

**The closing date for applications is September 11, 2017**

### How much money can you apply for?

The Fund is making available a range of several small grants totalling £50,000. There is no minimum grant limit and it is anticipated that the majority of grants will range from a few hundred pounds to a maximum of £10,000. Smaller projects are encouraged.

### Useful websites:

Catholic Mental Health Project:  
[Catholicmentalhealthproject.org.uk](http://Catholicmentalhealthproject.org.uk)  
Day For Life: [dayforlife.org](http://dayforlife.org)  
Mind: [www.mind.org.uk](http://www.mind.org.uk)  
Rethink: [www.rethink.org](http://www.rethink.org)  
Royal College of Psychiatrists:  
[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)  
Time to Change:  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)  
Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Bishop Richard Moth, lead Bishop for the mental health project has said:  
“All our parish communities are places where people with mental health difficulties seek support, pastoral care, and comfort. It will often be a place where people feel safe; a place where they feel at home, close to God.”



For more details & application form  
E-mail: [gail.sainsbury@cbcew.org.uk](mailto:gail.sainsbury@cbcew.org.uk)



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# Catholic Bishops' Mental Health Project Fund 2017

Small Grants available

# Increasing support for mental health pastoral care

## What is the Mental Health Project?

The Mental Health Project aims to increase spiritual and pastoral support in our Catholic communities, at a local level, for those with mental health needs, their families and carers.

The project aims to help towards reducing stigma, discrimination, isolation and fear of rejection. It aims to foster greater awareness of mental health needs; to increase empathy, support and friendship.

Thanks to the Day for Life funds generously given by parishioners the Catholic Bishops' Conference of England and Wales has established a Small Grants Fund for mental health projects to further encourage and inspire us as communities of understanding.

## Who can apply?

Applications are invited from any Catholic communities at local level, e.g. parishes, schools, hospitals, universities, prisons or organisations in England and Wales to facilitate mental health projects.

In every project cooperative partnership working with local churches, local charities, voluntary services, agencies and NHS initiatives is highly recommended.

## Project Themes

- Offer support and resources to local Catholic communities as they respond to those facing mental health challenges
- Identify and highlight good practice in pastoral care for those with mental health needs, their families and carers
- Develop a network of those within the Catholic community in England and Wales with a special interest in locally based mental health support

## Project Criteria

1. The project meets the mental health project themes listed above.
2. The project meets mental health needs which are currently unmet.
3. A grant will enable Catholic communities, at local level, to do something new. Funds unfortunately are not available to refinance existing work.
4. The project builds capacity in terms of encouraging and inspiring communities in their support of those with mental health needs and developing mental health support networks.
5. The project is, where appropriate, sustainable beyond the lifetime of the funding . Or the project is, where appropriate, completed.
6. The application reflects SMART principles, specific, measurable, achievable, realistic, timely.

## What kind of projects are we looking for?

The following are just some of the ideas that have been suggested. This list is by no means complete but may spark your imaginative ideas:

- Host events that increase a greater awareness of mental health needs
- Produce local advice and information packs
- Produce prayer and liturgy resource
- Create support groups and carer support groups and mental health worker support groups
- Host awareness raising days – for particular groups e.g. young people
- Organise Sixth Form school debates
- Arrange mental health training
- Organise support for people returning into parish - returning armed forces personnel, patients, prisoners
- Seek ways to support those who are marginalised e.g. gypsies and Travellers, sanctuary seekers, migrants
- Host retreat/pamper days
- Compile DVD resources for events or training
- Build resilience in young – and not so young - people