

Greater Manchester Mental Wellbeing Grants Stage 2 micro grants

Marie Graham- GMCVO

On behalf of Greater Manchester Health
and Social Care Partnership, GMCVO will
be giving out a total of £175,000 now and
December 2020 in small grants



Purpose of the grants

to support adults from communities of identity or experience, based in Greater Manchester, that may struggle to achieve higher levels of mental wellbeing



Communities

- Adults (BAME) communities
- Adults living with long term physical and mental health conditions
- Disabled adults
- Socially isolated older people
- Military veterans
- People who are unemployed
- Adults who identify LGBTQI
- Adult carers



Staged approach

- First Stage May- June 2020 £50-£500 for organisations with an income of under £25,000
- Second stage July –August £50-£500 for organisations with an income of under £50,000
- Third stage September larger grants (amount to be confirmed)

You can apply for one grant in each stage



The 5 Ways to Wellbeing

Applications need to address at least two

- Be active
- Notice
- Connect
- Give
- Learn



Farai Nhakaniso

Everything Human Rights

Signs & Symptoms

Mental Wellbeing

Farai Nhakaniso Outreach Volunteer

Everything Human Rights
You and I in it together

IMPORTANT TO KNOW

KNOWING THESE SIGNS MAY HELP YOU, FRIENDS & FAMILY BREAK THROUGH THE STIGMA AND START



Majid Hussain

Community Horizons Global CIC



Funding can be given to:

- adapt an existing activity in response to the current social distancing restrictions or
- a new activity that can be delivered within the governments social distancing restrictions (at the time the application is submitted).



Filling in the form

- You cannot save this form part completed
- If you have any questions or difficulties filling in this form please email mentalwellbeing@gmcvo.org.uk and we will respond within five working days

The questions

Please tell us what the project is including:

- How
- When
- Where

the project would be delivered within the current government social distancing restrictions. (max 400 words) *



5 ways to wellbeing

- Please explain how your project would help people do at least two of the above things (max 300 words): *

Cost

- How much are you applying for, please itemise below (give a detailed explanation each cost and how they relate to your idea) *



Past experience

- Please describe your past experience of working with the community/ies that would participate in your project (max 300 words) *



Decision making process

- Check for eligibility
- Panel very week decisions being given within three weeks.
- We may ask you for more information
- If you are unsuccessful you can get in touch for more support to re apply



Useful Links

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

<https://www.actionforhappiness.org/>

https://www.diversesecymru.org.uk/covid-19-and-bame-communities-resources/?doing_wp_cron=1595583512.3036251068115234375000

Lucas Woods

mentalwellbeing@gmcvo.org.uk

Greater Manchester Centre for Voluntary Organisation

St Thomas Centre
Ardwick Green North
Manchester M12 6FZ

T: 0161 277 1000

W: www.gmcvo.org.uk



GMCVO

Supporting voluntary action in
Greater Manchester since 1975