There are very strong results for self-assessed effectiveness in partnership working, and time was the main barrier. TSIs should be encouraged to diversify their number and range of partners for year two where appropriate. Lived experience could possibly be identified as a necessity in local partnerships in year two, for example presence on decision making panels and in planning. However, it is noted that some TSIs may need bespoke help (for example, if partnerships with their Integrated Joint Board are not possible). Smaller TSIs should be encouraged to use existing structures in their area.

Fund management arrangements:

Positive feedback was provided by TSIs on the effectiveness of their fund management arrangements. It was positive to hear some of this was based on applicant feedback and this type of feedback could be built into monitoring and evaluation approaches going forward.

Additional capacity building grant and support provided to applicants:

The additional administrative – or capacity building – grant has been a very welcome, valued and, for some, a very necessary element in taking forward the Communities Mental Health and Wellbeing Fund locally. Not only enabling Third Sector Interfaces to increase capacity to meet the demand, but additionally extending support and assistance to community groups and organisations applying for support. As one said, “without this Grant, it would frankly have been a near-impossible ask.” In some TSIs, innovative approaches have been adopted as a consequence of the additional grant, providing opportunities for future learning and development.

In terms of providing support to applicants, it is clear that a wealth of work has been undertaken with TSIs providing a wide and comprehensive range of support, guidance and assistance to applicants to the Fund – particularly those applicants with less experience of applying and those in more vulnerable groups.

Match funding:

It is also apparent that a number of projects have used the Fund to leverage match funding to support their work which secures additional value and progresses partnership working locally.

Reaching target groups:

Many partnerships have put a good deal of thought into supporting target and minority groups beyond the more obvious actions around the accessibility of funding forms and naming particular groups in fund criteria. It is heartening to see the range of actions being taken to ensure such groups are included in the Fund and this bodes well for year two of the scheme, particularly as partnerships will have more time to develop this work. Given this, it would be reasonable to expect some more systematic improvement on the approaches taken to equalities practice in year two. Much could be gained from drawing out particularly good ideas and sharing these with the wider Network, as well as providing examples of practice in the fund guidance for year two.

Involving those with lived experience:

The majority of local partnerships – over two thirds – have found ways to embrace the involvement and inclusion of people with lived experience in the planning and implementation of the Fund. In regions that reported a high level of collaboration and involvement with people with a lived experience in the planning and delivery of the Fund locally there was an infrastructure of organisations or groups supporting the voices of lived experience and an established relationship between those organisations and groups and the Third Sector Interface (TSI) and partnership.

Several partnerships indicated that the short and challenging timescale of this year's Fund had been a factor limiting their ability to involve people with lived experience involved in the process or had resulted in low levels or no input. The highly innovative approach adopted in some regions towards co-production and engaging with lived experience could provide a valuable resource for future learning and development. We will look to share particular examples of this and the learning from it.

Given the early stage in the Fund roll-out locally, examples returned by local partnerships are necessarily limited at this point. However, responses so far point to an encouraging level of engagement with lived experience in the initiatives being supported - either as user-led initiatives, employing lived experience to provide peer support or in adopting co-production in the planning and delivery of the project.

Support for TSIs:

The performance of TSIs has been positive, especially in light of timescales. There is inevitably variation in the experience of different TSIs. This will be supported through ongoing sharing best practice through the network such as on application processes, involving people with lived experience and the potential development of common branding and promotional/ engagement materials for the Fund in year two. Some TSIs have indicated more 1-1 support would be helpful and the Communities team will look to support TSIs where needed.

REACH OF PROJECTS

Types of projects:

The rich diversity of ideas and approaches being supported is impressive, as is the way in which many of these have sprung up from within communities themselves, often initiated by those without professional experience, or at least propelled forward continuously by volunteers and those giving up their time freely. As such, it does not feel like this Fund is being used up to support statutory or existing services or particular institutional interests.

Focus on Fund priorities – target groups and priority themes:

- It is also clear that some excellent projects, in keeping with the aims of the Fund, are being funded. It was positive to see so many projects focused on prevention. The highlight of the report is seeing where the work and money are being directed, and the variety and quality of projects coming forward. The mental health and wellbeing

outcomes of a few example projects were less clear, though end of year reporting and evaluation work can gather more detail on this.

- Data shows that applications have been received from a range of target groups but this varies, with refugee and LGBTQ+ communities particularly low. The level of lived experience inclusion is impressive in some places but inconsistent. A longer lead in time would allow for a more robust approach to equalities considerations. Therefore ongoing work is required to ensure accessibility of the Fund, which will be helped by the timing of Year 2 allocations.
- Some consideration could be given to the inclusion and clarity of guidance around national organisations with some concerns they have advantages over local organisations in application terms. However, substantial support has been provided to smaller organisations which balances these concerns.

LEARNING - SUCCESSES

- **The Projects:** All the scaffolding and support around the Fund is to get projects going on the ground, and on review, an amazing range of projects across the country has emerged. 1842 projects have been funded, and many key target areas are being covered. While evaluation is needed once projects have been running for a long period, initial signs are very promising.
- **Key policy themes emerging:** A key goal of the Fund is to gain real time evidence of what works in prevention policy on the ground. While we need long term analysis, it is interesting to see key themes emerge among projects, despite the aforementioned variation. This includes building community and personal links, often in a light touch way such as facilitating discussion and providing space. The fact that some of the solutions are consistent and simple is encouraging for producing more national prevention policy. Focus on activity (such as outdoor time, sports and arts) as a tool to bring people together is also telling.
- **Supporting applicants:** An impressive amount of proactive work has been seen by TSIs in ensuring that those who may not usually apply for funding could apply. The fact that evidence has been given of success in helping smaller and un-constituted groups to use the fund shows that early proactive effort can lead to good results.
- **Sustainable infrastructure being built:** The Fund has been a platform in some areas for fostering new partnerships and community networks. These networks can be fruitful in the long term, and not tethered to Fund projects running. This is an excellent secondary outcome of the Fund.

LEARNING - AREAS FOR IMPROVEMENT

- **Time and experience:** Time was very commonly seen as a barrier to varied areas of the fund, such as proactive communication, lived experience involvement, and expanding partnerships. The increased run in time for Year 2 will naturally mean that some barriers to Year 1 success will be removed. Further, all the experience of the first year of the Fund, and a desire to improve, will give an excellent platform for Year 2
- **Deeper monitoring:**

TSIs requested earlier sighting of our evaluation content and processing of fund applications locally. This will be communicated in advance so that Year 2 requirements are clear from the outset.

Timing of reporting meant that reporting from projects themselves was limited.

Further, for some target groups that applicants mentioned a focus on, light touch monitoring means it is unclear if the project did successfully reach a group such as the LGBTI community or refugees. This could risk tokenistic projects, and we are considering a way to ensure that projects that name target groups are reaching those groups in an impactful way.

- **Lived Experience:** Many TSIs have already begun thinking on improvement and meaningful engagement of lived experience is one area that can be improved.
- **Bespoke support:** Although we operated an open door policy, the Scottish Government should be more proactive in gaining one to one sessions with TSIs on their local work.

ANNEXES

Annex A Project Examples – by target group and priority issues

This annex provide a selection of examples of projects with include a focus on the Fund's identified at risk' target groups, as well as examples of other at risk groups identified locally and of other themes

a) Project examples by target group

Women (particularly young women, and women and young women affected by gender-based sexual violence)

Lived experience and women experiencing gender based violence

12 month test of change project - To co-develop a new service with women who have experienced domestic abuse/coercive control. The project wishes to develop a specialist counselling service for women who have experienced domestic abuse which would be based within Angus Women's Aid offices both in Arbroath and Forfar

Own My Life Course (One Life) - An innovative, creative, educational 12 week course for women who have been abused which enables them to regain ownership of their lives after they have been in a relationship with someone who has hurt them. The course helps women to make sense of what has been done to them and gives them the skills to move forward. The ripple effect by supporting abused women within our community is widely spread. A mother's capacity to parent alters when there is abuse and her power to keep herself and her family safe becomes more difficult. By providing women with the skills/tools to heal from abuse she has experienced filters through the whole family facilitating mutual healing.

People with a long term health condition or disability

Deaflinks - To provide mental health advocacy, advice, information and support to local deaf and sensory impaired people. Delivery of this service will support individuals who face disadvantage in accessing mainstream support

People who are or have been on the highest risk (previously shielding) list

Cycling without age - Funding for a VanRaam Velo Plus, a wheelchair transport bike for the Clackmannanshire area to enable the Chapter to hugely increase the number of people they can reach with rides and improve the quality of life for many more people such as those who have been shielding and socially isolating. This will allow them to safely socialise and enjoy the outdoors

People from a Minority Ethnic background

Older people and ethnic minorities:

Central Scotland Chinese Elderly Project – For activities that aim to draw out isolated, lonely and disenfranchised older retired Chinese people and their spouses living in the Stirling and Clackmannanshire area. This Project will serve as a pilot to explore the kinds of physical activities that may best suit and interest the older Chinese participants

Refugees and those with no recourse to public funds

Refugee communities:

Refugee Wellbeing Project – To reduce social isolation and increase self-management techniques for anxiety and trauma recovery. Highland has a relatively small population of Syrian and Afghan refugees who are distanced from each other and some have limited access to transport, services that can accommodate their language needs and the confidence to participate for a particularly vulnerable community.

People facing socio-economic disadvantage

Volunteering:

West Coast Furniture Bank SCIO - To refurbish, provide and deliver household items free of charge to clients who have been referred by partner agencies, ranging from local authority to other charities locally. These are for clients unable to afford these items themselves, such as supplying anything from a cooker to furnishing full homes. The project will employ a Project Manager who will support 15 volunteers and two new employees who will be funded by the Fair Work programme. A number of the volunteers have mental health and learning difficulties and the Project Manager will support them into employment by mentoring and training.

People experiencing severe and multiple disadvantage

Cullen Sea School Mental Health and Wellbeing Initiative: The projects provides a range of free water based and on-shore courses, events and activities. By removing a cost barrier, this will allow anyone who is interested the opportunity to attend regularly.

People affected by psychological trauma (including adverse childhood experiences)

FirstLight: The project will train FirstLight Trust support staff and café hub assistants to understand/deal with the effects of secondary trauma. They will then run psycho education support groups on a 1:1 basis as well as remotely for those who have to shield or live outside Hawick. The course will last for 6 weeks. Support staff will learn about secondary trauma, its impact and how to support those who suffer. The workshops will be created by a qualified trauma therapist who has worked with veterans and their families for years.

Older people

Companions at Calman - Trauma experienced young people (16-25) will be supported in this multi-generational project to engage in a number of activities to reduce their social isolation while actively learning cooking skills as part of their employability development and making 'meals on wheels' for 24 isolated older people living across the black isle communities and identified by a community delivered care provider

People who have experienced bereavement or loss

Biggar community action group will facilitate arts and craft activities with the older population within the village. Some of the funds will be used to establish a 'death café' one day a month from the local community centre within the village's main street. The 'death café' gives participants the opportunity to have open conversations around the subject of death and loss.

People disadvantaged by geographical location (particularly remote and rural areas);

Bragar and Arnol Siorrsa Project (Freedom Project) Aims to reduce social isolation for a targeted group of isolated individuals in a remote community. This project is being run by a community group who are using a befriending model. TSI officers were able to direct the group to Befriending networks for advice and assistance in starting up, they were also able to give advice concerning health and safety and risk assessment for volunteers.

Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities

Development of a pop-up LGBT+ Hub in Perth which will provide a range of activities to support the mental health and resilience of the local LGBT+ community

b) Project examples by those focused on the Fund's identified priority issues (social isolation and loneliness, suicide prevention, early intervention and prevention)

Prevention

Aden Community Allotment Association: This Aberdeen project facilitates the outdoor growing of food, supporting people to build networks; increases access to fresh air and natural light to enable wellbeing for attendees.

Early intervention

Man On! - Inverclyde Early Intervention Project – To support the growth of the Man On! Peer Support model in Inverclyde, an early-intervention support model that meets people where they are at and relieves the pressure on having to wait for mental health support. This will deliver 1 to 1 sessions and group support and provide access to a Wellbeing Worker and a Wellbeing Plan through recruitment of 5 part-time Wellbeing Workers with direct lived experience who have the skillset to provide peer-support. The project will also support 20 people to access community befriending support and 20 to access Suicide First Aid programme

Suicide prevention

'Open About Suicide' a group for people affected by someone else's suicidal thoughts. The group has been set up to give peer to peer support and allows people to express their feelings without being judged whilst living in constant fear. Already there have been positive stories from group participants on the success of coming together and sharing experiences.

Social isolation and loneliness

TLC befriending service: This service matches volunteer befrienders with individuals referred to us via the Primary Links Practitioners, based in doctor's surgeries across Aberdeen. The service aims to act as an early intervention to alleviate the feelings of loneliness and isolation, which has adversely affected an individual's mental health and wellbeing, by supporting and building individuals' community connectedness and personal resilience.

c) Project examples of project highlighting a range of other themes

Social prescribing

Woodland Wanderers - An established group for people with mental health issues that meets bi-weekly in the woods in different areas of Midlothian. The project includes people with chronic and enduring mental health difficulties including schizophrenia and is particularly strong on sustained engagement with a core group of around 10 regular attenders. It is led by a local woman who needs some support to put her ideas into practice and with equipment, running costs and volunteer expenses.

Match funding

Nature 4 Health – A 12 week mental health programme in Elgin and Forres which Forestry and Land Scotland have agreed to provide 50% of the funding for. The programme will be open to those using mental health services in the area and will also deliver bi-weekly nature walks for wellbeing in Aberlour, Forres and Elgin.

Carers and bereavement

Crossroads Community Mental Health Support – To fund carers to spend time with those with Mental Health conditions either taking them out or in their own home on a referral basis across the Isle of Lewis.

Debt and financial inclusion

CHAP Financial Wellbeing and Inclusion Advisor - For an advisor to operate within the Kilwinning Community Sports Club for 3 days per week available to facilitate a combination of appointment-based and drop-in services to individuals within the community. They will also deliver regular financial education group sessions which will be accessible to anyone in the community out with the 3 drop-in days. To encourage people to engage with the services, KSC are going to offer free gym memberships to those who engage with the service. This will alleviate financial stress by helping people become more active which is proven to have a positive impact on general fitness and boost mental wellness.

Sport and the arts

Dunterlie arts and crafts group – The project will support around 15 people in the Dunterlie Area and is led solely by a wonderfully creative woman. Her group of regulars meet each week to focus on a project and work towards creating something. She describes her project as “therapy without the title”. Making art is the reason that people come to the club, but talking to others, being socially included and leaving with a sense of achievement is ultimately what makes members come back each week.

Greenock Morton Community Trust ‘Breakfast and Blether’ – For a new mental health project to take place on a weekly basis at Cappielow Park, home of professional football club Greenock Morton. To enable adults from Inverclyde struggling with their mental health to have breakfast, before having the opportunity to Walk & Talk with others through a peer support network. After their walk, they will have the chance to return to Cappielow Park for tea, coffee and a chance to learn about other resources/signposting in their local community. Key benefits of the project are the peer support created and the reduction in social isolation by helping participants connect, make friendships and not feel alone.

MorphFit Gentle Movement Project Ltd The programme will centre around exercises and techniques which specifically promote positive mental health and overall wellbeing. The aim to improve the mental health & wellbeing of individuals through this specified exercise programme and provide them with a toolkit which they can continue to use far beyond the course itself. Distinct benefits of participation for this population include: Better sleep, Happier thoughts, The ability to manage stress, anxiety, and intrusive thoughts, Improved self-esteem, Reduced risk of depression, Connecting with people.

Annex B Projects by region

Aberdeen City

TLC befriending service: This service matches volunteer befrienders with individuals referred to us via the Primary Links Practitioners, based in doctor's surgeries across Aberdeen. The service aims to act as an early intervention to alleviate the feelings of loneliness and isolation, which has adversely affected an individual's mental health and wellbeing, by supporting and building individuals' community connectedness and personal resilience.

Aberdeenshire

Aden Community Allotment Association: The project facilitates the outdoor growing of food, supporting people to build networks; increases access to fresh air and natural light to enable wellbeing for attendees.

Angus

Kirrie connections: This involves the creation of a Community Garden at dementia "Meeting Centre" in Kirriemuir, with a focus specifically on supporting people with dementia and their carers.

Argyll and Bute

Cowal Elderly Befrienders: The project is aimed at older men living at home in Cowal and Bute who are referred after being identified as being over 65 and at risk of loneliness and social isolation. For example, in response to an isolated elderly person being referred by their GP, an Outreach Worker visits weekly and a working bond is established.

Scottish Borders

FirstLight: The project will train FirstLight Trust support staff and café hub assistants to understand/deal with the effects of secondary trauma. They will then run psycho education support groups on a 1:1 basis as well as remotely for those who have to shield or live outside Hawick. The course will last for 6 weeks. Support staff will learn about secondary trauma, its impact and how to support those who suffer. The workshops will be created by a qualified trauma therapist who has worked with veterans and their families for years.

Clackmannanshire and Stirling

Wee County Veterans: This was a small group that helps veterans cope with life after service. There are a high number of veterans in Clackmannanshire. The service provided a drop-in through lockdown which was hugely welcomed and this new funding has helped them now identify a new venue that they will be leasing from the council to provide a permanent place that they can help and support veterans.

Dumfries and Galloway

Animal assisted farm: The project will assist young adults struggling with stress, anxiety, and low self-worth to create a picture book style book of fictional stories with Mossburn Community Farm and their animals as the setting and inspiration.

Dundee City

Scrapantics - A refugee community leader will be employed for an initial 16 week period with the objective of developing provision which responds to community need. Funding will enable additional experienced community work support. The weekly activity programme in ScrapAntics Wellgate Centre space will involve a men's group, women's group and sewing course.

East Ayrshire

Women's Aid- Developing a wellbeing programme for members and other women across East Ayrshire. This will be delivered by weekly group sessions and supplemented with wellbeing bags for every woman. The programme will include meditation and mindfulness; yoga; mindful walks, learning breathing, grounding and resourcing techniques; aromatherapy; relaxation. The bags will include gratitude journals, rescue remedy, and self-care items.

East Dunbartonshire

Kirkintilloch Ladies Choir: This project have gathered for the first time in person in over 2 years due to the pandemic. The funding has secured a location for them to meet and work to reduce loneliness and isolation on Kirkintilloch.

East Lothian

Families outside: support 60-70 families that can be affected by imprisonment of a loved one in East Lothian at any given time. Support is holistic and solution-focused, working with families to identify their needs and the outcomes they wish to achieve. This service works in tandem with our helpline which offers a range of support for families, while also signposting to local services. As a first contact point, their helpline also acts as a referral source, linking callers requiring more intensive support.

East Renfrewshire

Cricket 4 ALL: The project is all about getting people out in a safe space where they can meet, share stories, build confidence and enjoy a social game of cricket. They aim to bring communities together, listen, and help signpost those who need help to local services. They are particularly keen to help carers and those who have had challenging times during Covid.

Edinburgh

Greenspace Trust: Deliver 24 half day taster sessions where 8-10 people from gypsy and traveller communities try out different activities in local greenspaces.

Falkirk

Walk and Talk Project: The Breastfeeding Network's Walk and Talk Project utilises existing dedicated community support for new parents and families as a vehicle for providing additional wellbeing support for those who need it through 'walk and talk' sessions, allowing people to spend time walking outdoors whilst talking with trained volunteer facilitators. Highlights and successes of the project so far include seeing an increased number of men/dads participating in these activities.

Fife

Corrie Centre Senior Citizens Social Club: A weekly meeting which allows the group to meet, take part in social activities with their friends with refreshments provided. They secured money to pay for transport to alleviate fears about attending the group due to Covid and low self-confidence brought on by sustained lockdown, as well as hall hire and refreshment costs. The group have a few additional people attending weekly session with a marked improvement in their confidence and well-being.

Glasgow

The Halliday Foundation will run their new Community Café in Barrowfield Community Centre with Wellbeing Funding helping to provide a place for local people to connect and engage in a welcoming environment. Their menus are professionally prepared from mainly donated ingredients. Customers can opt to 'pay it forward' so a monetary fund is built up that provides free meals to customers in need and helps reduce food insecurity.

Highland

Highlife Highland: Healthy Minds Badenoch & Strathspey. To reach seldom heard members of the community who are struggling with mental health due to the pandemic, providing bushcraft activities, wildlife identification, giving groups an opportunity to relax, learn about and enjoy nature and wildlife on their doorstep.

Inverclyde

Meet, Make, Grow & Share: The project aim is to reduce isolation and loneliness predominately for older men, who can be difficult to reach in terms of mental and physical health advice. The model relies on a 'peer to peer' support network where those with lived experience help support others with advice and friendship, importantly however, at people's own pace.

Midlothian

Artlink: Development of arts related provision to support people with complex learning disabilities and autism in Midlothian.

Moray

Cullen Sea School Mental Health and Wellbeing Initiative: The projects provides a range of free water based and on-shore courses, events and activities. By removing a cost barrier, this will allow anyone who is interested the opportunity to attend regularly.

North Ayrshire

'Fill Your Bucket': North Ayrshire Recovery College established 'Fill Your Bucket' which is based on positive psychology to encourage a fresh movement of kindness in the community. They are hosting a film festival with trauma informed documentaries, a film making workshop and a feel-good film

North Lanarkshire

Bazooka Arts: Connect Access: Aim: To provide access to therapeutic support to people with mental health problems currently on the Bazooka arts waiting list Approach: Entry level therapeutic arts support designed to reduce stress & anxiety in addition to building confidence & self-esteem including visual art, drama, dance, yoga and therapeutic movement designed to improve mental & physical health.

Orkney Islands

Hoy and walls wellbeing: The funding will be used to provide two weekly wellbeing groups, firstly one for gentle chair-based exercise, and the second for an informal group which will provide an opportunity for people to meet together and discuss issues that cause concern and worry.

Perth and Kinross

Pink Saltire: To develop a pop-up LGBT+ Hub in Perth which will provide a range of activities to support the mental health and resilience of the local LGBT+ community such as tasters in areas of health, sports and creative activities, social events and a life coaching programme.

Renfrewshire

Parkrun UK: Parkrun UK is a well-established organisations but this application came from a resident of Erskine who aims to start a 5 kilometer run in a local park. This individual has had personal experience of the benefits running can have on mental health, particularly during lockdown, and wanted to create a local opportunity for Erskine

Shetland Islands

Menopause group: We provided a safe space for women experiencing the menopause to come together to support each other and access therapeutic services. 21 women attended the group that occurred weekly in a community hall setting. It was a space where everyone felt very comfortable discussing any aspect of the symptoms they were experiencing. A space where they did not feel judged or silly,

South Ayrshire

Riverside stories: Arts project for those with severe and multiple disadvantage focusing on creative writing, visual art and film and community events.

South Lanarkshire

Biggar community action group will facilitate arts and craft activities with the older population within the village. Some of the funds will be used to establish a 'death café' one day a month from the local community centre within the village's main street. The 'death café' gives participants the opportunity to have open conversations around the subject of death and loss.

West Dunbartonshire

Walking the Stress Away - this project providing physical activity opportunities for kinship carers is an important one spanning a range of mental health challenges and offering connectivity across a range of mental wellbeing issues

Western Isles

Bragar and Arnol Siora Project (Freedom Project) - aims to reduce social isolation for a targeted group of isolated individuals in a remote community. This project is being run by a community group who are using a befriending model. TSI officers were able to direct the group to Befriending networks for advice and assistance in starting up, they were also able to give advice concerning health and safety and risk assessment for volunteers.

West Lothian

Sporting Memories - running activity classes for older people with dementia. Application seeks to put on range of weekly sporting memory sessions in Broxburn and Bathgate for older people experiencing social isolation and loneliness. Physical activity sessions also planned to support mental health and well-being.

Annex C Information on Funding Distribution

In October 2021, as part of the £120 million Recovery and Renewal Fund, the Minister for Mental Wellbeing announced £15 million funding for 2021/22 for a new Communities Mental Health and Wellbeing Fund.

In February 2022, an additional £6 million was provided for 2021/2022 to the Communities Mental Health and Wellbeing Fund to meet the demand for local mental health and wellbeing projects, bringing total funding made available in 2021-22 to £21 million.

This annex provides information on the breakdown of this funding, in terms of allocation to Third Sector Interfaces.

A) Fund distribution to regional TSIs - £15 Million for 2021/22 issued to Third Sector Interfaces in October 2021

The following table provides information on the value of each grant awarded to Third Sector Interfaces for distribution to community organisations.

Name of Third Sector Interface	Amount awarded
East Ayrshire Council of Voluntary Organisations	£358,466.93
Third Sector Interface North Ayrshire - Arran CVS/The Ayrshire Community Trust (TACT)	£407,213.24
Voluntary Action South Ayrshire	£340,656.74
Scottish Borders - managed by Third Sector, Dumfries and Galloway	£318,924.96
Third Sector, Dumfries and Galloway	£448,795.86
Fife Voluntary Action	£1,021,915.50
Stirlingshire Voluntary Enterprise/Clackmannanshire Third Sector Interface	£384,830.33
Council for Voluntary Sector, Falkirk	£431,985.70
Aberdeen Council of Voluntary Organisations	£571,873.72
Aberdeenshire Voluntary Action	£631,630.61
Third Sector Interface, Moray	£257,199.41
East Dunbartonshire Voluntary Action	£278,124.84
Voluntary Action East Renfrewshire	£238,704.67
Glasgow Council for the Voluntary Sector	£1,789,605.95
Council for Voluntary Service, Inverclyde	£244,609.99
Engage Renfrewshire	£509,542.91
West Dunbartonshire CVS	£271,289.50
Argyll & Bute Third Sector Interface	£285,284.40
Highland Third Sector Interface	£703,549.48
Voluntary Action North Lanarkshire	£951,444.58
Voluntary Action South Lanarkshire	£888,317.44
Volunteer Centre East Lothian	£278,832.73

Edinburgh Voluntary Organisations' Council/Volunteer Edinburgh/ESEN	£1,255,065.18
Midlothian Voluntary Action	£241,549.96
Voluntary Sector Gateway West Lothian	£470,257.11
Voluntary Action Orkney	£75,197.34
Voluntary Action Shetland	£73,265.82
Voluntary Action Angus	£324,072.58
Dundee Voluntary Action and Volunteer Centre Dundee	£434,655.48
Perth and Kinross Association of Voluntary Services	£412,861.80
Third Sector Interface Western Isles	£100,275.26
Total amount paid out	£15,000,000.00

The NHS Scotland Resource Allocation Committee Formula (NRAC) was adopted as the distribution model for the £15 million of funding. NRAC is the annually reviewed and adjusted formula, used by NHS Scotland to distribute resources to Health Boards, Health and Social Care Partnerships and Integrated Authorities (including Integrated Joint Boards) across Scotland. NRAC takes into account a range of factors, such as population size, concentration, health, age and deprivation as well as adjustments for rural geography and more isolated communities.

B) Fund distribution to regional TSIs - additional £6 million for 2021/22 issued to Third Sector Interfaces in February 2022

An additional £6 million was provided in February 2022 for 2021/2022 to meet the demand for local mental health and wellbeing projects, bringing total funding to £21 million in 2021/2022.

The additional £6 million was provided in response to the positive demand for the original £15 million announced in October. The Scottish Government had notification of a high number of high quality bids. These are competent proposals, assessed as deliverable, that were made in applications for support from the Fund, but were unable to gain support due to the Fund being oversubscribed for projects.

The funding was distribution through a demand led approach. Instead of referring to the NRAC formula, used for the Fund, to distribute the Additional Grant the Scottish Government consulted with all the TSIs and asked what the value was of high quality bids by applicants to the Fund who were not successful due to oversubscription. The allocation of the £6 million Additional Grant was based on the figures given by the TSIs.

The total value of high quality bids reported to us from the TSIs was £6,000,600, which meant that we could distribute the Additional Grant to a level that almost matched that reported figure. This resulted in the Additional Grant being able to meet the value of high quality bids that was provided by the TSIs, with only a £600 shortfall, distributed across the 27 funding requests.

Table illustrating the distribution of the Additional Grant – including reported level of high quality bids.

The additional £6 million was being distributed across Scotland, with 27 out of the 32 regions of Scotland receiving a share of the additional funding, with 5 regions not requiring the additional funding.

TSI region	Amount awarded
East Ayrshire	£99,990.00
North Ayrshire	£49,995.00
South Ayrshire	£17,998.20
Scottish Borders (managed by Third Sector, Dumfries and Galloway)	£814,918.51
Dumfries and Galloway	£875,912.41
Fife	£324,967.50
Falkirk	£21,997.80
Aberdeen City	£199,980.00
Aberdeenshire	£79,992.00
East Dunbartonshire	£105,989.40
East Renfrewshire	£9,999.00
Glasgow City	£799,920.01
Inverclyde	£93,990.60
Renfrewshire	£49,995.00
Argyll and Bute	£411,958.80
Highland	£279,972.00
North Lanarkshire	£719,928.01
South Lanarkshire	£169,983.00
East Lothian	£149,985.00
Edinburgh	£72,992.70
Midlothian	£54,994.50
West Lothian	£99,990.00
Orkney Islands	£26,997.30
Angus	£119,988.00
Dundee City	£166,983.30
Perth and Kinross	£169,983.00
Western Isles	£10,598.94
Total share	£6,000,000.00

C) The administration/capacity building grant to TSIs

A grant of £1,136,344.57 was provided to support administration costs and the capacity building efforts of TSIs. This was distributed across TSIs, each receiving 7.5% of their Fund grant amount as an Administration Grant. For TSIs in smaller regions – Orkney, Shetland and the Western Isles – where the level of Administrative Grant would fall below a level of

£10,000 it was agreed that this should be brought up to £10,000 to ensure they were not disadvantaged.

Table for the distribution of the Administrative Grant

TSI Region	Administration cost at 7.5% per allocation, adjusted with a minimum flat rate of £10,000
East Ayrshire	£26,885.02
North Ayrshire	£30,540.99
South Ayrshire	£25,549.26
Scottish Borders (managed by Third Sector, Dumfries and Galloway)	£23,919.37
Dumfries and Galloway	£33,659.69
Fife	£76,643.66
Clackmannanshire and Stirling	£28,862.27
Falkirk	£32,398.93
Aberdeen City	£42,890.53
Aberdeenshire	£47,372.30
Moray	£19,289.96
East Dunbartonshire	£20,859.36
East Renfrewshire	£17,902.85
Glasgow City	£134,220.45
Inverclyde	£18,345.75
Renfrewshire	£38,215.72
West Dunbartonshire	£20,346.71
Argyll and Bute	£21,396.33
Highland	£52,766.21
North Lanarkshire	£71,358.34
South Lanarkshire	£66,623.80
East Lothian	£20,912.45
Edinburgh	£94,129.89
Midlothian	£18,116.25
West Lothian	£35,269.28
Orkney Islands	£10,000.00
Shetland Islands	£10,000.00
Angus	£24,305.44
Dundee City	£32,599.16
Perth and Kinross	£30,964.64
Western Isles	£10,000.00
Total	£1,136,344.57

Annex D Reporting templates

This section outlines the three sets of reporting templates provided to TSIs to gather information on the delivery of the Fund.

a) Local Plan template (completed by email)

Communities Mental Health and Wellbeing Fund Local Partnership Plan - Summary Reporting Form	
Partnership information	
Lead funding partner organisation	
Lead contact person and contact details	
Key fund application details (web link, start and closing dates, where applicable, expected dates for paying grants)	
Copy of Local Partnership Plan (i.e. PDF, Word or web link) Note – The approach taken to local partnership planning is up to local areas so we do not expect uniformity in format or length across these	
Grant amount awarded 2021 – 2022	
List of all Local Partnership Group partners	
Local Partnership Group working	
Please explain your approach to collaboration on the delivery of the Fund through your local partnership group i.e. partners involved and in what stages of the process (i.e. assessment of bids, etc.). Please outline governance arrangements in place.	
Administration / Resources	
How will you manage and administer the fund locally (i.e. through a dedicated post)	
Local partnership plan summary	
Please provide a brief summary of the approach you will be taking locally i.e. what you would want to achieve, who you will be working with and what difference this will make	
Key priorities	
The fund guidance outlined the Fund's focus as being:	

1. Tackling priority issues within the **Transition and Recovery Plan** such as suicide prevention, social isolation and loneliness, prevention and early intervention
2. Addressing the mental health **inequalities exacerbated by the pandemic** and the needs of a range of 'at risk' groups locally:
 - Women (particularly young women, and women and young women who have experienced gender based violence)
 - People with a long term health condition or disability
 - People who are or have been on the highest risk (previously shielding) list
 - People from a Minority Ethnic background
 - Refugees and those with no recourse to public funds
 - People facing socio-economic disadvantage
 - People experiencing severe and multiple disadvantage
 - People with diagnosed mental illness
 - People affected by psychological trauma (including adverse childhood experiences)
 - People who have experienced bereavement or loss
 - People disadvantaged by geographical location (particularly remote and rural areas)
 - Older people
 - Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities
 - Other

a) Which of the priorities listed above have been identified in your local partnership plan as key priorities for the Fund locally?

b) Have any other themes or groups been identified through the local partnership plan which are not listed in the guidance priorities?

c) With regards to the process for agreeing key priorities locally, can you provide information on the rationale/evidence base/process for prioritisation?

Target groups

How will you know you are reaching your target groups? What actions are being taken?

How will you ensure equalities considerations are taken into account, in terms of fund allocation and in the actions of funded organisations?

Strategic alignment

Explain how your local plan will contribute to fulfilling the following outcomes and priorities:

- a) The intended outcome of the Fund is to develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others.

b) The Fund seeks to contribute to the four key areas of focus from the [Mental Health Transition and Recovery Plan](#):

- Promoting and supporting the conditions for good mental health and wellbeing at population level
- Providing accessible signposting to help, advice and support
- Providing a rapid and easily accessible response to those in distress
- Ensuring safe, effective treatment and care of people living with mental illness

c) Local mental health and wellbeing priorities i.e. as set by your Health and Social Care Partnership and your local partnership group

Planned approach to fund delivery

How have you structured your fund locally i.e. tiers of funding for small and medium projects, etc?

Action to ensure engagement with those with lived experience?

Fund promotion and support, please summarise capacity building activities i.e. how will you support less experienced fund applicants, encourage collaboration etc?

Impact and evaluation

Further guidance and learning opportunities can be provided on this matter though we are interested in any existing plans.

Please indicate whether you have set in place a mechanism through which to:

- a) Evaluate overall progress against your local plan
- b) Evaluate and measure the impact of individual funded projects
- c) Measure impact on priority groups
- d) Ensure the work in your local plan continue once the funding ends

Please indicate any advice or support that can be provided centrally to enable this:

Risks

Can you outline any risks that you have identified in terms of your delivery of the Fund in line with fund guidance, and detail any mitigating actions set in place.

Please indicate any advice or support that can be provided centrally:

Learning

Please share any issues, learning or suggestions you might have (including ideas, topics for the National Fund Network, as well as any expertise/experience you can offer to others)	
Signed:	Date:
<p>How to submit your Local Partnership Plan Form</p> <p>Please either attach your local partnership group plan to your email to us, or embed it as an attachment in this form (e.g. web link, PDF or Word document). This form must be physically signed off by the lead funding partner for the local partnership plan as being a true and accurate representation of your proposed activity. A scanned or electronic version of this signature is acceptable.</p> <p>When we receive your report, we will log it and review it with support from the National Oversight group and provide any feedback should this be required.</p>	

b) Interim reporting template (by online survey)

Interim Progress Report	
Partnership information	
Lead funding partner organisation	
Form completed by	
Position in organisation	
Local Partnership Group working	
<p>In your local partnership plan and summary template (submitted in December 2021) you outlined the collaborative/partnership approach you are taking to deliver the fund locally and governance arrangements to support this.</p> <p>As much as is possible at this stage, please (briefly) let us know:</p> <p>a) How well you think your partnership approach has been working so far? Very Good/ Good/ Moderate/ Poor/ Very Poor</p> <p>If possible, please explain your response (text box)</p> <p>b) Have you experienced any challenges in relation to the partnership approach you have taken? Yes/No. If yes – please explain (text box)</p> <p>c) Please say what you could do to improve your partnership approach going forward? (text box)</p>	
Administration / Resources	
<p>In your local partnership plan and summary template you also explained how you would manage/administer the fund locally.</p> <p>As far as you are able to at this stage, please say:</p>	

a) Please explain how you have utilised the additional capacity building grant you received to manage/administer the fund and say what, if any, additional value this has provided in successfully implementing the fund locally.

b) How effective you think your fund management arrangements have been? Very Good/ Good/ Moderate/ Poor/ Very Poor

If possible, please explain your response (text box)

c) Have you experienced any difficulties in administering the fund? Yes/No

If Yes, please explain the difficulties and outline any actions you have taken to improve your approach (text box)

d) Do you have ideas for how you could further improve your approach to managing/administering the fund going forward? Yes/No

If Yes, please explain (text box)

Types of projects being funded

We are interested to know more about the kind of projects you are funding to give us a sense of the range of work being supported. For example, a community arts based project run by local volunteers, or a local befriending scheme in collaboration with a region-wide organisation.

Please provide three illustrative examples of projects you are funding – a few lines for each example is fine i.e. project title, aims, approach, why it is of particular interest and who working with.

- 1.
- 2.
- 3.

Target groups and key priorities

The fund guidance outlined the fund's focus as being:

3. Tackling priority issues within the **Transition and Recovery Plan** such as suicide prevention, social isolation and loneliness, prevention and early intervention
4. Addressing the mental health **inequalities exacerbated by the pandemic** and the needs of a range of 'at risk' groups locally

Whilst we recognise that many projects will progress a range of key priorities and be of benefit to a number of different groups, we would like to get a sense of the balance of awards being allocated to benefit different priorities and target groups. Please indicate the frequency of awards being allocated to benefit the following target groups and key priorities.

Engaging with lived experience	
In your local partnership plan and summary template you also explained how you would include those with lived experience of mental health difficulties in your implementation of the fund. Please say whether you, as a local partnership group, have involved those with lived experience.	
Yes/No	
If yes, please briefly tell us how you have engaged those with lived experience in this work.	
If possible, please give a few examples of the ways in which the projects you are funding intend to engage those with lived experience in their work.	
Capacity building	
Have you provided any support to fund applicants, particularly those with less experience, to ensure they can apply for funding?	
Yes/No/We plan to do so	
If no, why have you not done so?	
If yes, what kind of support have you given them?	
If you plan to do so, what kind of support do you plan to offer to fund applicants?	
Spend	
While we are aware most funding will not have been allocated to community organisations yet, we are interested in any progress on spend at this stage. Please leave any sections below blank if you are not able to provide the information at this point in time.	
Number of applications received	
Number of applications awarded	
Total amount of the fund allocated so far	
Amount remaining to be issued	
Total amount allocated to capital spend	
Note - include the amounts allocated to dedicated capital projects as well as the capital elements of hybrid capital/revenue projects	
Fund application deadline	
Please let us know if you anticipate any difficulties with dispersing your full grant by the end of March 2022 – and if so, whether you would like any assistance from us on this.	
Project size	

We are interested in how many awards you have allocated so far to small, medium and larger projects. Please indicate below (approximately) how many projects you have approved for the amounts shown below.

Amount Number of awards allocated	Number of applications received
Up to £2,000	
Between £2,000 and £10,000	
Between £10,000 and £20,000	
Between £20,000 and £50,000	
Over £50,000	

Types of organisations being funded

We are interested to know more about the types of organisations you are funding and the geographical area they operate within. Please say approximately what proportion of funding you have allocated to the following types of organisations.

Size of organisations	Frequency of awards allocated
Small organisations (with incomes of up to £25,000 per annum)	None
Medium sized organisations (with incomes between £25,000 and up to £1 million per annum)	Rare amount
Large organisations (with incomes over £1 million per annum)	An occasional amount
	A moderate amount
	A great deal
Geographical	None
Organisations operating within a small locality	Rare amount
Organisations operating across a few localities	An occasional amount
Organisations operating across your whole TSI area	A moderate amount
Organisations operating across more than one TSI area	A great deal
Organisations operating across Scotland	

Learning

We are keen to improve our approach to implementing the fund as we go along. Please share any early learning points/suggestions you might have on how we could improve implementation of the fund i.e. in relation to how it is managed, promoted, implemented and evaluated at both a national and local level. (text box)

If you are able to at this stage, please also share any observations or learning you might have on the emerging impact the projects you have funded are having on mental health and wellbeing in your area. (text box)

I can confirm that the information provided above is a true reflection of our actions and expenditure for the current period (October 2021 – January 2022):

Date:

Signature:

How to submit your Interim Progress Report

This form must be signed off by the lead funding partner for the local partnership plan as being a true and accurate representation of activities to date. A scanned or electronic version of this signature is acceptable.

c) End of Year template (by online survey)

End Year Reporting	
1.	Partnership information
	Lead funding partner organisation
	Form completed by
	Position in organisation
2.	Local Partnership Group working
	In your local partnership plan and interim report, you outlined the collaborative/partnership approach being taken to deliver the fund locally and governance arrangements to support this.
	<p>d) How well you think your partnership approach has operated across the duration of Year 1 of the Fund? Very well/well/ moderately well/ poor/ very Poor</p> <p>Please explain your response (text box)</p> <p>e) Have there been any benefits of adopting a partnership approach? Yes/No If Yes, please explain (text box) If No – please explain (text box)</p> <p>f) Have you experienced any challenges in relation to the partnership approach you have taken? Yes/No. If yes – please explain (text box)</p>

	<p>g) Please say how your partnership approach could be improved for Year 2 of the Fund? (text box)</p>
<p>3.</p>	<p>Local Fund Administration</p>
	<p>In your local partnership plan and interim survey, you explained how you would manage/administer the fund locally.</p> <p>e) Please only complete this question if you have new information further to what you included in your interim survey response</p> <p>Please explain how you have utilised the additional administration grant you received to manage the fund.</p> <p>What difference if any has the administration grant made to your ability to manage the Fund?</p> <p>Please explain (text box)</p> <p>f) Please only complete this question if you have new information further to what you included in your interim survey response</p> <p>Please explain what capacity building support you have provided to fund applicants (particularly those with less experience) to ensure they can apply for funding. (text box)</p> <p>What difference if any has your capacity building support made to organisations applying to the Fund</p> <p>Please explain (text box)</p> <p>c) Please only complete this question if you have new information further to what you included in your interim survey response</p> <p>Please note any additional value that the grant and any capacity building support you gave has provided in successfully implementing the fund locally. (text box)</p> <p>g) Overall, how effective do you think your fund management arrangements have been? Very Good/ Good/ Moderate/ Poor/ Very Poor</p> <p>If possible, please explain your response (text box)</p> <p>h) What have been the successes of the fund management arrangements? (text box)</p> <p>i) Have you experienced any difficulties in administering the fund? Yes/No</p>

	<p>If Yes, please explain the difficulties and outline any actions you have taken to improve your approach (text box)</p> <p>j) Do you have ideas for how you could further improve your approach to managing/administering the fund in Year 2?</p> <p>If Yes, please explain (text box)</p> <p>f) Please explain if any of the risks you identified in your local partnership group plan and summary template arose in practice and if so how these were dealt with? (text box)</p>																								
4.	<p>Target groups and key priorities</p>																								
	<p>The fund guidance outlined the fund's focus as being:</p> <p>5. Tackling priority issues within the Transition and Recovery Plan such as suicide prevention, social isolation and loneliness, prevention and early intervention</p> <p>6. Addressing the mental health inequalities exacerbated by the pandemic and the needs of a range of 'at risk' groups locally</p> <p>Whilst we recognise that many projects will progress a range of key priorities and be of benefit to a number of different groups, we would like to get a sense of the balance of awards allocated to benefit different priorities and target groups.</p> <p>Please indicate the frequency of awards being allocated to benefit the following target groups and key priorities.</p>																								
	<table border="1"> <thead> <tr> <th data-bbox="204 1319 1034 1429">Target group</th> <th data-bbox="1034 1319 1343 1429"></th> </tr> </thead> <tbody> <tr> <td data-bbox="204 1429 1034 1538">Women (particularly young women, and women and young women who have experienced gender based violence)</td> <td data-bbox="1034 1429 1343 1538">Number of applications received</td> </tr> <tr> <td data-bbox="204 1538 1034 1576">People with a long term health condition or disability</td> <td data-bbox="1034 1538 1343 1576"></td> </tr> <tr> <td data-bbox="204 1576 1034 1653">People who are or have been on the highest risk (previously shielding) list</td> <td data-bbox="1034 1576 1343 1653">Number of awards allocated</td> </tr> <tr> <td data-bbox="204 1653 1034 1691">People from a Minority Ethnic background</td> <td data-bbox="1034 1653 1343 1691"></td> </tr> <tr> <td data-bbox="204 1691 1034 1729">Refugees and those with no recourse to public funds</td> <td data-bbox="1034 1691 1343 1729"></td> </tr> <tr> <td data-bbox="204 1729 1034 1767">People facing socio-economic disadvantage</td> <td data-bbox="1034 1729 1343 1767"></td> </tr> <tr> <td data-bbox="204 1767 1034 1805">People experiencing severe and multiple disadvantage</td> <td data-bbox="1034 1767 1343 1805"></td> </tr> <tr> <td data-bbox="204 1805 1034 1843">People with diagnosed mental illness</td> <td data-bbox="1034 1805 1343 1843"></td> </tr> <tr> <td data-bbox="204 1843 1034 1919">People affected by psychological trauma (including adverse childhood experiences)</td> <td data-bbox="1034 1843 1343 1919"></td> </tr> <tr> <td data-bbox="204 1919 1034 1957">People who have experienced bereavement or loss</td> <td data-bbox="1034 1919 1343 1957"></td> </tr> <tr> <td data-bbox="204 1957 1034 2016">People disadvantaged by geographical location (particularly remote and rural areas)</td> <td data-bbox="1034 1957 1343 2016"></td> </tr> </tbody> </table>	Target group		Women (particularly young women, and women and young women who have experienced gender based violence)	Number of applications received	People with a long term health condition or disability		People who are or have been on the highest risk (previously shielding) list	Number of awards allocated	People from a Minority Ethnic background		Refugees and those with no recourse to public funds		People facing socio-economic disadvantage		People experiencing severe and multiple disadvantage		People with diagnosed mental illness		People affected by psychological trauma (including adverse childhood experiences)		People who have experienced bereavement or loss		People disadvantaged by geographical location (particularly remote and rural areas)	
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	<p>Older people Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities Other groups (please explain)</p> <p>Key priorities</p> <p>Suicide prevention Social isolation and loneliness Prevention Early intervention Other local priorities (please explain)</p>	
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5. Reaching target groups

	<p>a) Please only complete this question if you have new information further to what you included in your interim survey response In your interim survey response, you outlined your intentions and progress in reaching your target groups. Please outline the actions you have taken to reach the target groups</p> <p>b) Which target groups have your actions focused on: (tick all that apply):</p> <p>Whole population Women (particularly young women, and women and young women who have experienced gender based violence) People with a long term health condition or disability People who are or have been on the highest risk (previously shielding) list People from a Minority Ethnic background Refugees and those with no recourse to public funds People facing socio-economic disadvantage People experiencing severe and multiple disadvantage People with diagnosed mental illness People affected by psychological trauma (including adverse childhood experiences) People who have experienced bereavement or loss People disadvantaged by geographical location (particularly remote and rural areas) Older people Lesbian, Gay, Bisexual and Transgender and Intersex (LGBTI) communities Other groups (please explain)</p> <p>B) How successful have your actions been in reaching target groups?</p> <p>Very/Quite/moderately/somewhat/not at all</p>
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	Please explain, including any challenges in reaching specific target groups (text box)	
	<p>Please only complete this question if you have new information further to what you included in your interim survey response.</p> <p>What actions have you taken to ensure equalities considerations are being taken into account – you can explain this in terms of your allocation of the funding and in terms of the actions funded organisations say they are taking?</p>	
6.	Engaging with lived experience	
	<p>a) In your local partnership plan and interim reporting you explained your intentions and progress in including lived experience of mental health difficulties in your implementation of the fund.</p> <p>Now that Year 1 funding has been distributed to organisations, please say whether you, as a local partnership group, have involved those with lived experience.</p> <p>Yes/No</p>	
	<p>If Yes</p> <p>b) Please only complete this question if you have new information further to what you included in your interim survey response</p> <p>Please briefly tell us how you have engaged those with lived experience in this work.</p>	
	<p>c) Please only complete this question if you have new information further to what you included in your interim survey response</p> <p>Please give a few examples of the ways in which the projects you are funding intend to engage those with lived experience in their work.</p>	
7.	Spend	
	<p>Total grant allocation (provided in October 2021 and if applicable, February 2022)</p> <p>(numerical box)</p>	
	Do you have any funds not allocated?	Response options

	This relates to both original October 2021 grant and additional February 2022 grant if applicable). Yes/No	
	If Yes How much? Note reasons?	(numerical box) (text box)
	Total number of applications received	(numerical box)
	Total number of awards made using the original grant provided in October 2021	(numerical box)
	Total number of awards made using the additional grant provided in February 2022 (blank if not applicable)	(numerical box)
	- Total amount allocated to capital spend Note - include the amounts allocated to dedicated capital projects as well as the capital elements of hybrid capital/revenue projects - Note a definition of capital spend is outlined in the national guidance	(numerical box)
	Can you confirm that you have undertaken due diligence on the funded organisations yes/no Note – the specific actions on due diligence have not been outlined in the national guidance, rather the expectation is that existing processes followed by your organisation, or as agreed by your local partnership arrangements have taken place.	
8.	Grant size	
	We are interested in how many awards you have allocated to small, medium and larger projects. Please indicate below (approximately) how many projects you have approved for the amounts shown below.	
	Amount allocated	Number of applications received Number of awards
	Up to £2,000	
	Between £2,001 and £10,000	
	Between £10,001 and £20,000	
	Between £20,001 and £50,000	
	Over £50,000	
10.	Types of organisations being funded	

	We are interested to know more about the types of organisations you are funding and the geographical area they operate within. Please note the number of applications received and number of awards allocated	
	<p>Size of organisations</p> <p>Small organisations (with incomes of up to £25,000 per annum) Medium sized organisations (with incomes between £25,001 and up to £1 million per annum) Large organisations (with incomes over £1 million per annum)</p> <p>Geographical</p> <p>Organisations operating within a small locality Organisations operating across a few localities Organisations operating across your whole TSI area Organisations operating across more than one TSI area Organisations operating across Scotland Organisations operating across UK Organisations operating internationally</p>	<p>Number of applications received</p> <p>Number of awards allocated</p> <p>Number of applications received</p> <p>Number of awards allocated</p>
1 1	Outcomes	
	<p>Please share your reflections on:</p> <ul style="list-style-type: none"> a) How your local allocation of the Fund meets the priorities set out in your local plan? (text box) b) How have you supported individual funded projects to measure impact of their work? (Text box) c) Going forward, what further support could be provided to TSIs or projects on measuring impact? (Text box) d) Do you have any reflections on how projects being funded through the Fund can be supported to be more sustainable? Please note any work that has taken place to support this. (Text box) e) Example projects While it is too early to collate information to assess the impact of projects on fund aims, we are interested in gathering a range of examples of projects whose work got off ground at an earlier stage and who have been able to share some of the early impacts. 	

	<p>Where possible, please provide three illustrative examples of projects you are funding – a few lines for each example is fine i.e. project title, aims, approach, why it is of particular interest, who working with and information provided on short term outcomes of the Fund so far.</p>	
<p>1 2</p>	<p>Learning</p>	
	<p>Please share any learning points/suggestions on how the Fund could be improved going forward. This could be how it is managed, promoted, implemented and evaluated at both local and national level, including delivery approach (including partnership arrangements), design of the Fund in terms national guidance, any ideas around support that could be provided to local partnerships or projects, including the Network.</p> <p>Views of TSI (text box)</p> <p>If you have gathered views of organisations applying to the Fund, please provide a summary of the feedback you have received from them (in their experiences in applying and being supported through the funding process ie clarity of application process, how helpful the information and guidance was etc, what could be improved for the future) (text box).</p> <p>Views of projects (text box)</p>	

Annex E Number of applications received and awards allocated to target groups and priority themes

TSIs were asked to note how many projects included a focus on each of the Fund's target groups or priority themes.

Table A below outlines the focus of applications and awards in terms of the Fund's target 'at risk' groups:

Note: Please apply caution in comparing number of applications received with number of awards made. Please note that the applications received figures do not include one large TSI's figures as they were not collected in this way from the outset.

Table A

Target 'at risk' group	Total Number
Women (including young women, and women and young women affected by gender based sexual violence) - applications received	374
Women (including young women, and women and young women affected by gender based sexual violence) - awards allocated	266
People with long term health condition or disability - applications received	803
People with long term health condition or disability - awards allocated	618
People who are or have been on the highest risk (previously shielding) list - applications received	435
People who are or have been on the highest risk (previously shielding) list Shielding - awards allocated	255
People from a Minority ethnic background - applications received	257
People from a Minority ethnic background - awards allocated	202
Refugees and those with no recourse to public funds - applications received	117
Refugees and those with no recourse to public funds - awards allocated	112
People facing socio-economic disadvantage - applications received	890
People facing socio-economic disadvantage- awards allocated	819
Older people - applications received	677
Older people- awards allocated	482
Gay, Bisexual and Transgender and Intersex (LGBTI) communities - applications received	235
Gay, Bisexual and Transgender and Intersex (LGBTI) communities - awards allocated	161
People facing Severe and multiple disadvantage - applications received	650
People facing Severe and multiple disadvantage - awards allocated	535
People with diagnosed mental illness - applications received	639
People with diagnosed mental illness - awards allocated	470
Psychological trauma including adverse childhood experiences - applications received	403
Psychological trauma including adverse childhood experiences- awards received	244

People who have experienced bereavement or loss - applications received	468
People who have experienced bereavement or loss- awards received	309
Geographical location (particularly remote and rural areas) - applications received	654
Geographical location (particularly remote and rural areas) - awards received	468

Table B below outlines the focus of applications and awards in terms of one of the Fund's priority themes:

Priority theme	Total number
Suicide prevention - applications received	462
Suicide prevention - awards allocated	279
Social isolation and loneliness - applications received	1534
Social isolation and loneliness - awards allocated	1026
Prevention - applications received	1009
Prevention - awards allocated	589
Early intervention - applications received	737
Early intervention - awards allocated	514
Other local priorities - applications received	619
Other local priorities - awards allocated	488



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