



We're supporting  
**time to change**  
let's end mental health discrimination

# Champions Fund



North Yorkshire  
County Council

Thank you to NYCC  
Public Health for  
funding this project

# GUIDANCE NOTES



Funded by



Department of Health



FUNDED BY  
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RELIEF**



LOTTERY FUNDED

Run by



mind  
for better mental health



Rethink  
Mental  
Illness.

## Section 1 – About You

**Checklist** – you must answer YES to all four questions to be eligible to apply for a grant. Please provide us with your full name, address and contact details.

As the named person on the application form, you are agreeing to be the main contact for the event or activity for which you are making an application. However, we would encourage you to get help from friends, family, work colleagues or other members of a group you know to provide you with support and help make the event a success. Please provide us with your helpers' full names and how they will be supporting your activity.

*Please note* - County Hall, Northallerton and Scarborough Survivors Resource Centre cannot be used as venues for activities funded through this project.

## Section 2 – About Your Activity

In this section we would like you to tell us:

- How your activity will enable social contact. Social contact is conversations between people who have experienced mental illness and people who have not. It is about sharing experiences to reduce stigma and must not involve giving advice.
- What your activity or event will involve – for example, linking in with a quiz night, church coffee morning, badminton club session or a work social or holding an information stall in your local supermarket/shopping precinct or a walk and talk in your local park.
- How you will promote the activity to your chosen audience (e.g. word-of-mouth, online, posters, local press etc. and what you will say to draw them in).
- Where and when your activities will take place. Your chosen location should be easily accessible and familiar to the people you are inviting to attend. **Please note: all activities must take place before the end of December 2018.**
- How many people you hope will attend (based on a best guess). If you are holding more than one activity, don't forget to increase the number accordingly.
- If your activity is aimed at a particular group, such as a swimming club, a lone-parent group, an ex-veterans support group etc. Your activity should be targeted specifically at people who have mental health problems as they will already be aware of the stigma.

## Section 3 – Budget

**The maximum grant we can give is £500.** We can only fund revenue costs. For capital items (such as equipment) you would need to clearly demonstrate that the purchase of an item is more cost-effective than hiring it.

Think about what you will need to run your event – e.g. quiz prizes, refreshments, baking ingredients, resources for activities, venue hire, volunteer expenses, publicity/printing costs etc. You will need to check the prices for each item before completing the form as we cannot give more than the amount that you request from us in your application. You must provide a breakdown for each item – for example, for refreshments you would need to say how many drinks and how much each drink costs. Please also be aware that those attending should not be charged for any part of the activity (such as paying for drinks or being asked to make a donation).

**Being a Champion is a voluntary role - you cannot claim for your own time in holding conversations about mental health at the event/activity you have applied to us to run.**

The grant can pay for professional fees, such as an artist, attending as part of your activity.

You do not need to have in-kind contributions, but you should let us know if you are offered anything free to help with your activity such as donated prizes.

## Section 4 – Final Checklist

You must be able to answer YES to all four questions in this section. Good luck!