**Nottinghamshire mental wellbeing small grants**

**Information for community and voluntary sector organisations**

**Introduction**

Nottinghamshire Public Health mental wellbeing and suicide prevention team has funding available for community and voluntary sector organisations working in Nottinghamshire to 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 Public Health team who work in mental health and suicide prevention and are open to voluntary and community sector groups who work within the Nottinghamshire County areas.

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

**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 Self Harm and Suicide Prevention Strategy 2024-2029](https://www.nottinghamshire.gov.uk/media/icymwpeh/selfharmsuicidepreventionstrategy.pdf) and the [Nottingham/Nottinghamshire Adult Mental Health Joint Strategic Needs Assessment](https://nottinghamshireinsight.org.uk/research-areas/jsna/adults-and-vulnerable-adults/adult-mental-health-2024/).

Our ambitions include:

* Nottinghamshire residents to have good mental health
* Improving mental wellbeing and suicide prevention is everyone’s business
* Promoting a safe and stigma free environment
* Promoting wellbeing and reduce risk in at-risk groups
* Ensuring people get the right support, at the right time and in the right place

Your group/organisation doesn’t need to work in the field of mental health or suicide prevention. Mental ill health or suicide are 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. This programme of small grants has been designed to focus on the prevention of mental health problems or issues around self-harm and suicide or to support the escalation of common mental health disorders or low mental wellbeing. Projects focussing on serious mental illness are not covered by the scope of this funding.

The funding will cover projects that are aimed at adults, children and young people or all ages.

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

* Males
* Autistic people
* Black and other ethnic minority groups
* Older people
* People with physical health conditions or disabilities
* LGBTQIA+

Consideration will also be given to projects which target those who are financially vulnerable or experiencing financial difficulties (this includes people experiencing unemployment or affected by gambling related harm) and those living in deprived areas.

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 and reduce loneliness or social isolation. This might be social clubs, group activities, or outreach support to individuals.
* Activities which focus on peer support.
* 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.
* Activities which address lifestyle factors contributing to mental wellbeing such as physical activity or access to safe outdoor spaces.
* Activities focussed around the Five Ways to Wellbeing.

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. Page 14 of the Mental Health JSNA also has some ideas of public health interventions that are effective.

We will consider funding for;

* Room hire
* Refreshments for running events
* Materials required to run activities
* Promotional materials
* Sessional or specialist staff required to run activities
* Specific project costs.

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.

**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 8-12 grants in total. We are keen to have a wide range of applications.

A selection panel made up of Nottinghamshire County Council Public Health colleagues who work in mental health and suicide prevention and associated portfolio areas 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 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 are able to cover the rest.

We aim to award the funding by August 2025 (subject to financial regulations and procedures), and you will have 12 months to spend it (by 31st August 2026). 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.

**How and when to apply**

Applications will be open from 14th April 2025. Applications must be submitted by 30th May 2025.

All applicants will be notified by the end of July 2025 if they have been successful or not.

Awards will be distributed during August 2025. You will have 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 Nottinghamshire or be able to demonstrate that the activity you wish to deliver with this funding will be delivered solely in Nottinghamshire for the benefit of residents from the County
* Be a constituted group or be able to apply as part of a constituted group
* Have a business bank account or access to one via an umbrella group
* Have specified policies in place
* Be able to evidence that this is new or additional activity.

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. 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/Pages/ResponsePage.aspx?id=uzdabmGpT066rieYoiRfMB895UkzckxElIAlPORJjF9UQTNZNkVDUThDNUdTUVE3TDBZVk5EUkNFRi4u)

If you would prefer a paper copy of the application form, please contact us on suicide.prevention@nottscc.gov.uk with your email address or postal address or call 0115 9773002 and we will send an application pack either via email or by post.

**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.

Other organisations who may be able to provide support include:

* Community Friendly Nottinghamshire communityfriendly@nottscc.gov.uk (County only)
* Bassetlaw CVS - **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 more detailed evaluation and monitoring report after 12 months from the issue of the grant. This will include details of spending and you will be asked to keep proof available.

**Need more information?**

You can contact us by emailing 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 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!