



## Time to Change

Blackburn with Darwen Hub

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Champions Fund

Guidance Pack 2018

We're supporting

**time to change**

let's end mental health discrimination

# Introduction



The Time to Talk Grants will make awards of between £50-£250 to deliver social contact activities to contribute towards ending mental health discrimination in Blackburn with Darwen.

Activities must take place during February 2018 in support of Time to Talk Day (1<sup>st</sup> February).

## **Key Facts:**

- Total value: £2000 (£500 per ward)
- Awards from £50-£250
- Projects delivering social contact activities in Blackburn with Darwen by people willing to share lived experience of mental health problems and therefore happy to register as a Time to Change
- Deadline: 11<sup>th</sup> December 2017 5pm
- Notification: January 5<sup>th</sup> 2018

# What we want to fund



The grant mirrors the Time to Change campaign aims to:

- Empower people with experience of mental health problems to speak out
- Change behaviour and attitudes towards people with a mental health problem
- Reduce the level of reported stigma and discrimination

Evidence shows the best way to do this is through **social contact** to humanise the impact of mental health stigma face to face.

Social contact is a meaningful and equal conversation where someone with experience of mental health problems shares their experiences with another person in order to positively influence their understanding, attitudes and behaviours about mental health.

Therefore, funded activities must involve people willing to share personal experience of mental health problems. This could be current, previous or via a caring or family relationship.

# Social contact example

In a 2015 project, various activities took place to encourage people to talk about mental health in unusual settings. This involved people organising their own events and turning up to chat to members of the public, sharing a little of their experiences of living with a mental health problem. Over 50 social contact activities took place in a variety of public spaces including a supermarket, a shopping mall, railway station, theatre and a leisure centre.

One Champion gathered statements to counter stigma and put them in fortune cookies which were then shared at events coinciding with Chinese New Year as conversation starters. As people broke into their cookie they read out the statements promoting further conversation about mental health problems.

A social contact event toolkit with more guidance can be found at: <http://ow.ly/hVqi30g7452>



*Thank you for encouraging me to speak out and the opportunity to create my own event. It has given me the confidence to run further events and I feel more comfortable in the workplace and with friends".*

Champion Quote

# What we will fund:



Fund applicants must;

- Be over 16 years of age (though activities can involve under 16s)
- Be registered as a Time to Change Champion (or willing to do so).
- Have and be willing to share experience of mental health problems
- Live, work or volunteer within Blackburn with Darwen
- Able to deliver and record social contact with at least 20 people
- Deliver the activity during February 2018.
- Provide an activity report by 9<sup>th</sup> March 2018

# What we will not fund



The Fund **cannot** be used to pay for;

- Purchase of equipment (e.g. cameras, computers etc.)
- Training courses
- Salary costs or the time of the applicant
- Alcohol
- Activities not taking into account proportionate safeguarding and health and safety measures. See the social contact event toolkit for more information.

# Making your application



To apply please complete the application form which asks a number of questions to understand your chosen activity explained below.

Section	Covers	Scoring focus	Weighting
About your activity	Description and reach of your activity	Your skills to plan and deliver the project	25%
Social contact	How your activity will empower with a mental health problem to share their experience with others	Awareness and understanding of Time to Change social contact principles	40%
Impact	How your activity impact will be recorded	Will the activity impact be measured and disseminated.	25%
Budget	How much your activity will cost?	Are the amounts reasonable and realistic	10%

# Scoring Framework



Applications will be scored by the project group in December based on the below framework.

<b>1</b>	<b>The application does not meet any aspect of the criteria.</b>	<b>Ineligible</b>
<b>2</b>	Although the applicant has addressed the criteria, there is limited information or serious concern about some areas.	
<b>3</b>	Although some aspects of the criteria may be met, in other areas there is insufficient evidence to be confident that the criteria has been fully met.	
<b>4</b>	The application meets all aspects of the criteria to an acceptable level.	<b>Eligible</b>
<b>5</b>	The application meets all aspects of the criteria. Some areas are particularly strong.	
<b>6</b>	There is a very strong fit with all aspects of the criteria.	
<b>7</b>	The applicant clearly demonstrates excellence in this area.	

# After you have applied



All applicants will be informed of the outcome by January 5<sup>th</sup> 2018.

All successful applicants will be invited to a kick off meeting with a member of the Hub team to:

- Confirm your plans
- Support champion registration
- Arrange payment method
- Provide resources to support recording e.g. social contact forms
- Confirm reporting processes
- Answer any questions you may have





For more information contact us on:  
[admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk)