**Derbyshire Mind**

**Mental Health and Wellbeing Physical Activity Project**

**Grant Scheme – Up to £5,000**

Funded by Derbyshire County Council

**Frequently Asked Questions**

Please use this document as your first port of call if you have any questions or issues whilst writing your application. It is designed to answer the most common questions that will arise in relation to the funding and your application. If you have a question that is not covered or you still require some support please see the ‘*Where can I get support for completing my application?*’’ section of this document.

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12. **What are the Derbyshire Mind MHAW Review Panel looking for?**

When your application is submitted, the Derbyshire Mind MHAW Review Panel will be assessing the applications with these things in mind:

* You are an organised group
* The project idea is realistic
* Your project meets at least two of the funding outcomes (see ‘What are the funding outcomes my project should meet?’ section for more information)
* You have enough people involved in your project to deliver it
* You have identified (and shown) a gap or a need that your project will address
* You have shown a clear and coherent plan of how, when and why you will deliver your project
* You have demonstrated how you will achieve and meet the project outcomes
* You have put thought into how the project will be sustainable after the funding ends
* Costings for the project have been well thought out and planned for
1. **What are the outcomes my project should meet?**

Your project must meet at least two of the following outcomes and clearly show through the application how it will do so:

* Social-connectedness
	+ Promote a feeling of belonging to a group or community
* Connection to nature
	+ Develop a relationship with nature through emotions, attitudes or behaviors
* Increased physical activity
	+ Encourage physical activity to support both physical and mental health
* Reduction of isolation
	+ Support emotional or social connection with others
* Improved emotional health and wellbeing
	+ Help foster positive improvement of how individuals think and feel
* Improved accessibility for service users
	+ Help individuals with the practical, emotional or social barriers to accessing a service
* Improved resilience
	+ Support individuals in strengthening their ability to cope with difficulties in life
* Improved support network
	+ Provide individuals with a group they can turn to for support, encouragement and advice
1. **Where can I get support for completing my application?**
* You can contact your local CVS who **may** be able to provide support with your application. Details for each district below:
	+ Amber Valley
		- Website: <https://avcvs.org/how-to-contact-us/our-contact-details>
		- Email: admin@avcvs.org
	+ Bolsover
		- Website: <https://www.bcvs.org.uk/bolsover-volunteering>
		- Email: admin@bcvs.org.uk
	+ Chesterfield
		- Website: <https://www.linkscvs.org.uk/contact>
		- Email: info@linkscvs.org.uk
	+ Derbyshire Dales
		- Website: <https://www.ddcvs.org.uk/contact-us/>
		- Telephone: 01629 812154
	+ Erewash
		- Website: <https://www.erewashvoluntaryaction.org.uk/contact-us>
		- Email: enquiries@erewashcvs.org.uk
	+ High Peak
		- Website: <https://highpeakcvs.org.uk/contact-us>
		- Email: hello@highpeakcvs.org.uk
		- Telephone: 01663 735350
	+ North East Derbyshire
		- Website: <https://www.linkscvs.org.uk/contact>
		- Email: info@linkscvs.org.uk
	+ South Derbyshire
		- Website: <https://www.sdcvs.org.uk/contact-us>
		- Email: info@sdcvs.org.uk
1. **Can I submit my application form by post rather than online?**

Yes, you can download a word version of the application and send it by post. You can download a word version on our website here: <https://www.derbyshiremind.org.uk/services/mhawproject/how-to-apply/>

We advise you make a copy of your application prior to sending it to us. We will confirm receipt of your application. If you have not heard from us in 5-7 days of the expected delivery date, please email us here mhaw@derbyshiremind.org.uk or call our office number here 01332 623732

Once you have printed and filled in the application form, please send it clearly labelled to:

*FAO Josh Gahonia*

*Derbyshire Mind MHAW*

*Derby West Business Centre*

*Mackworth*

*Derby*

*DE22 4NB*

1. **Can I apply twice for funding?**

One organisation cannot apply for two lots of funding during phase two. This is the second and final phase of funding from Derbyshire Mind. Also, successful applicants from phase one of funding will be unable to apply for funding again during the second phase.

1. **How much funding can I apply for?**

The maximum total amount you can apply for with the Mental Health and Wellbeing Activity Project is £5,000. The figure that you ask for must directly correlate with the plan and costings of your project. You can apply for under the maximum total amount.

1. **When can I apply?**

The application form will open on the 18th September 2023.

1. **Is there a deadline for the application?**

Yes. The application form will close at 23:59 on the 15th October 2023.

1. **What support will Derbyshire Mind provide if my bid is successful?**

Successful applications will receive a basic support pack, this will include details of other mental health, wellbeing and physical activity services in their local area. There will also be relevant signposting information which may help with referrals and volunteering/business queries.

1. **What can the funding be spent on?**

The funding can be spent on anything that is required to successfully run your project. This could be anything from staffing costs to resources and assets. All funding spend must relate to the project that the grant is awarded for.

1. **Can my project include working with children and young people?**

No, this funding is only for projects that work with individuals aged 18 and over.