

# Getting Help In Neighbourhoods

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Webinar #2 – 10<sup>th</sup> December 2021

- Brief programme overview
- Information on the grant fund
- Q&A

## LLR Step up to Great Mental Health

**Getting help in  
neighbourhoods**

Urgent care

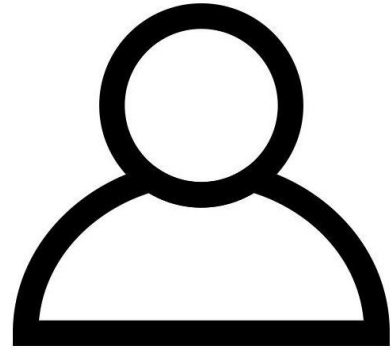
Planned care

Therapeutic  
inpatient

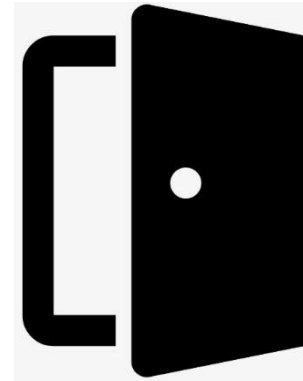
## **More people getting support relevant to their needs in the neighbourhood they live in.**

- ❑ Organisations actively working together, focusing on a population, planning and coordinating support to meet people's mental health & well being needs
- ❑ Increasing the range of activities available in neighbourhoods that help people to improve, maintain or that tackle the causes of mental health & wellbeing
- ❑ Focusing on prevention, recovery and those living with mental health challenges.

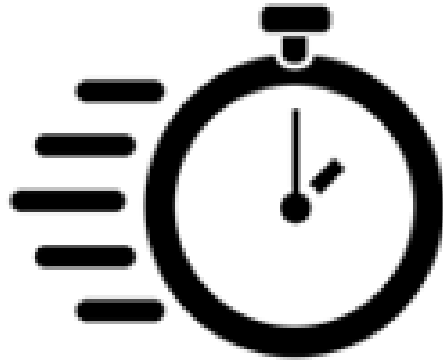
## Key Principles



Focused on individuals needs



No wrong door



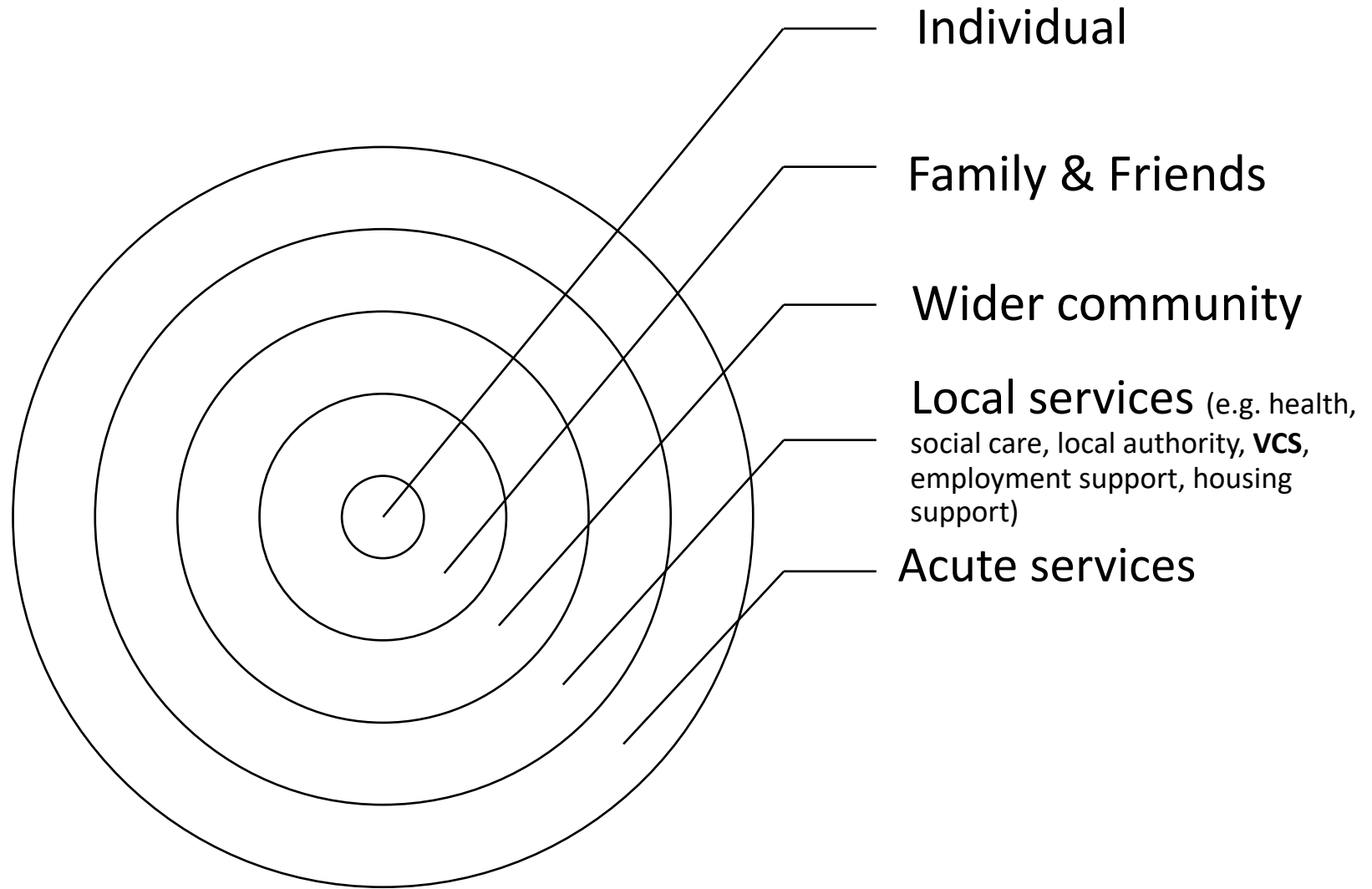
Timely start to support



Shared responsibility

## Support in neighbourhoods to:

- Stay well
- Recover
- Live with



20yrs life expectancy gap for **people with SMI**

High rates of anxiety & depression among **CARERS**

**Deaf people** are twice as likely to experience MH difficulties

People living in **deprived areas** more likely to need help, less likely to seek it

**Men** are generally more likely to commit suicide (highest rates 45 - 49yrs old)

**Women** are **TEN TIMES** as likely to have experienced physical and sexual abuse, leading to self harm & suicide attempts

People who identify as **LGBT+** have higher rates of MH problems and lower well being

**Black adults** are the least likely ethnic group to report being in receipt of MH support

**Loneliness** associated with higher anxiety, depression & suicide rates.

**85% older adults** with depression receive no NHS support



Strength based approach - 'glass half full'

Valuing skills, experience, potential  
(people & communities)

Inclusive

Potential, chance, opportunity

Meaning, hope, purpose

What's important to individual





## Voluntary Community Sector

- Increasing the involvement of VCS across LLR in delivery
- What are we trying to achieve;
  - Building on existing activity
  - Better understanding and reach through organisations connected to communities
- Working collaboratively with NHS, local authority, neighbourhoods, integrated within the local offer, supporting planning

# Getting Help In Neighbourhoods

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Leicester, Leicestershire & Rutland  
Mental Health & Wellbeing Fund





## Grant overview:

Set up to enable and increase local voluntary, charitable, community and faith organisations to provide a range of local activities that;

- ❑ Build resilience and prevent mental health issues from developing or becoming worse
- ❑ Provide more opportunities and places for people to seek help and support for mental health
- ❑ Support people recovering or living with long-term mental health challenges to live as independently as they can
- ❑ Improve healthy life expectancy and reduces health inequalities

- Provide activities that help people to stay healthy and well. This means: preventing and tackling the issues that cause mental health challenges (e.g. reducing isolation and loneliness, debt support, housing security, physical activity, arts)
- Tackle health inequalities activities that support individuals and groups with specific mental health needs or challenges within different communities and localities.
- Reach adults who tend not to engage with your service or with existing statutory services. These activities need more time per person.
- Provide support who are recovering or living with mental health challenges so they can reach their potential and live as independently as possible (e.g. recovery coaching, training, skills & education)

# Leicestershire and Rutland Community Foundation



# Who we are and what we do.

- We set up and manage grant giving charitable funds for families, individuals and companies. We also manage local and national grant programmes such as National Emergency Trust, Department for Media Culture and Sport (DCMS) Tampon Tax, #iWill; Wesleyan Foundation; St Matthews Big Local.
- We have various grant programmes that open at various times of the year.
- Our Making Local Life Better Fund is made up of money from many local private donor funds that the Community Foundation manages. Donors make decisions individually to fund a wide range of needs, but all aim to support local people and local communities.



# Training and Development for your staff and volunteers

This is a fabulous key element of the funding

So those awarded a grant are expected to be committed to building knowledge about mental health.

- There will be workshops to gain a basic or further understanding to help signpost to expert services if required. (It is not expected for you to become qualified in mental health practice.)
- There are a range of certificated course that are available and it is being encouraged staff and volunteers build in costs in your application
- There will be focus groups throughout the year to share good practice, what's working, what can be improved and gaps in service





# Who is eligible to apply

You can apply if you operate in Leicester, Leicestershire or Rutland and are one of the following:

- Registered charities
- Constituted Community or voluntary groups
- Companies Limited by Guarantee with charitable aims
- Community Interest Companies\*
- Co-operatives\* - registered Community Benefit Societies and registered Industrial and Provident Societies
- Social Enterprises\*
- Friends organisations\* and Parish Councils\* (so long as proposed projects do not overlap with statutory/ principle authority responsibilities.)
- Faith based organisations\* (provided that the grant benefits the wider community and is not intended to influence people's religious choices or to promote a particular belief system).

*\*Funding to Community Interest Companies and other non-charities may include conditions to restrict funding to charitable objectives only.*

**NB** –any **national charities** would need to be able to demonstrate that they have a local branch. This would include a local bank account, finances, and demonstration of fundraising and delivery in the local area only.



# What can the grant be used for?

- Costs of organising the project or activities, and people needed to manage and deliver these
- Specialist or qualified staff
- Volunteer expenses
- Materials or equipment needed
- Food and non-alcoholic drinks
- Marketing costs to promote your project or event
- Overheads relating specifically to the project (such as insurance / room hire / rent etc. )
- Costs of making your event accessible to all, such as BSL interpreters, translation services, additional signage.



# Fund Opening and Closing Dates

**Round 1**                      **Opens 10<sup>th</sup> Dec 2021.**  
   **Closes 31<sup>st</sup> Jan 2022.**

**(NB. This may be earlier if the Fund is over-subscribed)**

Groups will be notified of panel decisions in April 2022.

Projects should start from May 2022 onwards, for a maximum 12-month period (project completing in May 2023).

**Round 2**                      **Opens 1<sup>st</sup> February 2022.**  
   **Closes 30<sup>th</sup> April 2022.**  
**(NB. This may be earlier if the Fund is over-subscribed)**

Groups will be notified of panel decisions in July 2022.\*

Projects should start from August 2022 onwards, for a maximum 12-month period (project completing in August 2023).

**\*Grant payments will made directly by the NHS Clinical Commissioning Group (CCG) not by the Community Foundation.**



# Information Webinars

We will be holding Q&A sessions via zoom

First session is  
15<sup>th</sup> December 10.30 – 11.00 am

Links to register for this and all information can be found on our website

<https://www.lrccommunityfoundation.org.uk/>



**Community Foundation**  
LEICESTERSHIRE & RUTLAND

Set up a Grant Giving Fund Apply for a Grant

HOME ABOUT SET UP A GRANT GIVING FUND OUR GRANTS DONATE TO AN EXISTING FUND NEWS CONTACT

## Apply for a Grant

We manage a range of grant giving funds for families, individuals, and local companies. Our small grant programmes match our individual donors passions and interest with the grassroots projects that work at making local life better within their communities.

In addition we manage local and national grant programmes.

If you are unsure at any stage of your application or if you would like to be included on our funding circulation list please contact the Grant Team at [grants@lrccommunityfoundation.org.uk](mailto:grants@lrccommunityfoundation.org.uk)

We have created a guide to support you with your grant application which can be found here: [Grant Application Support Guide](#)

### Our Current Grants

# Getting Help In Neighbourhoods

Leicester, Leicestershire & Rutland Mental Health & Wellbeing Fund

Getting Help in Neighbourhoods Adult Mental Health & Wellbeing Fund

Making Local Life Better Fund – OPEN

By Admin • February 27, 2020

Leicestershire and ... Community Foundation LEICESTERSHIRE & RUTLAND

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Windows taskbar: File Explorer, Chrome, Outlook, Edge, etc.



Coming soon...

Grant fund for 'crisis cafes' supported by...  Helping people change  
their lives for the better

Thank you...questions?

Please raise your hand   
or use the chat function