

Winter Resilience Fund

1. Introduction

This fund will provide financial support for voluntary organisations and community groups that are providing health and wellbeing support and have struggled financially during COVID-19 due to limited access to funding, loss of funding and an increase in workload.

The funding has been provided through NHS North East and North Cumbria Integrated Care System (ICS) Mental Health programme.

Priority for funding will be given to locally based community organisations that support the health and wellbeing, including mental health, of local people throughout North Cumbria and the North East of England. We know that the challenges people face are often amplified during the winter period, especially when they come on top of the additional stresses experienced because of COVID-19. Not only will this funding support the immediate mental winter pressures, it aims to safeguard and improve voluntary and community sector services that provide day to day support for our most vulnerable residents.

The funding is based upon three principles:

- Psychological support at grassroots level
- Peer produced mental health self-management training
- Non-clinical, bespoke, holistic community support

The funding is expected to deliver the following outcomes:

- Retention of much needed community resources.
- Increased capacity to support the most vulnerable over the winter period.
- A reduction in loneliness and social isolation.
- People can be supported appropriately whilst shielding.

2. What can be funded?

2.1 Overarching funding aims

The funding aims to support voluntary and community sector interventions which promote positive mental health and wellbeing in the widest sense and for all ages. Funding should achieve one or more of the following outcomes:

- Retention of much needed community resources and services

- Increased capacity to support the most vulnerable over the winter period
- A reduction in loneliness and social isolation
- Supporting people appropriately while shielding
- More face to face support for vulnerable patients
- Expanded voluntary sector capacity to provide the support needed to de-escalate people in crisis, who do not meet the clinical thresholds to access crisis resolution and home treatment teams (CRHTs)
- Practical support for people to engage in community and statutory services and remain engaged when they have in the past disengaged
- Increased levels of peer support available to work alongside CRHTs
- Increased support for people pre-crisis to prevent them experiencing crisis
- Greater community capacity to cope with challenging situations
- More people able to self-manage
- Less reliance on GP and secondary care services
- Greater awareness of mental illness among the population

Funding will be awarded to address and support additional needs, in response to or arising from the pandemic.

2.2 Funding themes

It is expected that funding requests will fall into one or more of the following three broad areas.

2.2.1 Support the Continuation of Services

Awards will be made to VCSE organisations who can show that as a result COVID-19 they need financial support to continue to provide community assets/services that are under threat because of

- reduced availability of traditional fundraising
- loss of/reduced income generation streams
- additional numbers accessing services.

This funding is available to provide some protection to help safeguard the community resources that provide the most vulnerable residents within our communities the day to day support and activities that allow them to live their lives. Funding will support core costs if the activity meets the objects of this fund.

2.2.2 Non-clinical psychological support to provide bespoke, holistic community support

Awards will be made to organisations that support people to identify, access and stay engaged in local resources, activities and training that improves their health and wellbeing including their mental wellbeing. This funding will enhance existing VCSE teams of community-based mental health 'link' workers who

- work alongside people to understand their psycho-social needs
- help them identify the tasks they need to undertake
- provide support to address and overcome their challenges.

Support services will work flexibly alongside those people with complex and multiple needs, people who often fall between the gaps of existing services.

2.2.3 Peer Produced Mental Health self-management training

Funding will be made available to support VCSE MH Recovery Colleges and other peer led, education based, mental health provision that may be delivered in partnership with relevant statutory sector providers. This will enable the further development of place based, peer produced mental health self-management training, throughout North Cumbria and the North East.

Funding could also be used to enable less-developed recovery colleges to access peer support (e.g. consultancy) from the more established ones, to share expertise and provide advice on how to develop peer support capacity, positive citizenship and community development approaches to positive mental health and emotional wellbeing.

The aim of this initiative is to further support our local populations to develop the coping mechanisms, skills, and self-care to best self-manage their mental wellbeing, e.g. this could include the development and implementation of online programmes alongside Covid-19 secure courses delivered in-person.

2.3 What types of costs can be funded?

Funding can be awarded towards staff costs, sessional workers, costs associated with keeping a service/provision open (e.g. rent/utilities), equipment required to deliver the service, activities required to ensure premises that deliver the service are COVID-19 secure.

3. Grants available

Grant awards up to £25,000 will be considered (in exceptional circumstances a higher amount might be considered) and the funding should be fully spent by **31st March 2021**.

You will need to demonstrate clearly in your budget how the grant award will be fully spent within the limited time frame of this funding.

4. Geographical Focus

The Fund supports North Cumbria and North East.

Within the North East the regions supported are those communities covered by:

- NHS Tees Valley CCG
- NHS Sunderland CCG
- NHS County Durham CCG
- NHS South Tyneside CCG
- NHS North Tyneside CCG
- NHS Newcastle Gateshead CCG
- NHS Northumberland CCG

Applications will need to clearly identify which region's residents their activities are supporting. Applications for the North East are being managed through County Durham Community Foundation.

Within Cumbria the regions supported are those communities covered by:

- NHS North Cumbria CCG

Applications for North Cumbria are being managed through Cumbria Community Foundation.

5. Monitoring and Feedback

A critical element of this funding will be capturing the outcomes of the funding. This will influence future funding availability. Applicants should be aware that at the end of the grant period (April 2021) grant recipients will be asked to report on funding outcomes and provide a short case study that demonstrates client progression.

Examples of the type of data that will be requested is provided in appendix A. Depending on the nature of the grant award not all the example list of monitoring data will be relevant to each grant recipient. **Grant recipients should however note this requirement at the outset of the programme and detail in their application how they will collect appropriate data on the outcomes of their funded activity.**

6. Application Process

Application for North East is via an online form available www.cdcf.org.uk

Your application will be assessed and reviewed by a decision panel, where a decision will be made on whether to fund the application at this time. You will be notified shortly after the panel; our aim is to get a decision to you within 2 weeks of receiving your completed application and having had a short phone call with your group's main contact (if needed).

The last date applications can be submitted is Friday 11th December 2020 (midnight). However, the assessment process and panel meetings will start prior to this date, due to the nature of the funding and the timelines to deliver the activity. **We therefore strongly recommend submitting applications before the deadline.**

Grant monies will be paid at the start of the grant once signed terms and conditions have been received. Terms and conditions are to be sent in electronically not by post.

If you require any further information, please email info@cdcf.org.uk. To help us deal with your query swiftly please include **ICS WINTER Fund** in your email title.

Appendix A:

Example outcomes for monitoring data:

Advance people's physical and mental health, wellbeing and safety

- Number of groups providing health-related activities
- Number of hours of sport, exercise & leisure activities provided by projects
- Number of new hours of sport, exercise & leisure activities provided by project
- Number of people reported improved physical / mental / emotional health
- Number of people reporting illness
- Number of people who participated in sport, exercise & leisure activities

Promote reduction of isolation and disadvantage and access to local services

Increase access to services

- Number of people accessing services for the first time as a result of the project
- Number of people accessing services for the first time as part of the project

Reduce isolation

- Number of people accessing support services as a result of the project
- Number of people accessing support services for the first time as a result of the project
- Number of people who participated in community activities for the first time as a result of the project

Support vulnerable people

- Number of people accessing support services as a result of the project
- Number of people accessing support services for the first time as a result of the project
- Number of people achieving independent living/no longer requiring support as a result of the project
- Number of people who participated in community activities as part of the project

Maximise ability to strengthen community cohesion and build social capacity

- Number of new volunteering opportunities available as part of the project
- Number of new volunteers as part of the project
- Number of people engaged in regular volunteering as part of the project

Improve community cohesion

- Number of people who have taken part in a community activity for the first time as part of the project
- Number of people who participated in community activities as part of the project