



## Perinatal and Infant Mental Health Fund

### Small Grants Fund Information and Guidance Notes

May 2021

## PIMH Small Grants Fund

### Background

The Scottish Government is committed to improving mental health services for children, young people and adults. This includes perinatal and mental health support for women and families during pregnancy, birth and up to three years of age.

Mental ill health in the perinatal period includes a range of conditions, including depression and anxiety, and can affect people of all ages and backgrounds. It has an impact on both mothers and fathers, with up to 20% of mothers and up to 10% of fathers affected at this crucial stage of life.

We also know that early experiences have lasting impacts for childhood and beyond. An infant's most important developments, physical, cognitive, and emotional, have their foundations set very early in life, from the beginning of pregnancy through to a child's second birthday.

It is therefore a vital time for the whole family. The earlier support is provided, the better, protecting the health of parents at a time of huge change, adaptation and recovery, and building the important parent infant relationship to allow babies to get off to the best possible start. Investing and building up the services that support new and expectant mothers is central to this.

The Perinatal and Infant Mental Health (PIMH) Programme Board established in 2019 provides strategic leadership and overall management of efforts to improve perinatal and infant mental health services across Scotland. They work to annual delivery plans which recognise the need for a spectrum of mental health services and the invaluable contribution of the third sector.

The Perinatal and Infant Mental Health (PIMH) Fund is focussed on supporting existing third sector provision to thrive and develop. In September 2020, the Main Fund distributed grants worth £2.3 million to 16 third sector organisations working across Scotland to provide peer support, parenting support and psychological support to families to April 2023.

### The PIMH Small Grants Fund

The Small Grants Fund is a smaller supplementary funding opportunity “dedicated to promoting innovation through support of small organisations and in tackling emerging issues” (PIMH Programme Board Delivery Plan 2020-21). The £200,000 Fund is administered by Inspiring Scotland and grants are available to spend over 18 months, from October 2021 to March 2023 (subject to annual Scottish Government budget approval).

Based on learning from a public consultation, the Small Grants Fund is designed to support smaller organisations and groups that have strong relationships with families in their communities and are already providing effective and innovative support to parents, carers and infants with mental health issues. The Fund also aims to address gaps in provision, including gaps in the geographical provision of support.

Partly as a result of the impact of the Covid-19 pandemic, it is clear that some small to medium-sized charities are in a weaker financial position while demand for their services

continues or grows. The small grants can therefore contribute to an organisation's core costs and are flexible, providing the applicant can demonstrate the funded work promotes and supports perinatal and infant mental health.

The Small Grants Fund has two levels of funding available. The first level (Application form A) for grants of up to £2,000 is open to constituted community groups that have an annual income less than £25,000.

The second level (Application form B) is for grants of up to £12,000 and is open to community organisations that are incorporated and registered with the Scottish Charity Regulator (OSCR)<sup>1</sup>, and have an annual income up to £1 million.

Organisations currently in receipt of Scottish Government Funding from the main PIMH Fund 2020-2023 are not eligible to apply.

Only one application per organisation will be considered.

Work funded by the grant will support parents and families who are experiencing mild to moderate mental health issues at any point from pregnancy up to an infant's third birthday. Types of non-clinical<sup>2</sup> work supported could include peer support and parenting support or other types of one-to-one or group support.

Successful applicants will be able to tell us how the work they deliver locally promotes and supports perinatal and infant mental health. The Small Grants Fund is aligned to the main PIMH Fund and aims to fund activities that contribute to the outcomes of the PIMH Fund:

- A. Parents and carers with perinatal mental health issues have increased access to specialist care in the area where they live
- B. Parents and carers with perinatal mental health issues feel less isolated and better able to seek support from family, friends and their community
- C. Parents and carers feel better able to meet the needs of their infants and children (physical, social, emotional and cognitive)
- D. Parents and carers are better able to maintain a warm and secure relationship with their infant
- E. Infants at higher risk of mental health problems are better supported by parents and carers

**Applications for the PIMH Fund (Small Grants) are due 12 (midday) Friday 9<sup>th</sup> July 2021.**

### **Type of organisation or 'legal structure'.**

"Charity" is not a legal structure in and of itself so even if you call yourself a charity or are registered as a charity your legal structure or the type of organisation you are is also important when considering which application to use.

<sup>1</sup> Community Interests Companies (CIC) are incorporated but cannot register with OSCR. They are eligible to apply for either grant level A or B depending on their income.

<sup>2</sup> This Fund is for non-clinical and community-based services, by which we mean support that would not be delivered or commissioned by the NHS because the level of significant and persistent distress would fall below the threshold of referral for these services. We also consider the diagnosis and treatment of people with acute and complex needs as clinical and does not meet Fund criteria.

An **unincorporated** organisation is, in legal terms, a collection of individuals. The following structures are unincorporated: Association, Group, Charitable Trust and other constituted groups. If you are unincorporated you can apply for up to £2,000 (Application A)

An **incorporated** organisation has “legal personality” which means it can enter into contracts, buy or lease property, and employ people in its own right. The following structures are incorporated: Scottish Charitable Incorporated Organisation (SCIO), Company limited by guarantee, Community Interest Company, Community Benefit Society, Cooperative Society. You must be an incorporated organisation to apply for up to £12,000 (Application B)

## Application A: Grants of up to £2,000

### Who can apply?

These grants are for constituted community groups with an annual income of less than £25,000. A constituted community group is a community group that has a set of governing rules and has charitable aims. The group does not need to be incorporated or registered as a charity to apply.

Where possible we would like to see a constitution or governing document for the group. The constitution will have details of a volunteer management committee with at least three members, two of whom are unconnected. Applicants also need to have a bank account in the name of the group or organisation and confirm that two signatories are required to make withdrawals. We don't need to see a bank statement as part of the application process, but successful applicants will be asked to provide a copy of a recent bank statement before funding is released.

If a group or organisation does not have a bank account, we may consider payment of funds through a registered charity that knows the applicant and can hold money on behalf of the group. Please contact Inspiring Scotland if this applies to your application [pimhenquiries@inspiringscotland.org.uk](mailto:pimhenquiries@inspiringscotland.org.uk)

### What can the funds be spent on?

The funding can contribute to running costs or support activities for parents and infants experiencing mental health issues during pregnancy, birth and up to three years of age. Funds can be spent over 18 months. Examples of activities that may be funded include:

- Activities that facilitate peer-to-peer support for people experiencing PIMH issues, including during pregnancy
- Activities that reduce isolation and stigma for people experiencing PIMH issues
- Activities that support parents to maintain a warm and secure relationship with infants at higher risk of mental health problems, including during antenatal period
- Volunteer expenses
- Costs of renting/hiring community spaces (subject to Scottish Government Coronavirus (COVID-19) guidelines)
- Transport costs

- Relevant training or supervision costs
- Equipment to facilitate above.

Grants will be disbursed in two payments in October 2021 and June 2022. Funded groups or organisations will be asked to tell Inspiring Scotland how the grant was spent and the impact it made. Inspiring Scotland will also offer development support opportunities to funded groups and invite them to participate in a wider group of PIMH funded charities that meets regularly with Inspiring Scotland to share learning and insights.

### What we cannot fund

General support or social activities for parents and infants, unless carers and infants are experiencing or at higher risk of experiencing mental health issues and activities contribute to Fund outcomes.

### What an application should include

Your application should outline what your group does, who you support and how you support parents and carers and infants with mental health issues in the period from pregnancy to three years.

You should provide information on how you will use funding to support parents and carers and infants, and how you will deliver activity in line with Scottish Government Coronavirus (COVID-19) guidelines and how this will change as protection levels reduce.

All applicants are asked to tell us how the people they work with are affected by perinatal and mental health issues and whether they support priority groups, including:

- Equality and marginalised groups<sup>3</sup>
- People living in rural areas
- People living in poverty.

## Application B: Grants of up to £12,000

### Who can apply?

Incorporated organisations with an annual income up to £1 million can apply for grants of up to £12,000. You need to be registered with the Scottish Charity Regulator (OSCR) to apply. The only exception is for Community Interest Companies (CICs) who will need to submit their governing document for a review to determine eligibility. You also need to have legal personality. Therefore, unincorporated associations and trusts are not eligible to apply to this funding route, but these groups may be eligible for the smaller grants (Application A).

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<sup>3</sup> By equality and marginalised groups we mean people who may face direct or indirect discrimination because of a protected characteristic. The Equality Act protects people against discrimination because of the protected characteristics we all have. These are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

### **What can funds be spent on?**

Work or activities funded by the grant will support parents and families who are experiencing mild to moderate mental health issues at any point from pregnancy up to an infant's third birthday. Types of work supported will include peer support, parenting support and could include counselling/psychological support.

Applicants providing counselling or psychological support for parents experiencing perinatal mental health issues and/or therapeutic support for infants must include a sound evidence base for their therapeutic work, have a strong track record working in this area and outline supervision arrangements alongside training/qualifications and accreditation.

Funds can be used to support any costs within the organisation that advance the organisation's perinatal and infant mental health (PIMH) work and the above outcomes of the Fund; or funds can be targeted for a specific PIMH project or service within the organisation, including salaries and any associated equipment costs.

Applicants seeking up to £12,000 will be required to submit an indicative budget. The grants are available for spending over 18 months (October 2021 – March 2023). Grants will be disbursed in two equal payments in October 2021 and June 2022.

Funded organisations will be asked to tell Inspiring Scotland how the grant was spent and the impact it made. Inspiring Scotland will also offer development support opportunities to funded groups and invite them to participate in a wider group of PIMH funded charities that meets regularly with Inspiring Scotland to share learning and insights.

### **What we can't fund**

General support or activities for parents and infants, unless carers and infants are experiencing or at higher risk of experiencing mental health issues and activities contribute to Fund outcomes.

### **What an application should include**

We are looking for information on how you will support new parents/carers and/or expectant parents and/or infants up to three years of age who are experiencing mental health issues. This includes information on what you will do to understand the impact of your activity and how it contributes to the PIMH Fund outcomes listed on page two.

If you ask for funds to provide counselling/psychological or therapeutic support you will need to provide an evidence base for your work, details of training, qualifications and accreditation, and supervision arrangements.

The application will also ask you to tell us how many people you intend to support and the duration of intended activity. We will look for evidence of how you involve people with lived experience in the development and delivery of activities and what measures you have planned to account for Scottish Government Coronavirus (COVID-19) guidelines and how your activities are likely to change as protection levels reduce.

All applicants will be asked to show how the people they work with are affected by perinatal and mental health issues and whether they also support priority groups, including:

- Equality and marginalised groups<sup>4</sup>
- People living in rural areas
- People living in poverty.

## How to apply

Groups and organisations will need to complete a short online application that will ask for:

- Information about the group/organisation
- Contact details
- How the group/organisation supports perinatal and infant mental health in their communities
- How much money is required
- How the money will be spent to support families with perinatal and infant mental health issues
- All applicants will need to upload a copy of your constitution or governing document
- Groups applying to Application B (up to £12,000) will also need to upload an indicative budget and a copy of your latest set of annual accounts.

We have Word versions available of the application forms to use as a template to draft your answers. We recommend you use these to prepare your application and copy and paste your answers to the online application form when you are ready to submit your application.

The Word versions of Application A and B are available here

<http://www.inspiringscotland.org.uk/perinatal-and-infant-mental-health-small-grants-fund>.

The online Application A and B is available here: [PIMH Small Grant application form](#).

## Who can't apply?

- Individuals
- Sole traders
- Groups looking for funds for political campaigning or promoting religious activities.

## What happens next

27 May                      Application forms available from

<http://www.inspiringscotland.org.uk/perinatal-and-infant-mental-health-small-grants-fund>

27 May – 9 July            Application support available from Inspiring Scotland

9 July                        Applications due by **12 midday**. This is a hard deadline and there will be no exceptions so please submit in advance if possible

Once the application is received you will receive an email confirming this.

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<sup>4</sup> By equality and marginalised groups we mean people who may face direct or indirect discrimination because of a protected characteristic. The Equality Act protects people against discrimination because of the protected characteristics we all have. These are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

We aim to inform applicants if they have been successful by 31 August.

## Contact us

If you have any queries about the Small Grants Fund please email us at [pimhenquiries@inspiringscotland.org.uk](mailto:pimhenquiries@inspiringscotland.org.uk)

You can also follow us on Twitter [@PIMHFund](https://twitter.com/PIMHFund)