GM Perinatal and PIMH Peer Support group

Microgrants – Guidance Notes

Introduction

Action Together is working on behalf of The Greater Manchester Health & Social Care Partnership (H&SCP) to offer small microgrants across Greater Manchester (GM) for groups offering (or wanting to offer) peer support to new and expectant parents.

The development of Perinatal and Parent Infant Mental Health (PIMH) Peer Support is part of GM’s ‘Whole System’ approach to supporting families in the 0-2 period. Across GM, there are already specialist services supporting those with moderate to complex needs but there aren’t enough lower level, peer led services supporting those with mild to moderate needs.

Peer to Peer support is acknowledged as having a positive impact on parents; knowing that there is somewhere to go where others have previously had, or are currently experiencing similar concerns and worries can be extremely beneficial and provide much needed connection at a time that can often leave new parents feeling isolated.

Grants

We are inviting applications for up to £1,000 from existing peer support groups and from people interested in setting up new groups.

The grants are open to all areas of GM and will be administered by Action Together.

We are keen to support groups that are already working to (or are interested in working to) the Five Principles for Perinatal Peer Support, as set out by the Maternal Mental Health Alliance. The principles are:

1. Good perinatal peer support is safe and nurturing
2. Good perinatal peer support is accessible
3. Good perinatal support compliments rather than replaces the work of the clinical mental health services
4. Good perinatal peer support provides opportunities for meaningful involvement of people with lived experience and peer leadership
5. Good perinatal peer support benefits everyone involved, including peer supporters

More information can be found here: <https://maternalmentalhealthalliance.org/psp/>

It is important to distinguish that this kind of support is best offered when it is peer-led by those that have lived experience of Perinatal and PIMH issues. The support is not prescribed, and formal referrals are not needed, however signposting will often take place once groups are connected to health services in their borough.

Additional Support

As well as applying for funding, we are keen to support groups in other ways, such as by helping groups to link in with perinatal and PIMH health services in the locality and helping groups to become sustainable.

This support will be offered by Victoria Castellani-Shelley who has been funded by the H&SCP to help to develop perinatal and PIMH peer support across GM. Victoria is based within Home-Stat HOST and has set up GM Connect.

GM Connect

GM Connect for Perinatal and PIMH Peer Support has been created as resource to support those that are running an existing peer support group, or for those that are establishing a new one. Help is available with overcoming barriers such as securing funding for rent, or finding a suitable venue, creating policies and achieving positive outcomes for parents in their community. The links to GM Connect are as follows:

[www.facebook.com/VikGMConnect/](http://www.facebook.com/VikGMConnect/) the public facing page creates a platform that aims to connect peer to peer support groups, including face to face and remote working ones, with all services relevant to families in the 0-2 period and specific to their GM locality; consequently, aiming to create an established unified network that coordinates communication between all services.

[www.facebook.com/groups/2823331473170952/](http://www.facebook.com/groups/2823331473170952/) the closed Facebook group creates a platform that aims to connect peer to peer support groups, including face to face and remote working ones, with each other, to share experiences, access guidance and reflect on practices.

Victoria is Admin on both pages.

It is beneficial to join both of the above groups where you will have access to various resources, all of which will aid the development of your support group. If you do not have Facebook or have any other enquiries, please contact Victoria via email victoriacastellanishelley@homestarthost.org.uk

Our Vision

Our all-encompassing vision is that parents across GM have accessible and welcoming peer support services that remain different from, but also closely connected to, clinical perinatal mental health services.

This means:

* Services are working in partnership with each other and signpost to each other
* Environments are safe and welcoming and promote healthy relationships that supports a sense of connection and empowerment to all attendees
* Peer- led groups encourage parents to increase their social skills, learn from each other and boost wellbeing

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GM Perinatal and PIMH Peer support group micro grants

Grants of up to £1000 are available to support GM based peer-led Voluntary groups that can:

1. Engage local parent’s (remotely or face to face), in a welcoming, safe and nonjudgement environment; where they access peer support, socialise with and learn from other parents.
2. Recruit/use volunteers with lived experienced of perinatal stress; to offer valuable support to new parents and help ease the sense of isolation or overwhelm, often felt when new parents experience anxiety, or feeling down, or that they can’t understand why they are ‘struggling’ with feeling anything other than joy. This type of support gives a sense of relief, connection and also promotes coping strategies.

You do not have to be a ‘constituted’ (have a set of rules that govern what you do) group to apply. If you do not have a set of rules, or a group bank account, just let us know on the form and we will see what we can do to accommodate if you are successful.

Covid-19.

We are aware that the COVID-19 crisis is having an extreme and significant effect on the VCS sector, so we want to support groups and organisations to overcome funding challenges caused by it. The microgrants are available for non-profit groups and organisations that are delivering provisions that are creating positive wellbeing outcomes during the coronavirus pandemic. This may include new provision or revised ways of working due to Covid-19 and learnings during lockdown. We can only support projects that are complying to government safety guidance, please visit <https://www.gov.uk/coronavirus> for the latest government advice. It is suggested that you add your plans for online and face to face provisions, if you have them, then in the event that government guidelines change, your application is protected.

Who can be funded?

To be eligible to apply, an organisation must be:

* VCSFE (Voluntary, Community, Faith, Social Enterprise sector).
* Based in any of the 10 GM boroughs (Oldham, Stockport, Tameside, Rochdale, Bury, Bolton, Manchester, Trafford, Salford, Wigan)
* Peer – led and specifically aimed at parents experiencing feeling of overwhelm

Ideas of what you can apply for:

* Costs to cover rent or administration
* Contributions towards technology to enable digital/remote support
* Leaflets/posters for marketing and to distribute
* Safety items, such as travel mugs
* Wellbeing resources such as books
* Start up kits

Expectations of successful groups

We ask that successful groups:

* Spend the money on what it was awarded for.
* Let us know well in advance if there are any issues.
* Provide us (with consent) with a case study, take pictures or videos, and quotes from participants of projects so that these can be shared on social media via #GMconnect (if you do not have the skills to do this, we can do it for you, or show you how).
* Grants must be spent within 12 months
* Groups must provide a short report (or video etc.) on what has been achieved with the grant

My group has an idea – how do we apply?

This isn’t a traditional grant scheme, we want VCFSE groups to come to us with good ideas and work with us to develop projects that maximise benefit.

We know that groups struggle to work out what to do with their ideas and what support is available to help. We also know that it can be difficult to find a grant that will pay for it, and often we end up changing our original idea to fit a funders requirement.

With this in mind, we have tried to create a process that makes it as easy as possible for groups.

If you have a good idea give us a call and discuss it before you apply. You can talk to Victoria Castellani-Shelley by ringing 07936952240 or emailing victoriacastellanishelley@homestarthost.org.uk

Application Process

Groups can apply for funding at any time by filling in the application form below and sending it to [investments@actiontogether.org.uk](mailto:investments@actiontogether.org.uk)

Please note, if you need support to fill in the forms, it is available – just give us a call on 0161 339 2345 and ask to speak to Roma.

Closing Date

Applications can be submitted until 12th February 2021.

When will I hear?

You will hear within four weeks if your application has been successful or not.

Who makes grant decisions?

Decisions on grant awards will be made by the Perinatal & PIMH Peer Support Steering Group which has representation from Greater Manchester Mental Health Perinatal Community Mental Health Team, GMCVO, Action Together, Maternity Voices Partnership and the GM VCSE Lead for Perinatal & PIMH.

What do we do if we don’t agree with an investment decision?

If your group has not been awarded funding and wish to appeal the decision you can follow the Appeals Process outlined below:

* Email/write to the Chair of the Perinatal & PIMH Steering Group (details below) outlining the nature of your appeal and the details of your group so that we can find your application and feedback.
* The Chair will acknowledge receipt of your appeal within 5 working days, and will notify you of the following steps, and key dates.
* The Chair will present your appeal to members of the Steering Group at the next available meeting where a decision will be made.
* You will receive a written decision made by the Steering Group on your appeal, via the Chair, within 5 working days after the group has met.

The decision of the Perinatal & PIMH Steering Group regarding an appeal is final.

GM Perinatal & PIMH Peer Support Group Chair:

Sarah Cook, CEO Home-Start HOST & GM VCSE Lead for Perinatal & PIMH.

0161 344 0669 | [sarahcook@homestarthost.org.uk](mailto:sarahcook@homestarthost.org.uk) | Ryecroft Hall, Manchester Road, Audenshaw, M34 5ZJ

Application Form

SECTION ONE: ELIGIBILITY

|  |  |  |  |
| --- | --- | --- | --- |
| Where is your group/organisation based? | | | |
| Oldham |  | Manchester |  |
| Stockport |  | Trafford |  |
| Tameside |  | Salford |  |
| Rochdale |  | Wigan |  |
| Bury |  | Bolton |  |

SECTION TWO: CONTACT DETAILS

|  |  |
| --- | --- |
| Organisation Name: |  |
| Main Contact Name: |  |
| Telephone Number/s: |  |
| Email address: |  |
| Website and/or social media: |  |

SECTION THREE: YOUR EVENT OR ACTIVITY

|  |
| --- |
| Please describe your proposed event or activity to provide perinatal & parent infant mental health peer support for parents in the ante-natal period or with a child under 2 (500 words max) |
|  |

|  |
| --- |
| How will you learn from those taking part and let them design and shape the development of your activities and events? (200 words max) |
|  |
| How will you know if your events or activities are successful? (200 words max) |
|  |
| How will you promote your events or activities to attract parents?  What experience do you have of successful promotion of such activities in the past?  (200 words max) |
|  |
| Approximately how many people will benefit from your events or activities? |
|  |

|  |  |  |
| --- | --- | --- |
| Where and when will the events or activities take place? *(if known)* | | |
| Venue including address (if known) | Date/s | Time/s |
|  |  |  |

SECTION FOUR: THE BUDGET

|  |
| --- |
| Please indicate how much money you need and provide a detailed breakdown of your planned expenditure and details of how the costs have been worked out. For example if ‘Venue Hire’ applies please state how many hours you need to hire the venue and how much it will cost per hour – ‘Hall hire, 3 days for 4 hours per day @ £15 per hour - £15 x 4 x 3 = £180.00’. |
|  |

|  |  |  |  |
| --- | --- | --- | --- |
| Item of expenditure | Please describe & show calculations below | Item Cost | Amount Requested |
|  |  | £ | £ |
|  |  | £ | £ |
|  |  | £ | £ |
|  |  | £ | £ |
|  |  | £ | £ |
| Total cost of your event or activity | | £ |  |
| Total amount requested (Maximum £1000) | | | £ |

SECTION FOUR: BANK DETAILS

|  |  |
| --- | --- |
| Account name |  |
| Sort Code |  |
| Account Number |  |

SECTION FIVE: DECLARATION

|  |  |  |  |
| --- | --- | --- | --- |
| * *All the information supplied is correct to the best of our knowledge and I am duly authorised to submit this application on behalf of our organisation.* * *I agree to a visit from a staff member at one of our events / activities and for a photograph of the activity / event to be taken to document the event / activity with the permission of those in the photograph.* * *I commit to taking part in shared learning with other funded projects* | | | |
| Name: |  | Role: |  |

Please send your completed application form by 12th February to [investments@actiontogether.org.uk](mailto:investments@actiontogether.org.uk)