

## **Heads Up Mental Health Fund 2022 | Guidance & Resources**

Young Camden Foundation (YCF) is proud to open the Heads Up Mental Health Fund for a third round. Heads Up is to support local community organisations with safeguarding the mental health and wellbeing of children and young people during the pandemic and its aftermath.

Based on local and national feedback from children and young people, mental health and wellbeing continues to be affected by the volatility of the global health emergency. A list of resources has been included at the end of this document.

There is a total of £65,000 available in this funding pot. YCF has partnered with John Lyon's Charity (JLC) to ring fence £40,000 of the pot for organisations that are not currently eligible to apply for JLC Charity normal funds or have not previously been funded by JLC Charity. This will help ensure support reaches all corners of the local children and young people's sector responding to young people's needs. The ring-fenced amount will look to support small (up to £250,000 turnover), local community groups.

**YCF seeks to fund projects that will achieve at least one of the following objectives:**

1. **Support children and young people to develop resilience and problem solving.** The support can be face to face or delivered remotely (adhering to up to date Covid 19 guidance). This could include peer to peer support, mentoring, positive activities (including online) that keep young people connected and create a safe space to share, learn emotional intelligence and have fun.
2. **Support children and young people's to develop life skills to manage their mental wellbeing to deal with transitions positively** (i.e. transitioning from primary to secondary school, transitioning from school to further/higher education and transitioning from/to employment and training).
3. **Collaborate and partner with existing projects and organisations to enhance or grow an organisations' mental health-wellbeing offer for young people and children** and/or staff (see list of resources below).

YCF would like to encourage projects that work with girls and children and young people with additional needs to apply.



## Key dates

**Application open date:** Tuesday 21 December 2021

**Closing Date:** Monday 31 January 2022 11.59pm

**Maximum award per project:** £5,000

**Independent Panel Meeting:** Week commencing 28 February 2022

**Awards Announced:** Week commencing 07 March 2022

## How much can you apply for?

For organisations with a yearly income of under £250,000 a year, YCF will award YCF members grants between **£0** and **£5,000** based on the strength of their applications.

Those organisations who have a higher yearly turnover can apply for up to £8,000. Please note there are only £25,000 for this purpose so we envisage to make about three larger grants only.

## Are you eligible?

1. Your organisation must be a member of Young Camden Foundation. Joining is free by filling out the online form: <https://www.youngcamdenfoundation.org.uk/members>
2. You must be based and working in the London Borough of Camden with Camden residents aged 0 – 25 (and up to aged 30 with additional needs).
3. Charities and other not for profit organisations based in Camden can apply.
4. Your organisation has a bank account (registered in the name of the applicant organisation) into which a grant can be paid.
5. Your organisation has a constitution.
6. Your organisation must be able to provide a current Safeguarding and Data Protection/GDPR Policy in support of your application.
7. Grants cannot be for the promotion of religion or politics.
8. Grants cannot be for trips.
9. All funded projects will need to fill in a simple monitoring and evaluation form containing a description of what has been achieved, the number of children and young people or staff benefiting from the mental health project and receipts of items purchased.
10. All projects will need to adhere to up to date covid-19 guidelines and conduct a covid related risk assessment as suggested by the NYA see here: [NYA COVID-19 Guidance - NYA](#).
11. Only applications received before **11.59pm** on **31 January 2022** will be considered. There are **£65,000** available in this pot of which £40,000 have been ring fenced for special purposes outlined earlier in this document.



12. Organisations with an income under £250,000 should have not received John Lyon's Charity (JLC) funding before and should not be eligible for JLC's funding. Check JLC's criteria [here](#).

### **Why Mental Health?**

Mental health is the way we think and feel and the ability to deal with ups and downs. Good mental health gives us a sense of purpose and strength to deal with what life brings. However, when our mental health is fragile, we can find it difficult to deal with life: work, study, relationships, leisure. Research in England<sup>1</sup> shows that 1 in 6 adults experience symptoms of a mental health problem in any given week. And 1 in 8 children have a diagnosable mental health disorder-equivalent to almost 3 children in every classroom<sup>2</sup>. Depression and anxiety are one of the most common mental health issues faced by children and young people.

The mental health and wellbeing of whole societies have been severely impacted by the current crisis and are a priority to be addressed urgently. Research has identified significant and sustained increases in symptoms of depression and anxiety related to the COVID-19 pandemic. Young people have been particularly affected by the crisis. Young Minds<sup>3</sup> surveyed over 2,000 young people nationally at the end of March and found that 83% agreed that the pandemic has made their mental health worse.

It is important to acknowledge that the mental wellbeing of youth work practitioners has also been affected by the pandemic. The feedback from YCF's Covid-19 member survey showed that youth work practitioners had been affected by the loss of connection with each other and young people, anxiety about adjusting to a 'new normal,' and job insecurity. This fund is designed to support the Camden Children and Young People sector with safeguarding the mental health and wellbeing of children, young people and youth workers.

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<sup>1</sup> Mental Health Foundation UK "How to support mental health at work" report.

<sup>2</sup> Young Minds online resources <https://youngminds.org.uk/about-us/media-centre/mental-health-stats/>

<sup>3</sup> Coronavirus: Impact on young people with mental health needs', Young Minds, March 2020

## Heads Up Mental Health Fund | Resources

The list below contains resources that YCF has identified as relevant to this fund. YCF encourages partnership work and linking in with already existent services. This list is not exhaustive. If you already work with or know of other services, please do include them in your project<sup>4</sup>.

No	Resources
1	Young Minds <a href="https://youngminds.org.uk/youngminds-professionals/our-projects/youngminds-welcome/">https://youngminds.org.uk/youngminds-professionals/our-projects/youngminds-welcome/</a>
2	Mind and Mind Camden <a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a>
3	Mental Health Foundation <a href="https://www.mentalhealth.org.uk/">https://www.mentalhealth.org.uk/</a> <a href="https://www.mentalhealththatwork.org.uk/">https://www.mentalhealththatwork.org.uk/</a>
4	Talk for Health <a href="https://www.talkforhealth.co.uk/">https://www.talkforhealth.co.uk/</a>
5	Partnership for Children Free resource packs for children to develop coping mechanisms: <a href="https://www.partnershipforchildren.org.uk/">https://www.partnershipforchildren.org.uk/</a>
6	Government easy read guidance on Mental Health under Corona Virus: <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf</a>
7	Scope Mindful Monsters (fee applies): <a href="https://www.scope.org.uk/giving/mindful-monsters/">https://www.scope.org.uk/giving/mindful-monsters/</a>
8	The Institute of Wellbeing <a href="https://theinstituteofwellbeing.com/early-years-and-education/">https://theinstituteofwellbeing.com/early-years-and-education/</a>
9	London Youth For training on safeguarding and mental health (Fees may apply) <a href="https://londonyouth.org/what-we-do/training/">https://londonyouth.org/what-we-do/training/</a>
10	Leap Confronting Conflict (fees might apply) <a href="https://leapconfrontingconflict.org.uk/training-adults-who-work-young-people">https://leapconfrontingconflict.org.uk/training-adults-who-work-young-people</a>

<sup>4</sup> YCF takes no responsibility for the contents, services and products of the above websites, these information is provided in good faith. Please take the safeguarding and research steps as it might be necessary.



1	NHS Mental Health and Wellbeing guide
2	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/">https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</a>
1	<b>Other resources:</b> NSPCC, National Youth Agency, Education Resource
3	<a href="https://www.educationsupport.org.uk/helping-your-staff">https://www.educationsupport.org.uk/helping-your-staff</a>