



let's end mental health discrimination

## **Time to Change Leicester Community Grants**

As part of the Time to Change Leicester Community Grants scheme, we will distribute £50,000 in 3 stages; £15,000 in stages 1 and 2, and £20,000 in stage 3. Our funded projects will be subject to evaluation at each stage. The purpose of the grants is to engage local communities in conversations about mental health and wellbeing, aiming to normalise mental health problems and in so doing combat the stigma associated with them.

If you've got an idea of how to open a conversation about mental health in your community, we may be able to help you fund it. The community grants scheme is open to applications of up to £1,500 for local projects or events that contribute directly to combatting the stigma around mental health.

## **Time to Change Leicester Campaign timeline 2017**

Modern life presents pressures and demands, which can adversely impact mental wellbeing and prevent people from flourishing. Time to Change Leicester raises awareness of these pressures. We want to develop resources to help people to cope with mental health problems in their daily lives and give space for people with lived experience to raise awareness of stigma and discrimination linked to mental illness. Our 2017 campaign includes:

**September 2017:** Recruit Time to Change Leicester Champions: People with lived experience of mental health problems will campaign to end mental health discrimination in their communities.

**September 2017:** Launch of the first round of community grants to encourage people to talk about mental health in different and unusual settings.

**Autumn term 2017:** Supporting children and teachers: Childhood is critical in setting lifetime trajectories for mental health: building resilience in children can reduce the need for more specialist support. The campaign will work with schools to promote mental wellbeing in schools to help children flourish and support teaching staff. This will run alongside, and will support a new schools-based resilience programme being implemented locally the Future in Mind programme.

**October 2017:** World Mental Health Day Highcross Shopping Centre event: The world of work is changing, with far-reaching consequences for mental health. Stress is the leading cause of work related absence in the UK. Highcross will promote Time to Change Leicester to promote mental health in retail settings.

**December 2017:** Women's mental health: Women are more likely to be diagnosed with mental health conditions such as anxiety and depression. Time to Change

Leicester will encourage women to find ways to reduce stress, build on friendships and family ties to gain support with further impetus to the campaign.

## **Community grants**

### **Purpose**

Time to Change Leicester is looking to fund schemes, which aim to meet the national Time to Change objectives, which are to:

- Empower people with mental health problems to speak about their experience;
- Change behaviour and attitudes towards people with mental health problems;
- Reduce the levels of reported stigma and discrimination in the local area.

Grants will start conversations about mental health problems in communities. We want to support local people, who have expert knowledge of their own communities, to lead the change. Our small grants are not for purchasing equipment, training or salary costs. All funded activity has to be public facing.

### **Eligibility**

Applicants must be aged over 18 years, show commitment to the 3 Time to Change objectives and live in the Leicester area.

### **Limits to funding**

The maximum grant is £1,500. Smaller amounts up to £500 will be used for one off events in local areas. Larger amounts up to £1,500 will be for more sustained work over a number of months.

### **How to apply**

The application form will cover:

- Summary of idea giving details of the proposed activity;
- The people involved in running the activity;
- How much is required and what for (e.g. venue costs, volunteer travel expenses, refreshments and materials).

### **Selection process**

A short application form will be used for all projects. A panel, comprising members of the Time to Change Steering Group will assess applications. For applications under £500 there will be an opportunity to present project outline with an overview of costs. Applications for funds between £500 and £1,500 will require completion of a more detailed form, including a projected budget, event frequency and details of people involved. All applications require commitment to the Time to Change objectives.

## **Evaluation**

Time to Change Leicester requires grant recipients to provide a short summary of activity successes and challenges, and quantifiable outcomes such as number of attendees or conversations. All recipients will be required to outline their expenditure against the funding provided. These summaries will be collated into an annual evaluation of Time to Change Leicester Community Grants activity.

## **Contact us**

For further details please email [catherine.crook@leicester.gov.uk](mailto:catherine.crook@leicester.gov.uk).