

MENTAL HEALTH AND WELLBEING YOUTH-LED GRANTS



Grant Information

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INTRODUCTION



WHO ARE WE?

We are Young Manchester.

We believe children and young people are the experts in their own lives.

We want to see a Manchester where every child and young person can shape their city and realise their full potential through vibrant, connected, and inclusive opportunities.

WHAT IS THE MENTAL HEALTH AND WELLBEING AFTER COVID FUND?

These grants exist fund **youth-led projects** that aim to enhance the mental health and wellbeing of young people.

The grants has been designed in collaboration with young people, and funding decisions will be made by young people.

The grants seek to put power in the hands of young people to lead the way in creating a Manchester where children and young people are empowered, resilient, and thriving in all aspects of their lives, including their mental health and wellbeing.



WHY IS THIS FUND NEEDED?

Throughout 2021, Young Manchester distributed the first part of this grants programme on behalf of the Manchester Health and Care Commissioning (MHCC), now part of Greater Manchester Integrated Care. This 45k fund represents the second part of the project.

It is unquestionable that the COVID-19 pandemic, and in particular the multiple lockdown periods have had profound and long lasting impacts on the mental health and well being of children and young people in Manchester.

We believe that children and young people are the experts in their own lives and experiences. That's why the first stage of this fund was commission a Youth-led Needs Analysis by 42nd Street which explored the impacts of the pandemic on the mental health and wellbeing of young people.

In making informed decisions about how to allocate resources from the fund, young people took an active role in analysing data from the #BeeWell survey, gaining insights into the various ways their peers reacted to the challenges brought about by the pandemic. Collectively, they decided to prioritise funding for activities that extend beyond the online realm, recognising the profound impact that COVID-19 has had on the lives of young individuals. This strategic approach aims to address the specific needs of young people and promote their overall well-being in the post-pandemic landscape.

KEY INFORMATION

This fund is intended to support youth-led projects that focus on enhancing **mental health** and overall **well-being**.

We welcome applications from groups of children and young people aged **18 and under (or 25 and under for young people with additional needs)**

You can apply anytime between **19th January - 3rd March 2024**

The project should take place in **Manchester** (see the map on the next page) and/or work with people who live in Manchester.

Projects must be delivered between **April 2024 - October 2024**.

THERE ARE 3 DIFFERENT POTS AVAILABLE:

Pot 1

GRANTS OF UP TO

£1-3K

Creative

Pot 2

GRANTS OF UP TO

£4-6K

Creative + Inclusive

Pot 3

GRANTS OF UP TO

£7-10K

This could part fund a longer term project. Creative + Inclusive + Community Engagement



The Wards of Manchester



FUND TIMELINE

19th January 2024

Applications open

Week of the 17th March

The decision making panel meets and decides which projects to fund

From 22nd April 2024

Project delivery starts

14th October 2024

The deadline to send us your end of project evaluation report. (It might be sooner if your project is shorter)

3rd March 2024

Applications Close

Week of 25th March

You'll find out if your application was successful

1st October 2024

All of the projects are complete

WHAT IS THE GRANT FOR?

The young people steering this fund have decided to not fund traditional workshops and academic projects or social media projects. Instead, they are putting a strong emphasis on in-person meetings, recognising the limitations posed by lockdown in 2020.

Their focus is on funding activities that are youth-led and align with these key values: creativity, inclusivity, community engagement, and well-being.

Youth - Led

- Young people are in charge of making decisions about what happens in the project.
- They are involved planning and delivering the project.
- Their ideas and experience are prioritised and acted upon throughout the project.
- They may be supported by adults to help their ideas come to life **OR** they may be equal partners with adults in the project.

CREATIVE

INCLUSIVE

**COMMUNITY
ENGAGEMENT**

WELLBEING

WE WILL PRIORITISE

If we receive more suitable applications than we can fund, young people on the panel will prioritise the following things:

'Youth-led' over 'Youth Voice'

Projects where young people lead and make decisions throughout, over projects where young people are consulted. However we acknowledge the value and importance of youth voice.

Creativity:

We want projects that inspire and nurture the creative spirit of young people, fostering innovative approaches and out-of-the-box thinking.

Inclusivity

We want to support initiatives that actively embrace diversity, ensuring that all young people, regardless of background, feel welcomed, valued, and included.

Community Engagement:

We want projects that go beyond individual participation, actively involving and uniting communities through collaborative activities that strengthen social bonds.

Well-being:

We want projects that contribute to the holistic well-being of young people, promoting mental health, resilience, and a sense of fulfillment in their personal and community lives.

POT
ONE

GRANTS OF UP TO

£1-3K

For small scale, short-term or one off projects, that are:

- led by young people
- creative
- inclusive
- focused on wellbeing



Examples of projects we might fund through Pot 1 are things like:

- For a one-off, youth-led social event designed to encourage connections and offer a space to explore the subtleties of mental health and well-being through creative expression, art, music, spoken word.
- An outdoor retreat designed to provide young people with a break from the stresses of daily life, fostering connection with nature and promoting mental well-being

**POT
TWO**

GRANTS OF UP TO
£4-6K



For medium scale or medium-term projects delivered over 2-3 months, that are:

- led by young people
- creative
- inclusive
- focused on wellbeing

Examples of projects we might fund through Pot 2 are things like:

- A group of young people work on a project revolving around initiatives such as crafting a community art installation. The central aim is to nurture a shared sense of experience and unity, emphasising the crucial importance of wellbeing.
- A youth-led mental health awareness campaign focused on addressing the mental health challenges arising from the COVID-19 pandemic. The campaign aims to reduce stigma, provide resources, and create a supportive environment



GRANTS OF UP TO
£7-10K

*we may be able to fund projects of £10k+, contact us directly for more information.

For larger scale projects or longer term projects that:

- creative
- focused on wellbeing
- inclusive
- make a positive difference to community

AND

- are youth led **OR** seek to strengthen or improve youth leadership and youth voice in existing projects

This funding can be used as part of a longer term or pre-existing project to introduce or strengthen youth leadership and youth voice within the project as a whole.

(These activities would need to be completed by the end of the funding period **October 2024**, even if your project continues beyond this)



WHAT WE WILL FUND

Food, equipment and resources	Things like food and drinks for participants, stationary and art supplies, electronic equipment, sports or games equipment, room hire costs.
Transport Costs	Things like bus and tram fare, taxis, petrol mileage or minibus hire to transport people to and from your activities.
Volunteer expenses	Things like travel costs for volunteers to travel to and from your activities and subsistence costs for volunteers to buy lunch while they are volunteering.
DBS checks	You might need to get these for staff and volunteers if your activities are for people under 18 or vulnerable adults.
Staff Salaries	Things like paying youth workers or other staff who are supporting your group to run your project.
Training and skills building activities	We will fund training that you need to do to deliver your project. This might be anything from first aid training to podcast production or public speaking training, depending on what your project is.
Your time	Paying yourself and other group members for your time working on your project.
A proportion of your core costs	This means the general costs of running the organisation that's supporting you to do your project. Any core costs must be clearly related to the scale of activity delivered under this funding.

WHAT WE WON'T FUND

<p>Items not related to the cost of your activities</p>	<p>We won't fund anything that is for your personal use only, like new headphones, shoes, clothes, or your weekly food shopping. We also won't fund resources that you don't intend to use for this project, e.g. your friends wants you to buy some new footballs for the sports team at your youth club even though you won't be using footballs for your project.</p> <p>(It is OK for you to buy items to use for your project, and then donate them for other people to use once your project is over.)</p>
<p>Purchase of vehicles or property</p>	<p>You won't be able to use this funding towards buying a car or a minibus for example, or towards buying a house or a commercial property (like a shop).</p>
<p>Building renovation/repair costs</p>	<p>We won't pay for things like fixing plumbing or roofs, putting in a new bathroom or kitchen, or repairing structural damage to a building.</p>

All costs must be reasonable and it must be clear how what you spend will meet the needs of the project.

You will need to keep a record of everything you spend, this includes keeping all your receipts. We can help you with how to keep track of your budget.

CAN I APPLY?

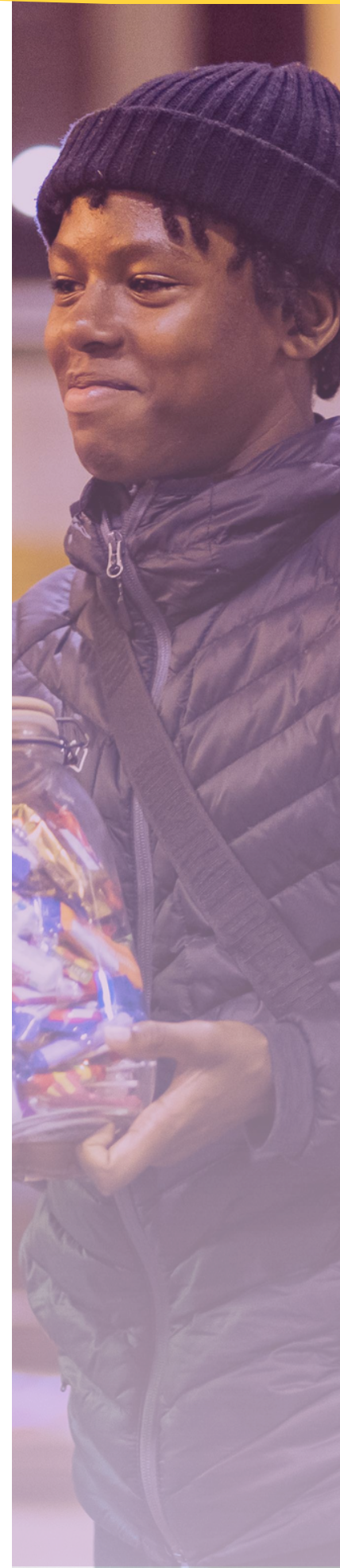
This funding is open to not-for-profit organisations working with young people and groups of young people supported by an organisation.

GROUPS OF YOUNG PEOPLE SHOULD:

- The group should be made up of children and young people aged 18 and under.
- Young people in the group should be in charge of making decisions about the groups activities.
- The group should be not-for-profit
- The group should be based in the Manchester area and/or mainly work with people who live in Manchester.

SUPPORTING ORGANISATIONS SHOULD:

- Be a not-for-profit organisation
- Have a constitution
- Have a bank account in the organisations name
- Be an organisation mainly working with Manchester residents
- Provide or be seeking to provide opportunities for children and young people to be involved in the decision-making processes in your organisation
- Demonstrate a commitment to equality and inclusion



WHAT IS A 'NOT-FOR-PROFIT' ORGANISATION?

Not-for-profit includes voluntary, community and faith organisations, co-operatives and mutual societies, non-governmental organisations, education providers; organisations that are value driven and principally invest any surpluses to further social, environmental or cultural objectives.

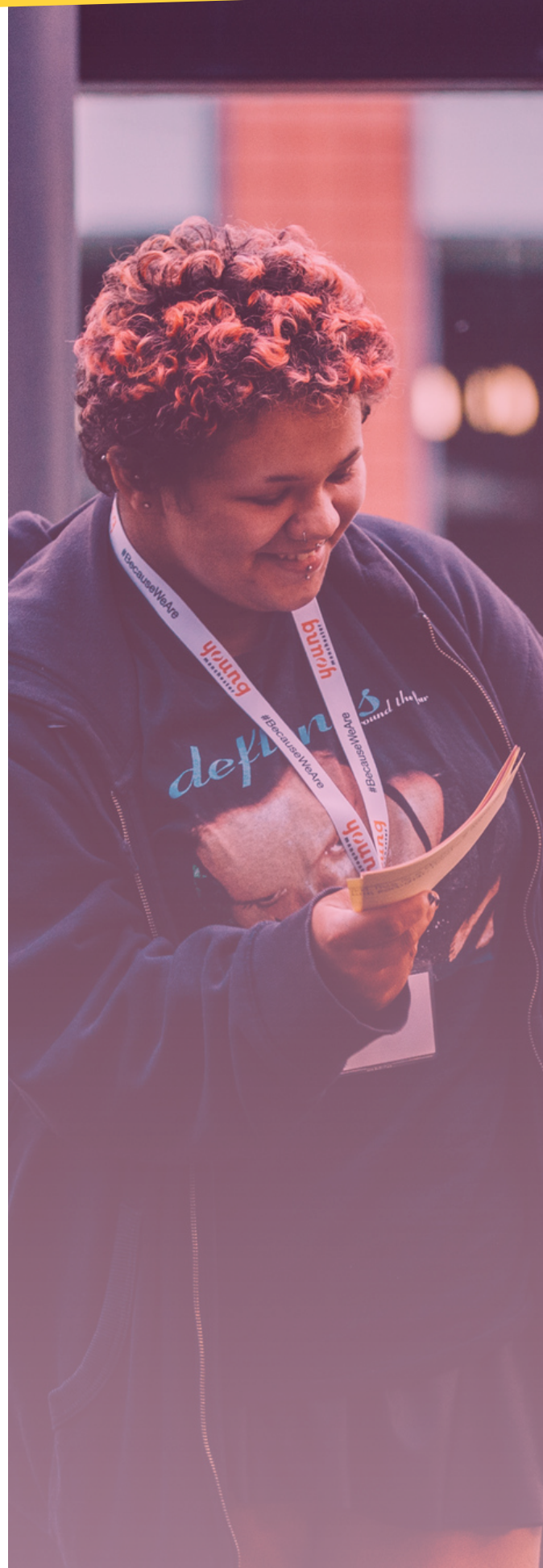
Some examples might include:

- a youth club
- a theatre group
- an after school club
- a community centre
- a charity

You cannot apply if you are a private sector or "for profit" organisation.

WHERE WILL WE SEND THE MONEY?

We will pay the grant into the bank account of your supporting organisation, who will look after the money for you.



HOW TO APPLY

You can submit a written application:

BY EMAIL

Download a Microsoft Word version of the application form at:
Application link

Send your completed application form to applications@youngmanchester.org and include 'Mental Health and Wellbeing Youth Led Fund' in the email subject.

VIDEO

If a written application presents a barrier or you like to submit a video application, we can support you to submit a video or audio application. Contact us for more details.

The final deadline for applications is **3rd March 2024**.

We will email you to confirm we have received your application.

SUPPORT WITH YOUR APPLICATION

If you have any questions about the application or if the application presents a barrier, you can contact Brigitta Darko at Young Manchester on b.darko@youngmanchester.org or by phone on [07401 389992](tel:07401389992).

HOW AND WHEN WILL DECISIONS BE MADE?

All applications will be read, scored and ranked by a **panel of young people aged 14 – 21**, based on criteria that has been decided with young people.

The decision making panels will meet after applications are closed in October, and you'll find out if your application has been successful the week commencing **18th March 2024**.

WHAT WILL HAPPEN AFTER DECISIONS HAVE BEEN MADE?

We will let you know by email whether your application has been successful or not and we will provide written feedback, for people who would like it.

If you are successful, you will be need to go through '**due diligence**' checks with us – this means we will ask the organisation you are supported by to send us things like their Safeguarding policies. We will provide more information on what is needed at the next stage.

We will send you a grant agreement with our terms and conditions for you to sign and return.

PROJECT EVALUATION

You'll need to record of some key pieces of information about your project, including:

- Numbers of people taking part in your project
- Stories and photos (we call these 'case studies')
- How much you have spent and on what

We can help you with your project evaluation and will provide a template for you to use for your end of project report.

We'll ask you to send us your project evaluation by 14th October 2024.

Thank you

We look forward to receiving your applications!





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