

# Improving Mental Health and Reducing Suicide and Self-Harm Guidance for Applicants

## **BACKGROUND**

In April 2018 Durham, Darlington, Tees, Hambleton, Richmondshire and Whitby STP were invited to submit a proposed plan to NHS England for use of funding allocation from April 2018 for suicide prevention.

### **Darlington Suicide Prevention Group**

In response to the government's 'Preventing suicide in England' a cross-government outcomes strategy to save lives (2012) and the subsequent 'Preventing suicide in England: three year on annual report (2017)' a Darlington Suicide Prevention Group (DSP) has been established to oversee the implementation and development of the Darlington Suicide Prevention Plan 2017-2022.

### **The Suicide Prevention Strategic Group vision...**

...is to work together to reduce the numbers of people lost to suicide whilst providing support to those affected suicide in Darlington.

### **The Darlington picture**

Between 2014 and 2016 78% of deaths by suicide were male and 22% were female.

Between 2012 and 2015 in Darlington the highest number of suicides are among men aged 50-59 and this reflects the national picture. 52% of all cases of suicide during this time period were men under the age of 50 years old.

### **Our aim...**

...is to provide funding across the Darlington STP area to support an overall national 10% reduction in suicide rate by 2020/21. This should enhance existing work underway in the locality Suicide Action Plans to improve access and quality of mental health services and to prevent suicides more broadly in line with Public Health England Guidance.

The Prevention Concordat for better mental health PHE 2017 and the Suicide prevention guidance PHE 2016 provide a clear evidence base for working with communities to build emotional resilience, promote better mental health, and prevent mental health deterioration and suicidal behaviours.

Communities play a crucial role in the prevention of poor mental health and the promotion of good mental health and wellbeing and community engagement and development are therefore part of the core deliverables of what "good" looks like in the Prevention Concordat for Better mental Health PHE 2017

### **Our outcomes...**

...will focus on the development of a range of targeted interventions in order to strengthen and build resilience and are making a positive contribution to one, or more, of the following:

- Reducing stigma and discrimination
- Developing mentally healthy communities and workplaces
- Reducing loneliness and social and emotional isolation
- Reducing suicides

## **GRANTS AVAILABLE**

Organisations will be able to bid for between **£500** and **£4,000** for funding. Closing date is **17<sup>th</sup> November 2019**.

## **APPLICATION FORM GUIDANCE**

Please complete the application form whilst taking account of the guidance below. Please note the word count for each question.

## **Section One: Tell us about your organisation**

**Guidance Note 1:** Please complete the contact details of the organisation that is applying for the grant, including an appropriate named contact person who we will liaise with throughout the grant application process.

**Guidance Note 2:** Q6 - Applications are open to a range of organisations including voluntary and community (VCS) groups, (see note 1) social enterprises, schools & colleges (see note 2), faith groups (see note 3) and employers (see note 4).

**Note 1:** Any VCS group is eligible to apply however in this round of funding we are particularly interested in applications from groups and organisations that support carers including young carers.

**Note 2:** We are also keen to encourage schools and educational settings to apply for this round of funding.

**Note 2:** Faith groups are welcome to apply but activities which evangelise or proselytise religious beliefs will not be eligible.

**Note 3:** Commercial organisations are welcome to apply however they must be able to demonstrate that the funded activities do not generate any private profit.

## **Section 2 – Tell us about the grant you are requesting**

Please tell us about the level of grant you are requesting, ensuring that the level of detail given correlates with the level of grant that you are requesting (i.e. more detail will be required for a larger grant). Where possible, please cover the following areas:

**Guidance Note 3:** Q8 - This is where you can tell us about your project and what you are intending to deliver, please include as much detail as you can; including details about:

- Background to the project.
- The range and types of activities you will offer (see guidance note 4).
- The number of sessions/activities you will run.
- The geographic area of benefit and the proposed location(s) for your project.
- How you have identified a need for this project or activity.
- Who will deliver the project – including any partners or sub-contractors. (see note 1 below)
- If there is scope to continue with the project after the funding has ended. (see note 2 below)
- How you will promote the project.

**Note 1:** We are particularly keen to see small grass roots community groups being involved in the delivery of this programme and encourage collaborative applications from a lead applicant acting as accountable body on their behalf.

**Note 2:** If the application is to help you with start-up costs for a new service or activity please let us know if you think there is scope for the project to continue after the period of funding.

**Guidance Note 4:** Based on the 5 Ways to Well-being: Connect, Be active, Take Notice, Keep Learning, Give (see page 6 of this guidance) - the fund is looking to support a range of community or workplace based activities such as peer support groups, social activities (e.g. sports and outdoor recreation, arts, culture, environmental), Men's Sheds, mindfulness, workplace well-being, activities that improve confidence, resilience and self-esteem, drop in sessions, volunteering.

**NB** We will NOT fund one off events.

**Guidance Note 5:** Q9 - Please list items of expenditure for this project.

Please note that all funding must be used and claimed by the end of November 2020.

**Guidance Note 6:** Q9 - **Eligible Expenditure.**

- Reasonable administrative costs are permitted providing the project can demonstrate value for money.
- Volunteer expenses and refreshments are permitted.
- Travel costs are permitted where it is necessary to assist some people from low income backgrounds to participate in activities.
- Materials and small items of equipment.
- Promotion and marketing.
- Venue Hire.

**Ineligible Expenditure**

- Capital costs / large items equipment

**Guidance Note 7:** Q10 - This should show the total cost of the project for all the years the project will operate.

**Guidance Note 8:** Q11 – If the total cost of the project exceeds the grant being requested, please provide details of any additional funding sources. This can include your own funds, earned income and any additional grants or donations you have or intend to apply for.

Applications are particularly welcome from organisations who are able to demonstrate that they can attract longer term external funding beyond the term of this fund.

**Guidance Note 9:** Q12 - Please state the total amount of grant being requested – minimum of £500 up to a maximum of £4,000.

**Section 3: How your project relates to the suicide prevention programme's aims and desired outcomes.**

This section will allow you to demonstrate how your proposed project will contribute to the programme aims and outcomes.

**Guidance Note 10:** Q15 - Please give details regarding how the specific activities you are proposing will meet one or more of the fund's outcomes – clearly linking the activities to the outcomes you selected in Q13.

You should ensure that you have embedded appropriate processes and monitoring systems in place in order to allow for monitoring and possible evaluation. This will include being able to provide management information about participant numbers. You will not be required to share any personal or sensitive data on an individual basis.

You should consider collecting information about:

- Number of beneficiaries including age, gender and location.
- Number of sessions delivered.
- Evidence of individual well-being improvement, where appropriate using Warwick-Edinburgh Well-being Scale or other validated tools.

## **GENERAL TERMS & CONDITIONS**

All grants will be managed through a funding agreement.

## **MONITORING AND EVALUATION**

All projects will be subject to monitoring and verification that is appropriate to the level of the grant, to ensure that the project has been delivered as anticipated. The details of this will be outlined in your offer of grant; North Yorkshire County Council retains the right to reclaim grant funding should the applicant fail to meet the terms and conditions of the offer of grant.

## **HOW TO APPLY**

All applications must be made on the Reducing Suicide Grant Application Form.

Applications should be submitted by **midnight on 17<sup>th</sup> November 2019**. The applications will then be evaluated and determined by a panel comprising representatives from Darlington Borough Council, NYCC Stronger Communities and North Yorkshire Public Health.

Applicants will be notified regarding the outcome of their application by **2<sup>nd</sup> December 2019**.

**If you would like further information about the Programme or would like to discuss the submission of an application, please contact:**

Claire Robinson  
**Health Improvement Manager, Health & Adult Services**  
[claire.robinson@northyorks.gov.uk](mailto:claire.robinson@northyorks.gov.uk)  
01609 534919

**All completed applications should be submitted to:**

Marie-Ann Jackson  
**Head of Stronger Communities**  
North Yorkshire County Council  
County Hall (WB Rm38)  
Northallerton  
DL7 8AD  
[marie-ann.jackson@northyorks.gov.uk](mailto:marie-ann.jackson@northyorks.gov.uk)  
01609 532925

# The Five Ways to Well-being

<b>Connect</b>	With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
<b>Be active</b>	Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
<b>Take notice</b>	Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
<b>Keep learning</b>	Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.
<b>Give</b>	Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.