

Healthy Communities Unit

Promoting Mental Wellbeing

Small Grants Program 2021

We are pleased to invite you to apply for one of our small grants to promote mental wellbeing in our community. The aim of the funding is to support initiatives that promote mental wellbeing and reduce risks to mental health in our region.

We have three \$3,000 grants available and we can support you to develop and deliver your initiative.

Grants are intended to address one or more of the key themes:

- 1. Increases awareness of the importance of and factors that enhance mental wellbeing**
- 2. Increase social connectedness and reduce loneliness**
- 3. Reduce mental health risk and enhance resilience**

What will be supported?

You may submit a new initiative or the grant may provide an opportunity to expand an initiative you are currently working on.

We will not fund single one off events. We will support initiatives that extend over a set time period (up to 1 year), though please note that events may form part of a bigger initiative.

Examples of initiatives that could be funded include:

- Working with culturally diverse families in partnership with schools settings, providing mental health education and developing young leaders for diverse communities.
- Integrating mental wellbeing with other health promotion work in tobacco, alcohol and other drugs, healthier eating, gender equity and active living.
- Supporting sporting and other clubs to promote inclusion of diverse groups and people under represented in membership.
- Working with other organisations such as Community Houses to build initiatives that engage people who are vulnerable to mental health concerns such as people who are socially isolated and lonely.
- Supporting transition from primary to secondary school or school to work such as programs to support Year 8 students engaging more with school.
- Supporting communities to build resilience.
- Building capacity in mental health promotion work in groups, organisations and workplaces.

What support will be provided?

The Mental Health Promotion Officer will support you in the development, delivery and evaluation of your initiative.

Submitting an application

Applicants are required to submit their application form by Monday 19th April, 2021.

Applications will be for \$3,000.

Key dates

| Activity | Date |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Applications open</i> | Monday 15 th March, 2021 |
| <i>Questions answered</i> | Contact Leo Coolhaas Mental Health Promotion Email: healthycommunities@barwonhealth.org.au Phone: 421 53481 or 0439947650 |
| <i>Applications close</i> | Monday 19 th April, 2021 |
| <i>Applicants notified</i> | Monday 3 rd May, 2021 |
| <i>Funding commences</i> | Monday 3 rd May, 2021 |
| <i>Evaluation completion date</i> | Sunday 2 nd May, 2022 |

Grant guidelines

- Only one application will be considered per organisation.
- Applicants must have the following eligibility criteria:
 - Australian Business Number (ABN) or be under the auspice of an organisation or business with an ABN.
 - Represent an initiative within the G21 region which includes the local government areas of Golden Plains Shire, Colac Otway Shire, Surf Coast Shire, City of Greater Geelong and The Borough of Queenscliffe.

How will payment be made?

Successful grant recipients will need to send an invoice plus GST (total of \$3,000) to Healthy Communities, Barwon Health healthycommunities@barwonhealth.org.au

Payment will be made into the bank account identified with the expectation that funds will be spent as detailed in the budget estimates in your application.

Evaluation of your project

We are keen to support your project and to evaluate the outcomes in order to improve our understanding of what works to promote mental wellbeing in our region. We will require you to evaluate your project against your aims and we will work with you to achieve this.

Assessment criteria

A panel of community members and the Mental Health Promotion Officer will assess all eligible applications against the following criteria:

1. Does the proposed initiative address one or more of the three key themes?
 - Increases awareness of the importance of and factors that enhance mental wellbeing.
 - Increases social connectedness and reduces loneliness.
 - Reduces mental health risk and enhances resilience (VicHealth survey identifies 18-35 year olds, people with low incomes and people self-reporting with a disability among others whose health and wellbeing is significantly impacted by Coronavirus)¹.
2. Does the proposal show evidence of partnerships?
 - For example: partner organisations or people with lived experience.
3. Does the initiative demonstrate collaboration with community or emerge from community priorities?
4. Does the initiative contribute to ongoing mental health promotion work?
5. Does the initiative include an evaluation plan?
6. Does the initiative specify the role or contribution that will be achieved in partnership with the Mental Health Promotion Officer (MHPO)?
 - For example: engage the MHPO in reflection during the initiative, utilise mental health literacy skills of the MHPO, collaborate with the MHPO.
7. Does the application include a letter of support from community organisations such as the Regional Youth Council, Neighborhood House Coordinator or Community Health Organisation?

For further information contact:

Leo Coolhaas, Mental Health Promotion Officer

Phone: 421 53273 or 0439947650

Email: healthycommunities@barwonhealth.org.au

¹ VicHealth Coronavirus wellbeing impact study <https://www.vichealth.vic.gov.au/media-and-resources/publications/vichealth-coronavirus-victorian-wellbeing-impact-study-follow-up-survey>

Mental Health Promotion Grant Application Form

Application Checklist

| | | Tick |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | The grant application form is completed | |
| 2 | The Mental Health Promotion Officer was consulted if needed | |
| 3 | If successful in receiving a small grant, we will maintain communication with Barwon Health and advise if the initiative cannot proceed for any reason | |
| 4 | <p>We will submit a tax invoice to Healthy Communities, Mental Health Promotion Grants with the following details:</p> <p>Date of request Payee Payee Address ABN BSB and Bank Account number Email address for remittance Details of how the funds were or will be spent</p> <p>To be submitted by 3rd May 2021</p> | |
| 5 | By making this application you agree that if you are successful, but are for some reason not able to commence your initiative in 2021, you will return the funds to Barwon Health Healthy Communities by 31 December 2021 | |
| 6 | I understand that this application Form must be emailed to healthycommunities@barwonhealth.org.au by 5pm Monday 19 th April, 2021. If you have any issues with this please contact the Mental Health Promotion Officer | |
| 7 | We agree to evaluate the initiative and to submit the evaluation at the time agreed | |
| 8 | We agree for the outcomes of the initiative to be available for sharing | |
| 9 | We agree to notify Barwon Health regarding any events or activities that are open to the community and may occur during Mental Health Month | |

Please identify other funding sources or funding in kind that will support the initiative:

Additional information

How does your initiative reflect the mental health promotion priorities of increasing awareness, increasing social connectedness, reducing risk for vulnerable people and enhancing resilience?

Who else are you planning to involve in this initiative?

For example: partner organisations or people with lived experience

Please list:

Please describe how your initiative may support ongoing mental health promotion work:

Evaluation

How do you plan to evaluate your initiative? How will you know it was successful? E.g. Pre and post surveys, participant interviews.

Name: _____

Organisation: _____

Signature: _____

Date: _____