**Nottingham and Nottinghamshire mental wellbeing small grants**

**Information for community and voluntary sector organisations**

**Introduction**

The Nottingham and Nottinghamshire Self-harm and Suicide Prevention Strategic Steering Group (SPSSG) has funding available. Community and voluntary sector organisations in Nottingham and Nottinghamshire can apply for small grants to provide activities or support for local people to improve their mental wellbeing which in turn may help to prevent suicide.

The grants are being administered by Nottinghamshire County Council on behalf of SPSSG. Decisions about the award of grants will be made jointly by Nottinghamshire County Council and Nottingham City Council Public Health teams.

This information sheet provides detailed information about the grants and how to apply.

**Grants available**

Groups and organisations can apply for a minimum of £500 up to a maximum of £6000.

There is a limited amount of funding and we anticipate awarding 10-15 grants in total. We are keen to have a wide range of applications.

A selection panel made up of County and City council Public Health colleagues who work in mental health and suicide prevention will review all bids and make decisions regarding funding awards. We will aim to balance out grants to ensure smaller and larger pots of funding are awarded evenly across the City and the County.

Please note that the funding is limited and is not currently due to be renewed. Any activities developed as part of your bid should be either time limited or one that you can sustain after the funding ends. You will be asked to provide information about this in your bid.

Depending on number of applications, we may decide to part-fund projects. We will ask you to confirm if you have the remaining funding in place or agree to cover the rest.

We aim to award the funding by the end of August 2024 (subject to financial regulations and procedures) and you will have 12 months to spend it. You will be asked to provide update reports on progress at 6 months and final evaluation report on activity undertaken with the grant at 12 months.

**What we will fund**

The funding has been set up to help us deliver against our locally agreed priorities for suicide prevention in line with the [Nottingham and Nottinghamshire Suicide Prevention Strategy 2019-2023.](https://committee.nottinghamcity.gov.uk/documents/s94904/Enc.%202%20for%20Nottingham%20City%20and%20Nottinghamshire%20Suicide%20Prevention%20Strategy%202019-2023.pdf) When we talk about suicide prevention, we mean it in the broadest terms as suicide is complex and has many different factors involved.

Your group/organisation may not work in the field of mental health or suicide prevention. Suicide is complex and rarely caused by one factor. We know that certain factors can contribute. This can be things like relationship breakdown, financial difficulties, unemployment, long term ill health particularly where pain is an issue, or bereavement especially if that bereavement is due to suicide.

Suicide prevention is everybody’s business and we can all take actions, even small ones, to make a difference.

All applications will be considered but projects supporting the named groups below will be prioritised if demand is high.

* Males
* Autistic people
* Young people/young adults at risk of self-harm
* The financially vulnerable – this includes people experiencing unemployment or affected by gambling related harm
* People bereaved by suicide

Bids for this funding may be for projects or activities which help to support people within these particular risk groups or which address some of the risk factors.

Ideas might include

* Activities which promote social connection. This might be social clubs, group activities, or outreach support to individuals
* Activities which support people in financial difficulties. This might be job clubs, or advice and support to manage money issues
* Activities which address issues around relationships. This might be social groups for people who are on their own, or advice sessions
* Activities which address specific issues which might contribute to suicide risk, such as drugs and alcohol or stress.

This is not an exhaustive list. You know the people you work with and what activities might work best for helping to improve mental wellbeing and reduce the risk of suicide or self-harm.

We will consider funding for;

* Room hire
* Refreshments for running events
* Materials required to run activities
* Promotional materials
* Training (if it is different to our locally commissioned suicide prevention training and you can show there is a need for it)
* Sessional or specialist staff required to run activities.

What we won’t fund

* Ongoing staff costs or organisational running costs
* Fees/licences that will need renewing
* Non voluntary/community sector groups
* Alcohol

If you are not able to spend the money within the specified timeframe or are not able to show that you spent it on the project described in your application form, you may be liable to repay funds to Nottinghamshire County Council.

**How and when to apply**

Applications will be open from 20th May 2024. Applications must be submitted by 12th July 2024.

All applicants will be notified by the end of July 2024 if they have been successful or not.

Awards will be distributed by the end of August 2024. You will have until 12 months to spend the money.

To be eligible to apply you must

* Be a voluntary or community sector group or organisation
* Be based in Nottingham and/or Nottinghamshire or be able to demonstrate that the activity you wish to deliver with this funding will be delivered solely in Nottingham and/or Nottinghamshire for the benefit of residents from the City and/or County
* Be a constituted group or be able to apply as part of a constituted group
* Have a business bank account

If you are not a constituted group but have an idea which you think contributes to the aims of this funding, please contact us to discuss it further. You can do this by emailing [suicide.prevention@nottscc.gov.uk](mailto:suicide.prevention@nottscc.gov.uk). If you would like to talk to us, please leave a telephone number and times when it is easiest to get hold of you.

[**You can apply here**](https://forms.office.com/e/X9frrBgejX)**.**

If you would prefer a paper copy of the application form, please contact us on [suicide.prevention@nottscc.gov.uk](mailto:suicide.prevention@nottscc.gov.uk) with your postal address or call 0115 804 4993 and we will send a copy. Details of where to send these to will be provided on the application form.

**Getting help and information to support your application**

We know it’s not always easy to apply for funding so we’re providing some information about where to get some help and support if you need it.

Public Health suicide prevention teams: we’ll be providing a short information session about the small grants and some of the evidence we know about suicide and suicide prevention locally to help you shape your idea. These are taking place online on Wednesday 12th June at 5.30pm, Friday 14th June at 11am and Friday 21st June at 10am. You can book by [clicking this link](https://forms.office.com/e/fUkKm4RwbJ) and selecting your preferred time.

Nottingham CVS have a Funding Application course on Tuesday 21st May from 10am-12.30pm, that is being held on Zoom for a cost of £20.  This is for any funding application, not just this one. You can book a place [here](https://www.nottinghamcvs.co.uk/civicrm/event/info/id%3D708).

Other organisations who may be able to provide support include:

* Community Friendly Nottinghamshire [communityfriendly@nottscc.gov.uk](mailto:communityfriendly@nottscc.gov.uk) | 0115 977 2120
* Bassetlaw CVS - [**bcvs@bcvs.org.uk**](mailto:bcvs@bcvs.org.uk)**| 01246 605075**
* Newark CVS - [Contact us - Newark & Sherwood CVS (nandscvs.org)](https://www.nandscvs.org/about-us/contact-us/)

**Telling us how you’ve spent the money and the difference it’s made**

As with all pots of money, we will need you to tell us how you spent it and what difference it made.

We will ask for a short feedback report six months after awarding the grant and a final feedback report after 12 months from the issue of the grant.

The greater the amount of funding applied for may require additional monitoring data. We will agree with you at the award stage what we will expect. This may include proof of spending such as receipts or copies of invoices.

**Need more information?**

You can contact us by emailing [suicide.prevention@nottscc.gov.uk](mailto:suicide.prevention@nottscc.gov.uk). If you would prefer to speak to someone, please email us with your name and contact number. Please note, there may be a delay before we can reply to emails or call you as we are not always available in the office.

You may also want to do some training on mental health awareness and suicide prevention in preparation for your project. We commission training for organisations and groups in Nottingham and Nottinghamshire on mental health awareness, suicide prevention, self-harm awareness and suicide bereavement. Sessions are free to attend, take place online, take 4 hours and are delivered by Harmless. [You can find available dates here.](https://www.eventbrite.co.uk/o/harmless-lets-talk-training-14795237737)

We also recommend the [Zero Suicide Alliance training](https://www.zerosuicidealliance.com/suicide-awareness-training) as an introduction which is free, online and takes around 20 minutes to complete. You can also view our new mental health awareness short films (5 chapters of 2 minutes each) on our [website](https://www.nottinghamshire.gov.uk/care/adult-social-care/mental-health-wellbeing/suicide-prevention).

We look forward to getting your application. Good luck!