



Inverclyde Communities Mental Health and Wellbeing Fund for Adults Year 2 Review

Introduction

CVS Inverclyde have continued to be the lead delivery partner for distributing the Communities Mental Health and Wellbeing Fund in Inverclyde on behalf of the Scottish Government. CVS Inverclyde distributed £242,385 of grants to projects running in 2022/23 (year 2). As in 2021/22 there were 2 rounds of funding with most of the funding being allocated in round one and round 2 focussed on smaller applications and grants of less than £10,000.

Please note: Year 3 has been approved by the Scottish Government and the fund will open no later than 27th September.

Capacity Building Support

Capacity building for smaller less experienced organisations continued for applicants to the fund and this consisted of:

- Training sessions
- 1-1 advice on drafting funding applications
- Advice and support regarding organisational set up
- Project development support
- Application editing and enhancing support
- Support to identify other funding opportunities for organisations that were unsuccessful
- Connecting unsuccessful organisations with funded organisations

Inverclyde Communities Mental Health and Wellbeing Fund Showcase Event

100 people registered to attend (registration closed at 100) the Showcase Event held at the Beacon Arts Centre on Thursday 16th March 2023, however, we think the attendance was nearer 120 people as several organisations did not register all attendees. The event consisted of opening presentations by key speakers including Julie Anderson (Head of Wellbeing & Prevention at the Mental Health Directorate, Scottish Government) Stuart McMillan MSP; and Kate Rocks, Chief officer of Inverclyde HSCP.

Welcome presentations were followed by a series of workshops, demonstrations and networking lunch and an exhibition area with 10 exhibitors. The aim of the event was to

showcase the types of projects funded, promote networking and cross referrals across projects, highlight innovation and celebrate the success of the fund in Inverclyde. The event was well received and has the potential to grow further.

Application Overview

29 applications were received in 2022/23 and 20 applicants were awarded funding. The maximum grant awarded was £20,000 and the lowest was £1945. The average grant awarded was £12,199.

Round 1

The table below shows the grants awarded in round 1 of the fund for 2022/23 with a breakdown showing which projects were new and which were continuation projects.

Applicant Organisation	New or Continuation Project	Grant Request New
Financial Fitness	New	£10,000.00
Ardgowan Hospice	New	£11,980.40
Brancton Community Centre	Continuation	£20,000.00
Families Outside	New	£9,989.00
Greenock Morton Community Trust	Continuation	£11,800.00
Home-Start Renfrewshire and Inverclyde	Continuation	£20,000.00
Kidron	New	£19,700.00
Lyle Gateway	New	£8,000.00
Man On	Continuation	£20,000.00
MindMosaic Counselling and Therapy	Continuation	£18,600.00
Moving On Inverclyde	New	£10,000.00
Parklea Branching Out	Continuation	£10,000
Safe Harbour	New	£20,000.00
Teen Challenge	New	£9,980.00
Your Voice	New	£15,682.00
Total Grant Request		£215,731.40

Round 2

All the projects funded in round 2 were new projects and the maximum grant request allowed was £10,000. The projects funded in round are shown in the table below.

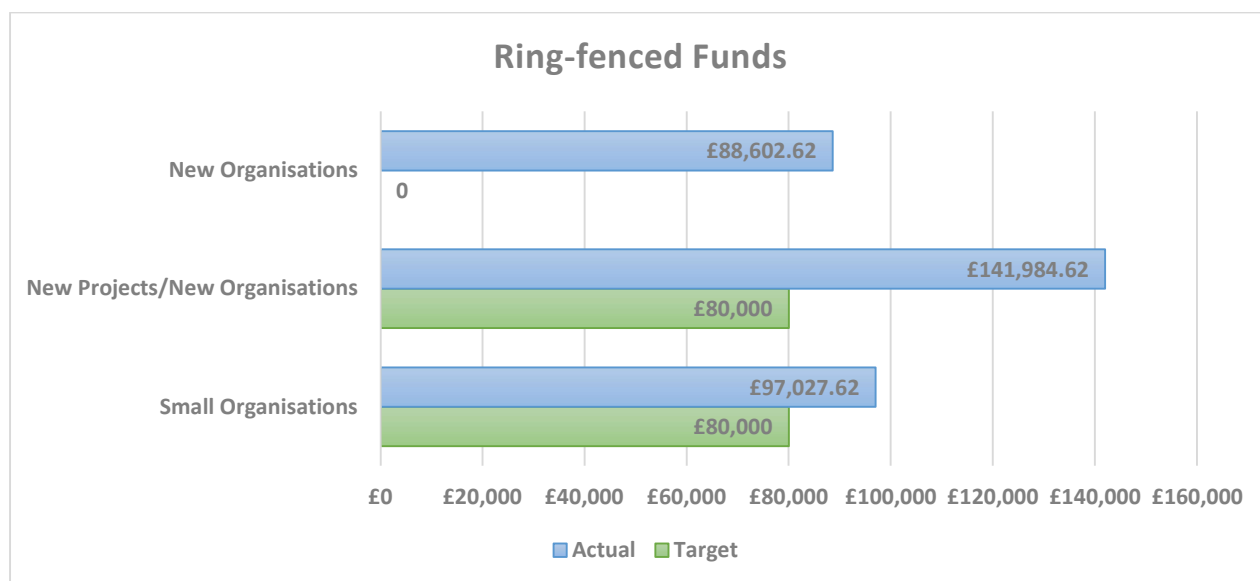
Applicant Organisation	New or Continuation Project	Grant Request New
Inverclyde Recovery Café	New	£3,878.00
Magic Torch Comics	New	£9,750.00
Stat Salus CIC	New	£1,994.62
Wellington Park Bowling Club	New	£3,725.00
Youth Connections	New	£7,305.60
Total Grants Round 2		£26,653.22

Analysis of Projects Funded

The grants awarded have been analysed. This analysis provides a good overview of the types of projects being funded in Inverclyde and is also reported to the Scottish Government.

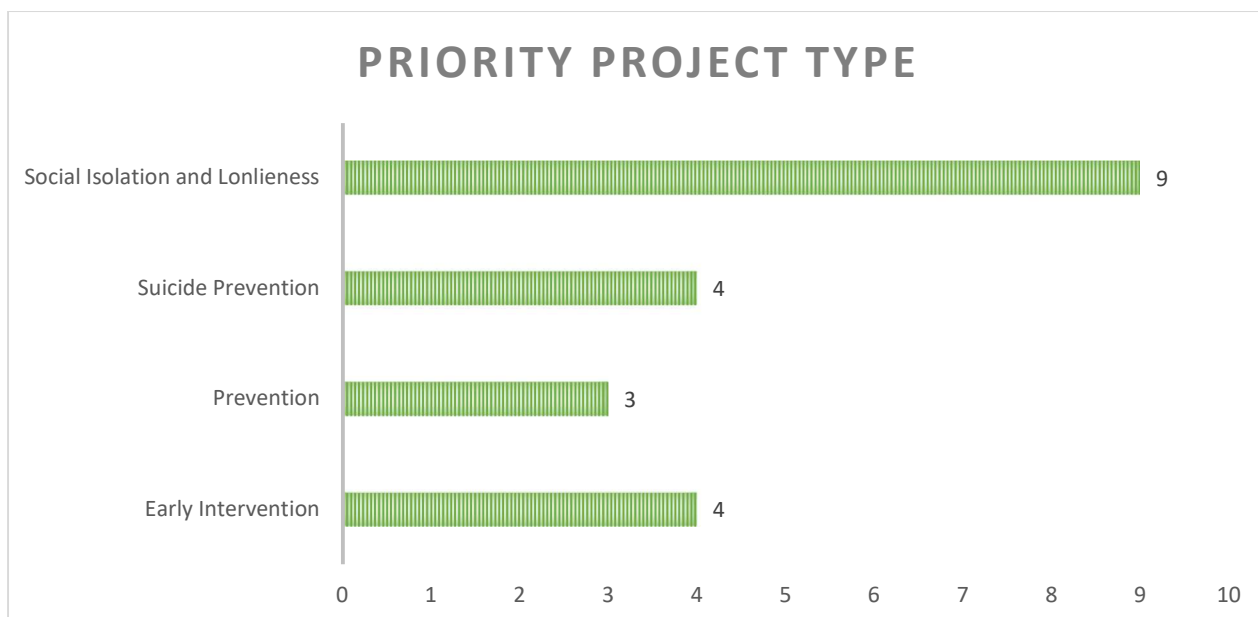
Ringfenced Funds

It was agreed at the Strategic Partnership Group that funds would be ringfenced both for small organisations and new projects/new organisations. In 2022/23 grants were awarded to 9 new organisations as well as a variety of new projects by previous grant holders. All the targets set were surpassed in relation to the ring-fenced grant pots.



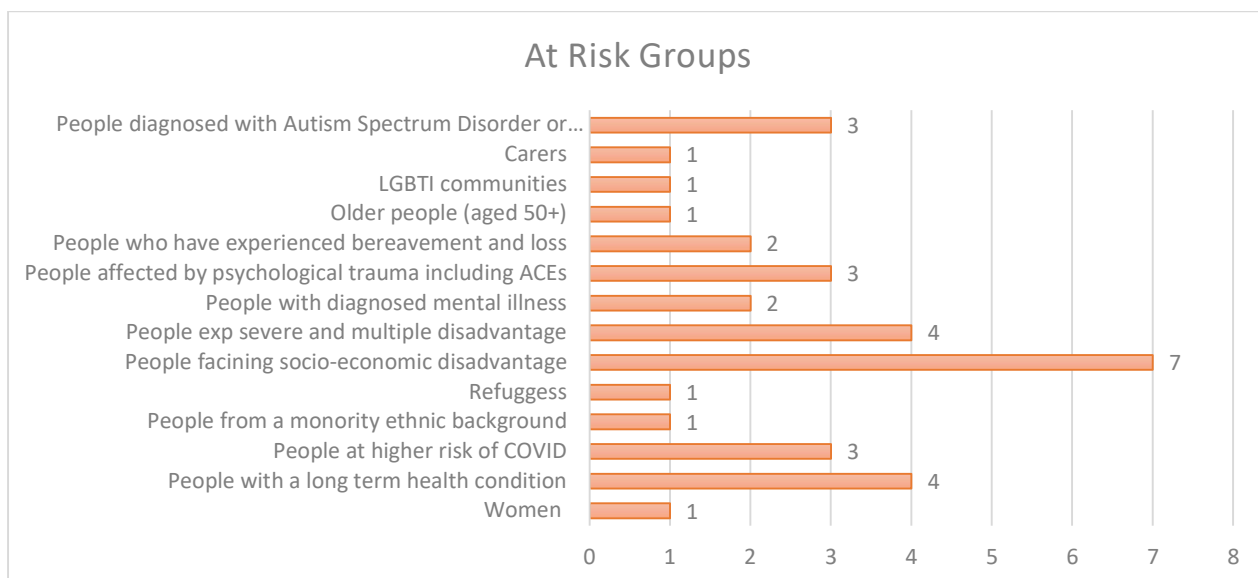
Project Priority

Project applicants need to determine which priority they feel their project meets the best (in many cases projects meet more than one of the defined priorities). Social isolation and loneliness is by far the most frequently funded project priority in 2022/23.



Targeted Projects

Applicants were asked if their project is targeted at and of the specific “at risk” groups. Some projects don’t target groups as they are more geographically focussed, and some projects target several groups (no more than 3 are recorded in this analysis). The results are shown in the table below.



Examples of Projects Funded in 2022/23

Examples of the types of project funded in year 2 are provided below.

Safe Harbour Inverclyde

Safe harbour Inverclyde will deliver a new initiative “Safe Harbour Lighthouse” which has been shaped by input from their Clients’ Committee. The project will offer a range of learning workshops, ‘softer’ elements of the Safe Harbour programme, activity-based recovery opportunities, social and peer networking opportunities and a befriending service. The

project will also provide enhanced telephone and outreach support to clients while they wait to join the core programme.

The project will reduce isolation and loneliness by creating space and time for regular safe social interaction and improve understanding and connections through peer support. It will also improve emotional wellbeing and relationships by supporting beneficiaries to develop coping strategies and emotional resilience.

Kidron Project

Kidron Project will expand their programme delivery by employing a Life Skills Development Worker (16 hrs pw), to deliver additional life skills and wellbeing related activities, incorporating Life Ready coaching, Money Course coaching and peer support activities. The Life Ready Course and Money Course will be delivered in several different locations across Inverclyde in partner venues. Peer Support groups will be cultivated by the worker after each round of courses and managed in different community locations. These groups provide sustained wellbeing benefits of social connection, physical activity, and signposting for life challenges beyond the life of the courses.

The project will improve mental wellbeing and life skills; allowing people to develop new skills in a safe and caring environment, equipping people with the tools they need to take control of their home life and relationships, identify steps they can take to improve their mental health and reduce social isolation and live stable and healthier lives.

Ardgowan Hospice

MYlife is a new service being launched in Inverclyde to engage with people with a life-limiting illness, their families, and carers. MYlife will create a calendar of events, online and offline, around Inverclyde, and within at the Hospice. Funding requested will fund 1 day weekly for 40 weeks supporting the initial launch and provide a mixture of one-off sessions, activities, trips, short courses and on-going groups. Sessions will be available to adults in Inverclyde who are or have been impacted by a life limiting condition. This will not only include patients and their carers or families but those that have been impacted through bereavement. People will be able to self-refer to the MYlife programme as well as being referred from the wider hospice team and community health teams (local GP's, District Nurses, Hospital Specialists).

This new community-based service will be centred on helping maintain and improve quality of life by enhancing opportunities for social interaction, providing access to peer support, and providing a sense of purpose within a safe environment to express true feelings whilst introducing the hospice environment.