**Bolton Every Mind Matters Campaign**

**Small Grants**

**Would you like to help improve the mental health and wellbeing of Bolton communities?**

**Grants of up to £500 are available for you to run a campaign for your groups, workplaces, clients, and service users.**

This fund will be open for voluntary and community groups, businesses and public sector teams across Bolton. The aim is to help people plan and run campaign activities to raise awareness around mental health and wellbeing, using **Every Mind Matters** campaign resources.

**Helping everyone look after their mental wellbeing**

The Covid-19 pandemic has had a negative impact on the mental health of many of us.

* Nearly half of adults in England said the COVID-19 pandemic had a negative impact on their mental wellbeing.
* More than a third of all adults in England (or 15.1 million) said they did not know what to do to help improve their mental wellbeing.
* Younger adults are struggling the most. 57% of 18- to 34-year-olds said their mental wellbeing was negatively impacted by the pandemic. Just under half did not know what to do to help.

**How much can I receive?**

Twenty-six groups, businesses or teams will receive £500 in grant funding and support around planning and running campaigns, free campaign materials, support around publicising and evaluating the campaign.

Campaigns must take place sometime between **September 2022 and February 2023.**

**What will I be expected to do?**

We are inviting groups to apply for funding to run a campaign that will raise awareness around mental health and wellbeing, using **Every Mind Matters** campaign resource. This can be from your group, team or network, as long as individuals are residents of, or working in Bolton. We would like groups to commit to running a campaign, an awareness raising event, or an activity that will reach at **least 100 people in total**. Campaigns can happen at any time before February 2023 and could happen all at once, or over a longer period.

We have no firm rules about what your activity should look like other than it should make use of **Every Mind Matters** campaign materials. You will also need to encourage people to use the **Your Mind Plan tool** which asks people 5 questions and gives top tips and tailored advice.

* Keep it reasonably sized. We want a minimum of 100 peope reached. We don’t expect you to reach the whole of Bolton.
* You might want to fit your campaign/activity within existing plans you already have? This could be an opportunity to try something new, or to start that activity you have been planning for some time.
* You can use the grant to purchase goods and materials, including resources, games, food, or prize vouchers. (You can also come up with other ideas).
* Your campaign activity could be face-to-face or make use of social media, or both.

We will be looking for:

* Ideas that are creative. Don’t be scared to unleash your imagination!
* Activities that target at least one or more of the following groups:
  1. BAME communities,
  2. Children and young people,
  3. Women,
  4. Socially isolated older adults,
  5. Middle aged men, and
  6. Frontline workers.

There will be a simple evaluation reporting form that you will need to complete at the end of your activity. We will carry out an evaluation across all groups who have received grants to understand the impacts and learning.

**How we will help you**

1. We wil provide you with **lots of support**. We can help you plan your activity in more detail, and help evaluate when it is done.
2. Provide free campaign materials and tools, including printed and digital resources.
3. Help promote your activity across local networks.
4. Give you the opportunity to meet other groups, swap ideas and learn from each other.
5. Hold a short ‘Getting Started’ session to help you get going.
6. Provide free training ‘Top tips for campaigns’. This can help you in future work.
7. Have individual meetings to check-in with you.

Bolton **Every Mind Matters** campaign has been funded by Bolton Council (Public Health) through the Prevention and Promotion Fund for Better Mental Health. It is being supported locally by social enterprise Unique Improvements. They will be managing and administering this grant fund as well as providing support to help your campaign activities.

***Deadline for return of applcations 5pm on Friday 2nd September 2022***

**How will applications be assessed?**

Applications will be judged on:

* Your campaign idea
* Which auiences you will target or involve. Priority will be given if you include one or more of the 6x groups listed earlier.
* We would also like to encourage a spread of organisations across Bolton (and the target groups)

The panel that will assess and score applications will be made up of three members of the Social Marketing Team at Unique Improvements

Successful applicants will be informed on **Monday 5th September 2022**

**Contacts for further information:**

Adrian Smith [boltonemm@uni.uk.net](mailto:boltonemm@uni.uk.net) or tel: 07894 264 062

**Bolton Every Mind Matters Campaign Small Grants**

**Application Form**

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| **1) Group/Organisation Details**  *Please give all your contact details accurately. For speed we often try and communicate via the telephone or e-mail. Having the ability to contact you via different means can help us to process your application more effectively.* | | | | | | | | |
| **Name of Lead Contact** |  | | | | | | | |
| **Organisation Name** |  | | | | | | | |
| **Phone/mobile**  *If there are certain times in the day when it would be best to contact you, please indicate these* |  | | | | | | | |
| **Email address** |  | | | | | | | |
| **Your address** |  | | | | | | | |
| **Web address** *(if applicable)* |  | | | | | | | |
| **Bank Name** |  | | | | | | | |
| **Account Number** |  |  |  |  |  |  |  |  |
| **Sort Code** |  |  |  |  |  |  |  |  |
| *Recipients of funding support must retain details of expenditure (receipts / invoices) incurred.*  *Please note that we reserve the right to request sight of expenditure incurred in relation to successful awards.* | | | | | | | | |
| If you do not have a bank account, this does not necessarily stop you from taking part.  We can act as a ‘broker’ and hold your grant on your behalf.  **Please get in touch to talk more about this.** | | | | | | | | |

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| **2) Your Campaign** *Please describe the campaign and activity you are proposing* | |
| **Date(s) of campaign activity**  If you do not know exact dates, give us an idea |  |
| **How many people do you estimate will be engaged through your campaign activity?** *(minimum 100)* |  |
| **Which audiences will you specifically target?** (please tick)   * BAME communities, * Children and young people, * Women, * Socially isolated older adults, * Middle aged men, * Frontline workers * **Other (please list)** | *Give more information if needed*: |
| **Location(s)**  *Where will the activity take place? If your activity is online, please give details. It may be a mix of online or face to face* |  |
| **Please give details of your campaign activity (tell us your idea)**  **Give us as much information as you can, to help us understand your plans.**  **We may come back to you to ask more, or to make suggestions to help.**  *Continue on a new page if needed* | |
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| **3) Sustainability**  **Although we anticipate campaign activity will be ‘one-off’, we would be interested in hearing any plans for repeating or sustaining the work. If you have none, put N/A** |
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| --- | --- | --- | --- |
| **3) Declaration** | | | |
| **In submitting this proposal for funding I confirm that we:**   * Will run campaign activity which reaches at least 100 people * Will supply receipts and proof of expenditure if asked * Will take part in the ‘Getting Started Session’ and 2x short project check-ins * Will complete a **Reporting Template** (to be provided) | | | |
| **Signatures from organisation applying confirming contents of the application:** | | | |
| **Name** |  | **Name** |  |
| **Position** |  | **Position** |  |
| **Signature** |  | **Signature** |  |
| **Date** |  | **Date** |  |

**Returning your form**

Applications should be returned to [boltonemm@uni.uk.net](mailto:boltonemm@uni.uk.net)

**Before** **5pm on Friday 2nd September 2022**

**Contact for further information:**

Adrian Smith [boltonemm@uni.uk.net](mailto:boltonemm@uni.uk.net)

Mobile 07894 264062