



Inverclyde Communities Mental Health & Wellbeing Fund

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Background

As part of the Recovery and Renewal Fund, the Minister for Mental Wellbeing and Social Care announced a new Communities Mental Health and Wellbeing Fund (the Fund) for adults in October 2021, with £15 million being made available in 2021- 22 and a further £15m committed for 2022/23.

The Fund is distributed locally by CVS Inverclyde (CVSI) to community groups and organisations in Inverclyde. Building on the focus on wellbeing and prevention in the Mental Health – Scotland’s Transition and Recovery Plan the Fund will provide significant investment into community support for adults (aged over 16 years of age). This investment complements the children and young people’s community wellbeing supports currently being rolled out across Scotland.

Fund Priorities

The overarching aim of the Fund is to support community-based initiatives that promote and develop good mental health and wellbeing and/or mitigate and protect against the impact of distress and mental ill health, with a particular focus on:

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
3. Supporting small ‘grass roots’ community groups and organisations to deliver such activities
4. Providing opportunities for people to connect with each other, build trusted relationships and revitalise communities
5. Supporting recovery and creativity locally by building on what is already there, what was achieved through the pandemic, and by investing in creative solutions

Inverclyde Priorities and Criteria

This fund recognises the crucial role that the Third Sector plays in supporting and improving the mental health and wellbeing of people living across Scotland. Together we want to ensure that everyone in Inverclyde is supported to achieve good mental health and wellbeing ensuring that the right help and support is available whenever it is needed.

The aim of the Fund is to ensure that the funding can be used to support identified local priorities in relation to improving mental health and wellbeing.

Inverclyde’s funding criteria was developed by considering the following:

- Strategic review of local strategies including Inverclyde Health and Social Care Partnership (HSCP) Operational Plan 2019-24, Inverclyde Single Operating Plan, Inverclyde Local Outcome Improvement Plan (LOIP) 2017-2022, Inverclyde Alliance Covid 19 Partnership Recovery Plan, Inverclyde HSCP Equality Outcomes, Actions and Measures Plan, Inverclyde Alliance Active Inverclyde Strategy
- Scottish Government mental health strategies including the Scottish Mental Health Strategy 2017-27 and Mental Health – Scotland’s Transition and Recovery
- Discussion with key partners and partnership groups to ascertain demand and need
- Consultation and surveys with Community Link Workers
- Co-production activities with people with lived experience specifically about the fund, this included 2 focus groups and one telephone interview
- Ongoing co-production and consultation work undertaken by CVS Inverclyde and through the recently formed Wellbeing Network, and the work of Your Voice through the people led

Inverclyde HSCP Advisory Network on the health and wellbeing needs of the local community particularly in relation to what is needed for communities to recover from the impact of the pandemic.

Strategic Partnership Group

To deliver the Fund, Inverclyde Communities Mental Health and Wellbeing Fund (ICMHWF) Strategic Partnership Group was established, which includes representation from:

- CVS Inverclyde (Chair)
- Inverclyde Health and Social Care Partnership
- Inverclyde Council - also representing the Inverclyde Alliance (Inverclyde CPP)
- Your Voice
- Inverclyde Association for Mental Health
- Inverclyde Carers Centre
- People with lived mental health experience

The Group builds upon existing partnerships, networks and alliances and works together to ensure support to community-based organisations is directed appropriately and in a coherent way.

The Group identified the local priorities and aim to support a range of community-based initiatives funded across Inverclyde which are easily accessible, promote mental health and wellbeing, help people build emotional resilience and prevent individuals experiencing a mental health crisis. Beneficiaries must be aged 16 and over and successful projects funded can only deliver services in Inverclyde.

Assessment Process

Bids under £10k are assessed by CVS Inverclyde and specialists employed to support delivery of the Fund. Bids over £10k, including continuation bids in Year 2 were assessed by CVS Inverclyde, external specialists, Inverclyde HSCP Health Improvement Lead and Inverclyde HSCP Mental Health Programme Manager. After scoring the projects independently, an assessment panel meets to discuss the scores for each applicant and make recommendations to the Strategic Partnership Group. In both Year 1 and Year 2 ICMHWF was heavily oversubscribed and some difficult decisions were reached.

Year 1 – 2021/22

Inverclyde Communities Mental Health and Wellbeing Fund funded 20 projects at a total value of £338,301 for delivery in year 1. There were 2 application rounds. The first round was open for all sizes of organisations for small and medium grant requests, the second round was only open for grants of up to £10k for smaller organisations (turnover of less than £150k). ICMHWF ringfenced £80K for smaller organisations and we achieved £79,999. 5 organisations had an income of less than £25k.

A list of approvals is attached.

Year 2 – 2022/23

Funding of £242,085 was awarded for 2022/23. Round 1 for Year 2 closed on Tuesday 22nd November 2022. 17 applications were received by the deadline with an additional application being submitted 3 days later. 6 Organisations requested continuation funding for projects approved in year 1. 12 applications were received from either new organisation or for new projects. 8 were from new organisations and 4 were from organisations funded previously but the grant request was for a new project this year.

£80k was ringfenced for applications from small organisations with an income of less than £150k and £80k was ringfenced for new organisations and/or new projects.

£215,431.40 was awarded to 15 organisations in Year 2 Round 1, leaving £26,653 for Round 2, which closed in January 2023 with decisions pending at the time of writing.

A list of approvals for Year 2, Round 1 are listed below.

Year 1 Approvals

Organisation Name	Project Description	Funding Awarded
Port Glasgow Juniors CSC	The project combines the benefits of football on mental health recovery with the need to address the impact of the pandemic on poverty and unemployment in Inverclyde and will promote mental health, inclusion and better physical health. The project will build on 2 coaches having completed a Mental Health Course through the SFA coach education programme and allow 30 members to play without the worry of affording a subscription and tackle their stress and depression and improve confidence and self-esteem as a result.	£2,000
Lyle Gateway	This project responds to the increase in weekly service users (at Lyle Gateway) from 100 pre-covid to 165 since restrictions have eased - 71% of whom are defined as at risk. Funding will provide an additional member of staff to safeguard the quality of support to a greater number of people within a community café environment which encourages people to stay for as long as they need to irrespective of how much they spend. The new staff member will work to promote healthier living and mental wellbeing through exercise, diet, and socialising.	£8,000
Belville Community Garden Trust	This project will respond to the need to address the impact of COVID19 on isolation, particularly New Scots, over 55's, those in caring roles. Funding will enable delivery of a range of new activities including; Appointment of Activity Coordinator to develop/lead activities; Deliver 3 weekly group activities with a focus on New Scots, carers and over 55's; deliver 2 rounds of Mindfulness Based Living Course, an 8-week course previously run in an outdoor setting; establish bi-monthly mental health focus group, also accessible on-line; Hire a minibus and employ a driver to transport participants to events and activities.	£41,752
Greenock Morton Community Trust	'Breakfast and a Blether' is a new weekly mental health project at Cappielow Park, home of professional football club Greenock Morton. Open to any adult from Inverclyde struggling with their mental health this will provide breakfast, prior to an opportunity to Walk & Talk with others, and then the opportunity to return to Cappielow Park for tea, coffee, and a chance to learn about other resources/signposting in their local community. Participants are expected to improve their mental and physical health, benefit from peer support, establish friendships and feel more connected and less alone.	£9,200

Inverclyde Carers Centre	This project will create additional and accessible support for carers in Inverclyde and help them improve their physical and mental wellbeing. Carers can expect to benefit from gentle exercise, a walking group, discussion and support group, and a range of classes/activities including reflexology and aromatherapy. These will be available in community venues throughout Inverclyde including Port Glasgow, Branchton, Inverkip and Gourrock. The project will be enabled through input from volunteers to help motivate participants and facilitate social connections at the end of structured activities through tea/coffee, peer support and informal discussions.	£9,300
Parklea Branching Out	This Community Inclusion programme will pilot activities in Port Glasgow including sports, community dance, therapeutic art, and creative sessions (painting, soap making, glass, wood and crafts) and health and wellbeing support for people with a disability and Additional Support Need. In addition, a Growing and Learning Together programme will create access to community growing activities within outside accessible space and digital inclusion activities will develop skills in a modern digital environment. Weekly walks and access to All Ability Cycling Sessions will create more opportunity to get outdoors. Participants will improve their physical and mental health and confidence and reduce isolation.	£10,000
Rig Arts	This project will expand RIG Art's Creativity in Mind project, to build upon its success by offering additional weekly workshops, supporting more new participants, and bringing people with lived experience together in safe, fun space. Participants will include Inverclyde residents living with mental health difficulties, including addiction and involve them in weekly workshops over 40 weeks. Led by professional artists the sessions will use creative expression to foster healing, symptom management, and wellbeing, create a nurturing, non-clinical environment to encourage participants to express themselves and build self-esteem, promoting positive mental health and recovery.	£9,940
MindMosaic Counselling and Therapy	Activity will improve the mental health and wellbeing of people facing challenging circumstances by fostering self-management, building on skills and relationships, improving self-esteem, and building resilience. Implementation will develop and expand provision and include; delivery of 3 x 6-week Everyday Mindfulness Courses; expand the Trauma Resource Course which supports trauma recovery; delivery of 3 x 6 week Supporting Positive Mental Health course to help people suffering from anxiety and depression gain self-management tools; expand delivery of Mums Flourish and Dads Flourish @ MindMosaic groups that support parents in the difficult period between pregnancy and their child reaching two.	£31,790

Homestart Renfrewshire and Inverclyde	- Activity will support parents identified as struggling with their mental health and confidence and/or experiencing isolation, and loneliness including young mums, fathers, and new Scots through appointment of a Wellbeing Coordinator. The post holder will; develop content, coordinator speakers and training for weekly group sessions in partnership with other local providers; provide one-to-one support to address individual needs; participate in group sessions to provide targeted support to those struggling with mental health and wellbeing; manage ongoing referrals to wider community supports and maintain relationships with individuals to encourage attendance.	£24,651
6footlab	Project Blue focuses on offering friendship, acceptance and care to young people aged over 16 who face isolation. The project will support LGB and transgender young people, young people struggling with depression, eating disorders, anxiety, bullying, some of whom also have dysfunctional families, face abuse or/and poverty. The role of art in mental health is widely recognised and proved to promote resilience, engagement, boost confidence, alleviate depression, anxiety, and stress. The funding will enable the set up an art studio and gallery which will be used to deliver art workshops, therapy sessions and art/craft projects.	£10,000
Inverclyde Association for Mental Health	Walking towards Wellness builds on feedback from the local community and involves delivery of a series of workshops, classes, and events to promote good mental and physical health, and overall wellbeing of those aged 18+. Activities cover a wide range of interests including yoga, digital inclusion work, wellbeing workshops looking at diet and exercise, and gardening and floristry, as well as socially based events including weekly Listen Over Lunch, and a monthly social event. For those seeking targeted mental health advice therapeutic talk time will be delivered by a qualified instructor to support emotional resilience and self-esteem.	£49,700
Man On	The project will support the growth of the Man On! Peer Support model in Inverclyde, an early-intervention support model that meets people where they are at, this will relieve the pressure on people having to wait for mental health support and will deliver key interventions for people struggling with their mental health. They will deliver 1 to 1 sessions and group support to more people and provide them access to a Wellbeing Worker and a Wellbeing Plan. The funding will support the recruitment of 5 part-time Wellbeing Workers for 6 hours per week each. The Wellbeing Workers will have direct Lived-Experience and will 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. Funding will also support small capital renovations to specific areas in the building for 1-1 direct support and to create a sensory room which would be co-produced and created in partnership with those using it.	£22,000

Your Voice	This project will help people to manage their mental health and wellbeing, and long-term conditions, and reduce isolation and loneliness by adopting a peer support model to enable people to become effective self-managers. Funding will support additional staffing costs and allow for the capacity building of 4 existing Peer Support Groups (COPD & Asthma Stroke, MS and Fibromyalgia) and creation of two new groups; one for Long COVID, and another to address social isolation and loneliness. Participants will have better access to resources and knowledge and experience an improvement in their quality of life.	£45,510
Greenock United	Greenock United provides the only opportunity for adults with additional support needs to play organised football on a regular basis in Inverclyde. Funding will provide a much-needed opportunity for exercise for people with disabilities in the local area which there is limited provision. People with disabilities, particularly those with learning disabilities, statistically experience poorer health and unfortunately have lower life expectancy than the rest of the population. This project helps to provide an opportunity for exercise which has a positive impact on physical and mental health of the people who attend.	£1,500
Branchton Community Centre	This project responds to the needs of an increasingly isolated community leading to poorer mental health and will provide a safe space to explore the roots of participant's challenges. All will be offered one-to-one introduction to increase confidence and participation, and help with transportation costs to allow for engagement in a range of activities such as; ASSIST training, mental health first aid, budget friendly cooking classes, Paths for All leader training, talking groups, exercise classes, arts classes, sewing groups, upcycling classes. Participants will be supported to reduce their social isolation and improve confidence through a self-sustaining model of self-reliance.	£26,459
Kildron Project	Digital Connect is a new collaborative project between Kidron Project and Access Technology Scotland. The 36-week project will establish a digital network for people experiencing poverty and digital exclusion which is fast becoming a major challenge in society. From securing work and learning at school to accessing bank details and communicating with friends almost every aspect of life requires basic digital skills. Beneficiaries will be individuals currently supported by Kidron Project, who might have complex needs and struggle with any of the following issues: homelessness, addictions, mental health problems, learning disability, physical disability, long term health conditions, isolation, multiple exclusion.	£8,424

The Inverclyde Shed	This project will reduce isolation and loneliness and improve mental and physical wellbeing, predominately for older men, who can be difficult to reach. Funding will provide a new shed for the community garden in Port Glasgow and provide a sheltered space for meetings, meals and skills learning. This will enhance the site, enabling additional and better support and a greater degree of skills sharing between volunteer's and learning from outside bodies with organised 'masterclasses' to train volunteers. The project will involve younger men through the Community Justice team, providing opportunities for young, convicted men to contribute back to their communities.	£10,000
Inverclyde Christian Initiative	The project will provide Mental Health First aid training to volunteer Street and Rail Pastors who support vulnerable people at night time. They will provide emotional and practical support and connect people in crisis to other organisations such as Inverclyde Council Homeless Unit, addiction support services etc.	£1,200
Compassionate Grit CIC	Ready Player One will teach young people aged 16-18 to acknowledge their qualities, values, inspire self-belief and promotes an environment and attitude of inclusivity regardless of individual circumstance. The project will support the prevention of mental health in young people reaching crisis point. Young people will be provided with the skills and knowledge to self-manage their emotional, social, and mental well-being and to encourage better life choices. This will increase a better quality of life for participants and the benefits will be felt like a ripple effect from participants to peers, siblings, families, community and beyond.	£8,875
32nd Greenock & District Scout Group	Funding will part- fund an indoor climbing wall and a legacy in upper Greenock. Physical exertion and challenge are at the heart of mental health repair and this development will provide a platform for something new, something exciting and something to aspire to (reach the top). The project will engage with older teenagers, not part of any club or organisation, and those with drugs/alcohol issues to participate with the aim of reducing dependency. The climbing base will help improve physical fitness, particularly for those less likely to participate in sports, and support participants to maintain a good mental health balance.	£8,000

Year 2 Approvals (Round 1)

Organisation Name	Project Description	Funding Awarded
Ardgowan Hospice	The Mylife project will take an asset-based approach to addressing social isolation and loneliness and improving capacity to manage mental health by engaging with people with a life-limiting illness, their families and carers. The project will achieve this through a calendar of online and in-person events including activities, trips, short courses and ongoing group work available seven days a week. The patient-led nature of activity will dictate content around their skills and interests however it is anticipated that activity will include art, exercise classes, a book club or a choir.	£11,984

Branchton Community Centre	The project builds on activity funded in year 1 to consolidate the programme of classes, activities and relationship and offer more opportunities. This work specifically aims to increase participation, decrease social anxiety and increase confidence and happiness within the local community. The programme will provide a range of classes at low or no cost, thus alleviating current financial pressures including family friendly, budget cooking classes, talking groups and exercise classes. Branchton seek to encourage groups to become self-reliant where possible and encourage participation to build their confidence and continue to meet without participation from a tutor.	£20,000
Families Outside	This project seeks to support families affected by imprisonment to look after and improve their mental health and reduce their social isolation, helping to mitigate some of imprisonment's most damaging long-term impacts on mental health and wellbeing. Working from referrals, from local Regional Family Support Coordinator (RFSC) the project will provide tailored one-to-one support - including practical and emotional advice, guidance and advocacy. This can include help with practical matters (benefits, finance and housing), as well as more delicate issues (stigma, social isolation) and signposting to specialised support (substance misuse, addiction, domestic abuse, mental illness).	£9,989
Financial Fitness	CASH seeks to help 150 local people affected by mental ill health to improve and maintain better mental health, and their financial circumstances. Participants will benefit from a tailored/bespoke welfare benefit advice service providing 6 hours of "ring fenced" welfare benefit appointments every week, to help maximise household income, with subsequent help available to assist with ongoing financial problems. In addition, participants will access an in-house money/debt advice service and better-off-in-work advice service. Based on historic case work it is estimated that this support could generate a minimum of £200,000 worth of positive financial outcomes for participants.	£10,000
Greenock Morton Community Trust	Breakfast and a Blether continues support provide in year 1 allowing Inverclyde residents the opportunity to attend Cappielow Park each Wednesday for a hot breakfast and peer support, and access to walk and talks to increase physical activity levels and improve physical health alongside mental health. The project seeks to reduce loneliness, and isolation and support individuals to become more connected to support and opportunities within their communities. Activities are delivered in partnership with other community organisations which in the past has included Your Voice, Moving On and local care.	£11,500

Home-Start Renfrewshire and Inverclyde	This Wellbeing programme will continue work funded in year 1 and work to improve the mental health and reduce social isolation and loneliness experienced by at risk groups. Funding will contribute towards the salary costs to enable the delivery of intensive wellbeing support within the local community involving regular home visits to a caseload of families over 11 months. In addition, activity will involve weekly delivery of 'New to Scotland' and 'Dads' Groups. These group sessions are supported by peer-to-peer volunteers who receive regular wellbeing support and supervision in a further expansion of beneficiaries to this project.	£20,000
Kidron Project	The Life Skills Programme will deliver additional life skills and wellbeing activities through funding for a Life Skills Development Worker. Their remit is to reduce social isolation and help the adult population of Inverclyde to improve and look after their mental health through Life Ready Coaching, Money Course Coaching and Peer Support coordination. Courses will be available at a range of community venues and delivered in partnership with other local organisations including Home Start Inverclyde, Inverclyde Faith in Throughcare, Stepwell and local schools.	£19,700
Lyle Gateway	This project involves funding of a young person as a Community Development Worker in order to help adults with experience of prison to feel more included and accepted and to help the over 65s feel less lonely and isolated. The support available will be varied and can include providing healthy low-cost food, social inclusion, sign posting to other organisations, improving mobility and mental health through exercise with a focus on fall prevention and increased movement confidence.	£8,000
Man On Inverclyde	Early Intervention and Crisis Support is a continuation project which seeks to promote good mental health and wellbeing and provide an accessible response to distress including those with thoughts of suicide. This project will grow this peer support model, delivering the majority of support from their wellbeing hub in Greenock including expansion of free, group and individuals' services. Continuation funding will support the costs of additional wellbeing staff, and volunteer coordinators, and marketing.	£20,000
MindMosaic Counselling and Therapy	This continuation project, Building Better Health and Wellbeing builds on work funded in year 1 to improve emotional and psychological wellbeing and increase access to specialist information and knowledge of trauma responses across Inverclyde. Activity will involve one to one and group based work and include expansion of provision from our Trauma Resource Centre to help people support themselves towards recovery, and delivery of a Everyday Mindfulness across a range of localities to help people develop the tools to support their mental health.	£18,600

Moving on Inverclyde	Digital Connections for Long Term Recovery is a partnership with Access Technology Scotland to deliver a digital access programme of reduce isolation and improve the mental wellbeing of those in recovery from substance misuse. The programme will offer 4 strands of activity; digital skills, digital detectives, digital platform content and creation and sound production course. The project seeks to directly engage with 50 individuals directly although activity will support many others through access to what is created.	£10,000
Parklea Branching Out	The Community Inclusion Programme expands on Parklea’s work to build on the success of inclusive community based creative classes and workshops. This work aims to help more people with severe or profound and multiple learning disabilities access to new opportunities that is accessible and within their local community. Weekly classes and seasonal group programme and workshops will take place in accessible venues including multi sports sessions, community dance classes, drama classes, digital inclusion, gardening activities and health walks. Activities will be delivered in partnership with Community Learning and Development – Health Improvement, Adult Literacies, Morton in the Community, TAG, PBO’s Volunteers, Port Glasgow Parish Church.	£10,000
Safe Harbour Inverclyde	Safe Harbour Lighthouse has been informed by service user feedback and provide a range of additional, softer interventions to support individuals and families experiencing emotionally chaotic lifestyles, often due to long term mental health issues, poverty and trauma. This new programme will offer telephone support and outreach practitioner support, befriending, and delivery of wellbeing therapeutic sessions. This work is anticipated to help participants build emotional resilience to self-manage issues (trauma, domestic abuse, phobias, loss, isolation, exclusion), and reduce social isolation and challenge exclusion arising from poverty, poor health and education within poorer communities across Inverclyde.	£20,000
Teen Challenge	Let’s Connect seeks to help adults who experience addiction or homelessness to reduce loneliness and social isolation, and assist those with low self esteem and experiencing self-neglect to increase their quality of life and enhance their wellbeing and personal experience. Activities will primarily be delivered from Greenock Hub and provide opportunities to meet the needs of local people through a Family Support Worker and team of volunteers.	£9,980

<p>Inverclyde Community Care Forum (Your Voice)</p>	<p>Building Resilient and Supportive Communities seeks to increase resilience and networks of support in Inverclyde and specifically work to ensure that women feel safer and have improved mental health and wellbeing. Three areas of delivery which help achieve these outcomes; Recovery and Arts working with people in recovery from alcohol and drug misuse to engage in sessions with a Culture Collective Artist; Women’s Wellbeing and Safety will work with partners to deliver martial arts and encourage participation in Walk and Talk and Reclaim Our Streets Initiatives; & Building.</p> <p>Building and Improving Mental Health & Wellbeing through peer support networks.</p>	<p>£15,682</p>
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Further Information:

- Find out about the impact some of the organisations made in year 1 of the fund on Inverclyde Life: <https://inverclydelife.com/community-spotlight>