

Communities Mental Health and Wellbeing Fund

Year 1 Summary



Easy Read Version

Introduction

What will this summary tell me?



This summary explains what the Scottish Government has found out about Year 1 of the Communities Mental Health and Wellbeing Fund (the Fund).

What is the Communities Mental Health and Wellbeing Fund?



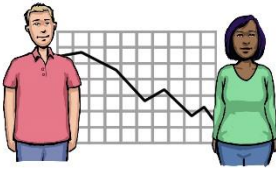
The Fund aims to help tackle the impact of social isolation, loneliness and mental health inequalities made worse by the pandemic.



The Fund supports people to look after each other within local communities and across Scotland, with help from community organisations and groups. The aim is to support the mental health and wellbeing of individuals.



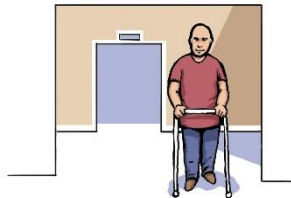
The Fund is aimed at tackling issues like suicide prevention, social isolation and loneliness.



The Fund also tackles mental health inequalities made worse by the pandemic including target groups such as:



- Women (particularly young women, and women and young women affected by 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 access to benefits



- People who are seriously disadvantaged



- People with diagnosed mental illness



- People affected by psychological trauma (including bad 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)



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

How much money is in the Fund?



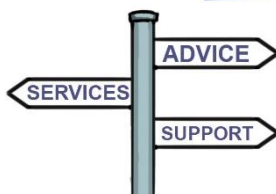
To meet the need for local mental health and wellbeing projects, the total funding made available in 2021-22 is £21 million.

How is the Fund being delivered?



The Fund is being delivered through local partnership groups, working together to make sure community based organisations get the support they need.

Key Findings: How the Fund is delivered



- The Fund has made existing partnerships work better and helped new partnerships to grow. This will continue in Year 2.
- The report shows that it is good to involve people with lived experience and engage with groups. More of this should be done in Year 2.
- People said the Fund was working well but that it needed to be more accessible to less experienced groups.
- Time was a key challenge to delivery in Year 1.

Key Findings: Reach of funded projects

Number of awards



The £21 million fund has led to 1842 grants being given to community organisations across Scotland. This has resulted in funding for 1775 projects.

Diversity

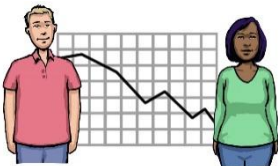


A wide range of community mental health projects have been funded including those focused on sport and exercise, nature, social spaces, art and therapy, with the goal of helping people early.



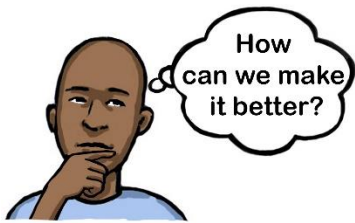
Most of the projects give people access to places and activities that help them come together and communicate. Many of the projects have sprung up from within communities themselves.

Target groups



Some of the target groups got more funding than others in Year 1 of the Fund. In Year 2 we need to think about how to help more of the target groups access the funding.

Key Findings: What can we learn?



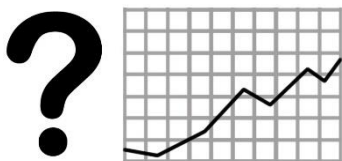
For Year 2 of the Fund, it will be important to build on the successes of Year 1. We have done well at building strong partnerships but we need to support less experienced groups to apply for funding.

Key areas for improvement include:



Engagement

We need to involve more people with lived experience and get better at supporting hard-to-reach target groups.



Measuring impact

We need better ways of measuring how the Fund is helping target groups. This should not make things difficult for those who apply.



Support

We need make sure local partnerships feel supported to deliver Year 2 of the Fund. This includes ongoing support through meetings and support that changes to meet the needs of local groups.



Scottish Government
Riaghaltas na h-Alba
gov.scot

© Crown copyright 2022

OGL

This publication is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. To view this licence, visit nationalarchives.gov.uk/doc/open-government-licence/version/3 or write to the Information Policy Team, The National Archives, Kew, London TW9 4DU, or email: psi@nationalarchives.gsi.gov.uk.

Where we have identified any third party copyright information you will need to obtain permission from the copyright holders concerned.

This publication is available at www.gov.scot

Any enquiries regarding this publication should be sent to us at

The Scottish Government
St Andrew's House
Edinburgh
EH1 3DG

ISBN: 978-1-80435-644-9 (web only)

Published by The Scottish Government, June 2022

Produced for The Scottish Government by APS Group Scotland, 21 Tennant Street, Edinburgh EH6 5NA
PPDAS1104842 (06/22)

W W W . g o v . s c o t