

# Community Mental Health Support Grants: guidance notes for groups

Compass Recovery College is pleased to announce small grants for voluntary groups in Reading, who are embedded in and providing grass roots support to their communities. We have received £3,000 from Reading Borough Council's Clinically Extremely Vulnerable fund to distribute to qualifying groups, allowing for £1000 for each community group to work collaboratively with us to create bespoke mental health and wellbeing offers.

The aim of this funding is to support mental health and wellbeing in vulnerable groups in Reading, by enabling local voluntary and community groups to create bespoke wellbeing workshops with Compass, in a way that reflects the individual experiences and needs of their communities

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

As a small community group, you are providing a vital role in reaching people most at risk in your communities. The aim of this funding is to reach those who are not aware of the wider support in Reading, or those who are unable to access the mental health and wellbeing support they require. There are many residents in our town who do not have access to the internet and for whom literacy and language may be a barrier, small community groups are the voice for the individuals who can't speak for themselves. Compass values and supports the vital importance of these community groups and this funding is directly targeted to help such groups to strengthen what they are already doing to support those most vulnerable in our town.

## **Our Priorities**

- 1) Applicants need to have reach to isolated and vulnerable communities. For example, those who are shielding, or groups have been disproportionately affected by the pandemic. (e.g. ethnic minorities or areas of high deprivation).
- 2) This funding is for groups who want to add a mental health element to what they're already offering to their community.
- 3) Applicants must be open to developing bespoke workshops together with Compass facilitators, based on what their participants want. We want to create these with you, based on the interests of your communities and the approach that best works for them.
- 4) Applicants need to already have access to participants.
- 5) Applicant staff/volunteers will be trained so they can continue to deliver the workshops to their groups after this project.
- 6) Applicants will lead on outreach to get participants from their communities involved and support the participants.
- 7) Someone from your group will need to be available approximately 10 hours a month to support the project.

## Our Offer

*This is a suggested offer from Compass, which can change based on your community's needs:*

**1) You will co-produce 3-4 sessions with Compass, based on your community's interests.**

Some examples of the bespoke workshops we have created with partners are:

- Understanding common mental health challenges (E.g. Anxiety, Depression)
- 5 Ways to Wellbeing
- Empower Yourself to Stress Less
- A Good Night's Sleep
- Self-care and resilience

**2) You will work with your community to select facilitated sessions with our Cognitive Behavioural Therapist or our Yoga Therapist–** Examples of workshops include:

- Being Kinder to Ourselves: Beginning Self-care and Compassion
- Breathing and Movement for Resilience
- Living a more Mindful Life
- Winter Wellness and Low mood
- Yoga for Self-care
- Movement and Breathing for Sleep
- How to listen to ourselves and care for what we hear

If you would like further details or support regarding the suggested offer, more details on services Compass provide please contact Ashley Hitchman, Compass Recovery Worker at [Ashley.Hitchman@reading.gov.uk](mailto:Ashley.Hitchman@reading.gov.uk) or telephone our main number on 0118 937 3945. You can also check our website <https://www.compassrecoverycollege.uk> to learn more.

## Expected outputs

<b>Co-design</b>	2 months, 10 hours per month for at least 1 volunteer or staff member	This preparatory stage involves speaking to your community members, identifying the types of mental health and wellbeing support they want and designing bespoke workshops in collaboration with Compass Recovery workers
<b>Co-delivery</b>	2 months, 10 hours per month for at least 1 volunteer/staff member	Co-delivering 3-4 sessions with Compass and supporting on sessions with additional facilitators. The community group will host the sessions, conduct outreach in the community and provide attendees for the workshops.
<b>Reflection</b>	1 month	Talking to community members about what sort of support they would like in the future and how Compass can adjust it's offer to be more responsive to their needs.

### **Who can apply for this funding?**

This funding was created to target grassroots community groups. While we understand that large groups and charities also need funding to fulfil their duties to their community, we want to prioritise those who don't have the same connections or opportunities as a larger organisation.

- 1) You are a community group who is embedded within a local community in Reading who's members have been heavily impacted by the pandemic. You already have contact and are supporting a community in Reading whom you have regular contact with.
- 2) Your group is able and interested in co-creating mental health and wellbeing workshops
- 3) You are applying as a group and not as an individual.
- 4) Your group will need to have safeguarding procedures in place and in some cases DBS checks depending on your activities to ensure your community is protected and safe from harm. If you do not have these in place DBS checks can be included in the funding application.
- 5) Your group will need to have an Equal Opportunities policy to ensure everything involved in your group can take part and is not unfairly discriminated against.

### **Who cannot apply for this funding?**

- 1) This funding is not available to social enterprises, businesses, individuals or other profit-making organisations, national organisations or branches.
- 2) If your group is not embedded in a local community in Reading.

### **What can you spend the money on?**

How you choose to use this funding is within the parameters and context of your particular group. It can, for example, cover contribution to core costs that will enable you continue running usual activities, whilst making space for mental health workshops.

Examples include:

- 1) Staff costs
- 2) Volunteer expenses
- 3) Training costs for staff or volunteers including DBS fees
- 4) Equipment needed to run your activities
- 5) Other costs such as room hire, printing, mini-bus hire for events

### **Do you need support with your application or any of the above guidance?**

If you would like support with understanding how to complete a funding application, what to include in your budget, or assistance with any of your governance, policies and procedures that are needed to support your application, please get in touch with Herjeet Randhawa, RVA Advice Service Manager at [herjeet.randhawa@rva.org.uk](mailto:herjeet.randhawa@rva.org.uk) or telephone 0118 937 2273 for free support and advice

### **Timeline:**

- 1) Deadline for applying – 5pm On Monday 3<sup>rd</sup> January 2022.
- 2) Decisions made by the panel and successful applicants to be notified by 31<sup>st</sup> January.

**The Panel:**

The panel will consist of the Compass Recovery College Manager, a representative from Reading Borough Council's Wellbeing team, a representative from Reading Voluntary Action and a Compass Peer Support Worker. We have chosen these representatives due to their background and knowledge of the community sector in Reading, to create a fair and open perspective on the applications. Please note that you should not contact the panel members if you need support with your application, but please contact Herjeet Randhawa who will guide you through your application. Neither Ashley Hitchman or Herjeet Randhawa will be involved in any decisions or discussions the panel will hold about individual applications.

Please note that we have a limited fund to distribute so we may receive more applications than funds available. The decision of the panel will be final and there is no appeal available.

**Please keep a copy of your application.**

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