

APPLICATION GUIDANCE

Children, Young People and Families

Communities Mental Health and Wellbeing Fund

The Scottish Government's Communities Mental health and Wellbeing Supports and Services Framework for children and young people was established in January 2021 and provides funding to local authorities to meet the following key objectives

- Every child and young person in Scotland will be able to access local community services which support and improve their mental health and emotional wellbeing.
- Every child and young person and their families or carers will get the help they need, when they need it, from people with the right knowledge, skills, and experience to support them. This will be available in the form of easily accessible support close to their home, education, employment, or community.

Grass roots community groups and third sector organisations will be able to benefit from this fund to deliver activities and programmes that meet the objectives outlined above.

Fund Eligibility Criteria includes any or all of the below:

- Addresses the key drivers of poor mental wellbeing, for example financial insecurity
- Is child-focused, ensuring that the child or young person and their family is at the centre of decision-making and the support available to them; based on an understanding of the wellbeing of a child in their current situation
- It takes into consideration the wider influences on a child or young person and their developmental needs when thinking about their wellbeing so that the right support can be offered
- Is based on tackling needs early, aiming to ensure needs are identified as early as possible to avoid bigger concerns or problems developing

Fund Outcomes:

The intended outcome of the Fund is to develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others.

The Fund seeks to contribute to the areas of focus from the [Mental Health Transition and Recovery Plan](#), [Community Mental Health and Wellbeing Supports and Services Framework \(www.gov.scot\)](#), the national outcomes from the [National Performance Framework](#) and priorities from [The Ayrshire Mental Health Conversation](#)

Based on local needs identified in North Ayrshire, we are particularly interested in supporting projects which include people in the priority groups* to address the following:

- Improving mental health and well-being
- Reducing social isolation and loneliness
- Developing personal self-care /self-management, coping skills
- Prevention and early intervention
- Preventing suicides
- Enabling financial inclusion and tackling poverty
- Reducing barriers contributing to low school attendance

- Supporting parents/carers who are worried about a young person's substance use

What projects can be funded?

The current economic climate has had a big impact on the health and wellbeing of people in communities. Community organisations: charities, social enterprises, volunteer groups and community councils, already have brilliant ideas about how mental health and wellbeing can be improved. That's why applications are welcomed from eligible groups that can demonstrate early intervention/prevention to promote positive mental health and wellbeing, particularly where the idea has been created with people in that community.

Limited funds are available, and where the Fund is oversubscribed, when making decisions the panel will prioritise projects based on the extent to which they demonstrate how it:

- Builds capacity within its local community
- Supports the enablement of individuals to look after themselves
- Offers breadth and depth of reach into the community it supports
- Creates a legacy for the community which can be built upon
- Is child focussed

And with equal importance how the project might impact on our combined national and local priorities of:

- Tackling issues such as suicide prevention, social isolation and loneliness
- Providing opportunities for prevention and early intervention of mental ill health
- Addressing mental health inequalities
- Providing opportunities for people to connect with each other, build trusted relationships and revitalise communities
- Supporting recovery and creativity locally by building on what is already there, what was achieved through the pandemic, and by investing in creative solutions
- Developing personal or community strengths or resilience and promoting positive mental wellbeing

What type of activities can be funded?

Grants can be provided to fund most community-based activities that support mental health and wellbeing of children and young people (aged 5- 24, or 26 if Care Experienced).

These could include groups that promote physical activity and creative opportunities w specific support groups. The Fund also seeks to fund activities that increase the ability of community-based organisations to provide a service to local children and young people. Communities may be geographical or communities of interest. Partnership awards that demonstrate multiple benefits will be welcomed but not essential.

How much can you apply for?

The Children, Young People and Families Fund is providing the opportunity for you to apply for a grant of up to **£5,000**. Please note that you should only apply for the funds you need to deliver the project, rather than try to fit the project into the maximum fund available.

What can be funded:

Small capital spend up to £1,500
Staff costs for the duration of the project only (and wherever possible paid at the Scottish Living Wage as a minimum)
Training costs
Transport
Utilities/running costs
Volunteer expenses
Equipment
Hall hire for community spaces
Overheads/ management fee - capped at 10% of grant requested

We cannot fund:

Any goods or services that you buy or order before your grant is confirmed
Items that only benefit an individual – for example, scholarships and personal clothing for individuals and equipment that is not shared
Routine repair and maintenance costs
Contingency costs, loans, endowments, or interest
Electricity generation and feed-in tariff payment
Political or religious campaigning (please note that faith-based organisations are eligible to apply with the exclusion of any religious campaigning activities or activities restricted only to members of the faith-based organisation).
Profit-making/fundraising activities
VAT you can reclaim
Statutory activities
Overseas travel
Alcohol

Please note: If you are applying for funding where the delivery of the project is contingent on planning permission or landlord's consent being provided, this must be in place at the time the application is made. A copy of the appropriate permission will need to be uploaded with your application.

To help demonstrate what type of activities can be funded we have highlighted a few different ideas to show the range of activities that could apply. Your project might be similar to one of these ideas, or completely different!

Connected to Arts & Culture – providing children and young people the opportunity to connect with others and take part in programmes that tap into their creative side, whether that be through the provision of a drama group, art group, creative writing or other.

Who can be funded?

This fund is for third sector/ community organisations in North Ayrshire. The scrutiny panel will verify that all applicants meet the criteria and:

- Are third sector (voluntary) organisations - Third Sector organisations include community groups, voluntary organisations, charities or social enterprises or any other not-for-profit group; these groups will be expected to provide evidence of a governing document.
- Are delivering services within North Ayrshire.

Completing the Form

Please refer to aforementioned guidance notes before completing your application. Please note that no application will be processed unless all supporting documents are provided.

It is recommended that you write your responses in a Word document as you go along and then copy and paste into the online form. A Word document copy of the application form is provided to make this easier. Please note that only applications made using the online portal will be accepted, no handwritten applications or word documents will be considered. If you have any trouble submitting your application, please email info@arrancvs.org.uk for help.

Applications must be submitted by **12.00 noon on Tuesday 8th December 2026**. Applications received after this date will not be processed.

Organisation/Group Name – the title of your group.

Email address - Preferred contact details for the application.

Website Address – if you have one but not essential.

Main Activity – this is the activity you were set up to deliver and which area you consider yourself to be most involved in. i.e., sports, environment, retirement, leisure, gardening, food production.

Charity or Company number – only applies if you are a registered organisation.

Organisation/Group Type – the way you are governed or set up, if you are unsure select other and write unsure.

Address Details: - enter address details your Organisation/Group is registered to.

Q1: Please indicate which age group your proposed activity is targeted at. (Tick all that apply):

If your proposed activity is not for children and young people aged 5 to 24 (26 if care experienced) and/or their families, please refer to guidance as this fund is not for people over the age of 24 (unless care experiences and then eligibility is up to 26).

Q2: Where will the activity or project be delivered (tick all that apply): - tick the box matching the area where your work will take place, tick all that apply.

Q3: Where does your organisation deliver the majority of your work? - tick the box that matches the area where you currently deliver, tick all that apply.

Q4: Does your organisation work specifically with any of the following 'at risk' groups of people? (Select all that are relevant) – tick all that apply.

Q4a: Does your organisation work specifically with children and young people experiencing distress, if so, please indicate which types of distress from the list below.

Please select all that apply but be selective and ensure they are appropriate to your project as you may be asked to evidence how you work specifically to provide support in these areas.

Q4b: Does your organisation work specifically with children and young people to support positive mental wellbeing, if so, please indicate in which areas from the list provided.

Please select all that apply but be selective and ensure they are appropriate to your project as you may be asked to evidence how you work specifically to provide support in these areas

Q5: Your project - What activity / project are you looking to fund? Please include information including your services, products and your capacity e.g. number of people you work with, hours you run each week etc.) – Give details of what your project is and what difference it will make to health and wellbeing. Please include information on who your project will help.

Q5a: Are any volunteers involved, if so, please state how many. Give anticipated number of volunteers involved in entire project.

Q6: Positive Outcomes - Describe briefly how your new activity / project supports communities around mental health and wellbeing. How do you know it will have a positive impact on the mental wellbeing for the people and communities you work with and give details of the number of people and volunteers involved? – Tell us about any information you have gathered which shows that this is the right thing for the community. This could include learning from any other previous work you have done, research you have carried out.

Q7: Link your project to one or more of the following priorities – tick all that apply.

Q8: Working with others – Tell us what difference your project will make to your community and if you are working with other groups and organisations, tell us how you will co-ordinate and work locally with them. If there are other groups/partners involved in your bid, tell us about how you work with them – Give details about any information you have gathered which shows that this is the right thing for the community. This could include learning from any other previous work you have done, research you have carried out or how you are building on any other positive activity that has taken place in your community.

Q8a: How many people do you anticipate will benefit from this activity? This will be a total number people who will benefit from the activity.

Q9: When will the funded project start? Please give proposed start date.

Q10: For equality purposes, is your project / activity open to all within your target age-group – Answer Yes or No – give brief explanation if 'No'. Refer to Active, Connected, Included document by SCLD – click [here](#).

Q11: How much funding are you requesting for Year 6 from the Children, Young People and Families Communities Mental Health & Wellbeing Fund? - Detail the total cost.

Q11a: Please enter a detailed budget description and cost for Year 6 Children, Young People & Families Communities Mental Health & Wellbeing Fund? For example: staff training, venue hire. If you are applying for funding as part of a partnership, please provide details of all partners and a breakdown of costs for each partner – detail all items/services required for your activity and the associated costs.

Q12: Please tell us whether you have also made a separate application to the Communities Mental health and Wellbeing Fund for adults aged 16 years and older.

Contact Information: - Name, address, phone number.

Do you have a Bank Account – please answer yes or no.

If not, this won't inhibit your application. It is worth considering asking a larger organisation to hold funds on your behalf, you will need an arrangement in place if your application is successful.

Confirmation – click all boxes to accept terms and conditions.

If you have any queries or would like to discuss your proposal, please contact: Arran CVS: 01770 600611 or by email at info@arrancvs.org.uk