

Humber Teaching NHS Foundation Trust Community Mental Health & Wellbeing Grant

Frequently Asked Questions

1. How do we access the application form?

The application form can be found via healthstars.org.uk

2. When is the deadline for project proposals?

The panel will meet regularly and the Grants will be made available until all funding is awarded. The total funding available from the Community Mental Health and Wellbeing Grant programme in 2025/26 is £200,000.

3. How much money can I apply for?

You can apply for between £250 and £5000.

4. How much detail do you need about our project?

On your application please give us an outline what your project is and how it will work. While we want to hear about the practicalities of how your project will be delivered, we also want your passion, enthusiasm and creativity to shine through in your proposal.

We have asked for no more than 150 words for most of the questions on the form. Please note the form will not automatically restrict your answers so it might be useful to write your answers in a Word document where you can check the word count, then copy your answer into your form.

5. How will applications be assessed?

Each application will first be assessed to ensure it meets the criteria outlined. Applications will then be shortlisted by the Grants Panel.

6. Which locations can apply for the funding pots?

Locations include Hull and East Riding (exception of Pocklington). You must be representative of people who live and or work within the Hull and East Riding postcode areas (Excluding Pocklington). Please note projects that operate within Pocklington are not eligible for this scheme as Humber Teaching NHS Foundation Trust does not provide mental health services in this area.

- **Organisations based in and around Pocklington:** to check if your project would be eligible, please enter your post code here: [Registering With The Practice - Pocklington Group Practice](#) If you are within the Practice's catchment area, unfortunately you won't be eligible for this grant.

7. **Can this be a one-off project idea / funding for equipment / events or does the idea need to be sustainable from the outset?**

We are keen to support applications from a wide range of small and medium community groups and/or representatives who believe the funding will support the improvement of mental and physical health needs of those living in the geographical area. We want you to be creative about how this might look, as long as your project meets the aims set out in the guidance.

8. **What are the spend end dates?**

Funding must be spent within a 12-month period of receiving the grant.

9. **What do you mean by Co-production?**

There are different levels of involvement, from asking people for feedback to Co-production. At Humber Teaching NHS Foundation Trust, we use the term **Co-production** to describe staff working alongside those with lived experiences of our services, in equal partnership, with the aim of improving and developing services from the earliest stages of service design to the delivery of co-produced, person-centred care. Beyond the development stages, you may also consider involving people with lived experience in the delivery of your project.

10. **What do you mean by 'vulnerable / marginalised communities'?**

This is not an extensive list, but you might consider some of the following:

Equality Target Group	Definitions (Source: Equality and Human Rights Commission, 2024)
Older isolated people	Age 65+ Inability to leave home without help. May have experienced significant life change, such as the death of a family member or retirement. Separation from friends or family. Lack of social support.
Disability	A person has a disability if she or he has a physical or mental impairment which has a substantial and long-term adverse effect on that person's ability to carry out normal day-to-day activities.
People from ethnically minoritised communities and/or People who have English as an additional language	Racial and ethnic groups that are in a minority in the population. In the UK, they usually cover all ethnic groups except White British. For example, they include white minority ethnic groups such as Polish or Gypsy, Roma and Irish Traveller. People who may have limited understanding and/or ability to communicate in written or spoken English
LGBTQ+	Lesbian, gay, bisexual, transgender and queer" with a "+" sign to recognize the limitless sexual orientations and gender identities used by members of the community.
Poverty or Deprivation	People on welfare benefits, unemployed/low-income, fuel poverty, migrants with no recourse to public funds
Low literacy levels	Low literacy levels, including includes poor understanding of health and health services (health literacy) as well as poor written language skills
Digital exclusion	People who can't or don't want to use digital technology due to cost, access to connectivity or devices, digital skills or lack of confidence or trust in digital systems
	People who are socially excluded, who typically experience multiple overlapping risk factors for poor health, such as poverty, violence and complex trauma. This

Inclusion health groups	includes:
	• people who experience homelessness
	• drug and alcohol dependence
	• vulnerable migrants
	• Gypsy, Roma and Traveller communities
	• sex workers
	• people in contact with the justice system
	• victims of modern slavery
Rurality	People who live in remote or rural locations who may have poor access to services.
Coastal communities	People who live in coastal communities which may experience unemployment, low educational attainment, poor social mobility, poor health outcomes and poorer access to services.
Carers	Carers and families of patients and service users, including unpaid carers and paid carers
Looked after children	A child or young person who is being cared for by their local authority. They might be living in a children's home, or with foster parents, or in some other family arrangement.
Veterans	Anyone who has served for at least one day in Her Majesty's Armed Forces (Regular or Reserve) or Merchant Mariners who have seen duty on legally defined military operations.
Neurodivergence	People with alternative thinking styles such as autism, attention deficit hyperactivity disorder, dyslexia, developmental co-ordination disorder (dyspraxia), dyscalculia.
Other	Any other groups not specified, who may be positively or negatively impacted by delivery of healthcare projects and activities. Communities who find it more difficult to navigate and access services.

11. When you say improve 'health and wellbeing', do you mean this in a broad sense?

Yes, this could include any of the following as we know they are so interlinked:

- Physical Health,
- mental health,
- disability,
- wellbeing,
- social issues which affect people's health such as poverty or poor housing.

12. What do you mean by Health Inequalities?

Health Inequalities are avoidable, unfair and systematic differences in health between different groups of people. There are many kinds of health inequality, and many ways in which the term is used. This means that when we talk about 'health inequality', it is useful to be clear on which measure is unequally distributed, and between which people. You can find out more here: [The Kings Fund](#).

13. Who do I contact if I have questions?

If you have any questions or require further information to be able to submit your application, please contact:

Anita Green – Charity Manager
Email: Hnf-tr.communitygrants@nhs.net
Tel: 07939 939784