

Essex Community Foundation – Mid and South Essex Mental Health 'Inequalities' Programme 2023/2024

Thank you for your interest in the NHS Mid and South Essex Mental Health 'Inequalities' Programme. This guide sets out key information to assist you in applying to this Programme. If you have any questions or wish to discuss your funding needs with us, then please contact Essex Community Foundation's grants team at 01245 355 947 or by e-mailing grants@essexcf.org.uk. Adeola Dosunmu, Grants Officer, is the main point of contact for this funding opportunity. However, any member of the grants team would be happy to help you.

Essex Community Foundation (ECF) - Who we are and our role in the Programme

ECF was established in 1996 to improve the lives of people living in Essex by funding charities and community groups that are making a difference locally. We do this through endowed funds or programmes and funds which need to be spent short term. Funds are distributed on behalf of a wide range of donors who want their charitable giving to be accessible to local charities. This includes families, companies, local and central Government, and other trusts and foundations. Last year, we awarded £4.5million in grants to the voluntary and community sector. A distinguishing feature of ECF is its ability to use local knowledge and intelligence to understand and respond to community needs.

ECF is pleased to be working with and on behalf of the NHS Mid and South Essex to administer this Programme locally.

Background to the Programme

Funding of £200,000 has been made available by NHS Mid and South Essex to support voluntary and community organisations in Mid and South Essex to address health inequalities for people with mental health problems. The partnership understands the vital importance of voluntary and community sector and their ability to reach into communities and build on existing community assets.

As mental health partners implement a comprehensive programme of transformation across Mid and south Essex, it is important that the opportunity to consider the needs of the communities in the redesign of services is taken in collaboration.

Addressing health inequalities is a priority for all health and care partners across Mid and South Essex. For people with mental health problems, reducing health inequalities means recognising both the wider determinants of mental health as well as recognising the variability in life expectancy compared to others. The partnership is looking for ideas to reduce health inequalities and to improve access for marginalised and historically underserved groups, and for ideas that offer innovation and learning.

Your application can help people at a neighbourhood, district(s) or Mid and South Essex level. Mid and South Essex covers the local authorities of Basildon, Braintree, Brentwood, Castle Point, Chelmsford, Maldon, Rochford, Southend-on-Sea, and Thurrock.

Marginalisation

'Marginalisation' describes a social process and social condition in which an individual, or group of people, is excluded from fully participating in ordinary and important aspects of life such as education, employment, health, housing, and socialisation. Marginalisation is driven by social, cultural, political and/or economic factors, and is not a result of the actions of those who are marginalised. Marginalised groups are more likely to have negative experiences of accessing support, but may find it harder to assert

their rights, leading to feelings of powerlessness. Marginalised people may be viewed with fear or hostility by wider society and may also be viewed as less valuable to society than others. This is compounded when decisions that impact their lives (such as policy and service design) fail to involve them in planning and implementation.

While the Equality Act (2010) can be a helpful starting point for understanding the characteristics that are at risk of marginalisation (such as disabled people, ethnic minorities, and women), the reality of marginalisation in our society goes far beyond these characteristics and includes (but is by no means limited to) displaced persons, people with mental illness, people who misuse substances, sex workers, people living in care, people with caring responsibilities, and so on.

Criteria

We are keen to hear from community and voluntary organisations who have ideas projects and initiatives that will reduce the health inequalities for marginalised and historically underserved communities. This fund recognises the negative impact of marginalisation such as communities being likely to require greater levels of support while simultaneously experiencing greater barriers to accessing this support.

Priority is likely to be given to applicants that are working with communities listed below, however, we are open to new ideas and originality and as such the below list is not exhaustive:

- Ethnic Minority communities
- Refugees and asylum seekers
- Carers
- Gypsy, Roma and traveler communities
- Those with co-existing substance misuse needs
- Veterans
- Older People
- LGBTQ+ people
- Those on a low income

We are also interested in proposals that involve meaningful community engagement can inform how we design and deliver services that are more effective for marginalised and underserved groups in the future.

We are aware people are not defined by one characteristic, so the more marginalising characteristics a person, or group of people, experiences, the likelier they are to be excluded from participating in society and accessing support. We therefore invite organisations to consider submitting proposals alone or in partnership with other organisations. We are particularly interested in ideas that involve or support the development of grass roots organisations and that promote learning and collaboration.

We are inviting grant applications from across Mid and South Essex to:

1. Focus on historically underserved communities
2. Teach us how to improve the accessibility and inclusiveness of mental health support for people experiencing mental health inequalities
3. Offer innovation and originality in working collaboratively with these communities to achieve their goal

The voices of marginalised communities are therefore valuable in finding solutions to these challenges, but often go unheard.

We are happy to consider either new projects or those that need to be adapted to better respond to a

wider marginalised community. Applications can include operating and revenue costs or capital costs.

How much can I apply for?

Grants of £5,000 and £20,000 are available for one year to not-for-profit groups and organisations working in Mid & South Essex.

It is a requirement of this funding that your grant must be spent within 12 months of the award. Please keep this in mind when deciding how much your organisation applies for.

The fund panel will have discretion to consider exceptional applications for more than the maximum award when considering all funding requests.

When can I apply?

We are accepting applications from 27 June 2023 working with applicants where required and provide a rolling programme of grant panels, to make the application process more accessible for smaller grassroots groups.

How do I apply?

Once the application form is available, please answer the questions with as much information as possible. If you would like to discuss your funding request before submitting, then please contact ECF's grants team. We also now offer bookable time slots so that anyone can meet with us online or over the phone to discuss a potential funding application and ask questions.

We understand that online forms can often be a barrier to individuals and organisations. If you would like to apply but cannot complete the online form then please contact ECF's grants team, we would be happy to find another way to accept your expression of interest, for example, a telephone call or paper form.

Once we have received your application, a member of our grants team will contact you to let you know it has safely arrived.

We may also contact you if we have any further questions to support our assessment before it is initially discussed at a panel meeting. There may also be further questions or suggestions from the panel before a final decision is made.

Thank you for taking the time to read this information.