



Improving Mental Health and Reducing Suicide and Self-Harm Guidance for Applicants



**Humber Coast and Vale STP – Suicide
Prevention**



North Yorkshire | Hull | East Riding | York | North Lincolnshire | North East Lincolnshire

BACKGROUND

Approximately 13 people kill themselves every day in England. Yorkshire and Humber currently has comparatively high rates of suicide and in 2015 were the highest in England. Every death is both an individual tragedy and a loss to society. It has a devastating effect on families, friends, workplaces, schools and communities, as well as an economic cost. Public Health England research shows that, on average, between six and twenty people are deeply affected by each suicide and that such loss can have a long term impact on their health and wellbeing, potentially placing them at heightened risk of suicide themselves.

At a community or environmental level, areas with above average suicide rates tend to be areas with high rates of:

- Long term unemployment
- Debt/ low income
- Incidence of serious mental illness
- Drug/alcohol misuse
- Dual diagnosis
- Family breakdown
- Social isolation/low self esteem

Humber, Coast and Vale which includes; North East Lincolnshire, North Lincolnshire, East Riding, York, North Yorkshire and Hull are passionate in their belief that suicide is preventable. That suicide prevention is a shared responsibility where every person from policy makers to individual community members has the potential to make a difference and save a life. It is a community that believes that everyone has a fundamental right to a life lived with dignity with the supports and resources accessible to ensure a future filled with hope and possibility.

What is Humber, Coast and Vale Health and Care Partnership? (HCV HCP)

The HCV HCP is a complex system of organisations that are responsible for planning, paying for and providing health and care services within the area known as Humber, Coast and Vale.

There are 28 different organisations from across the health and social care sector who are formal members of the partnership. This includes three acute hospital trusts, three mental health providers, clinical commissioning groups (CCGs), local Councils, three community services providers and two ambulance trusts.

The Humber Coast and Vale Health Care Partnership vision...

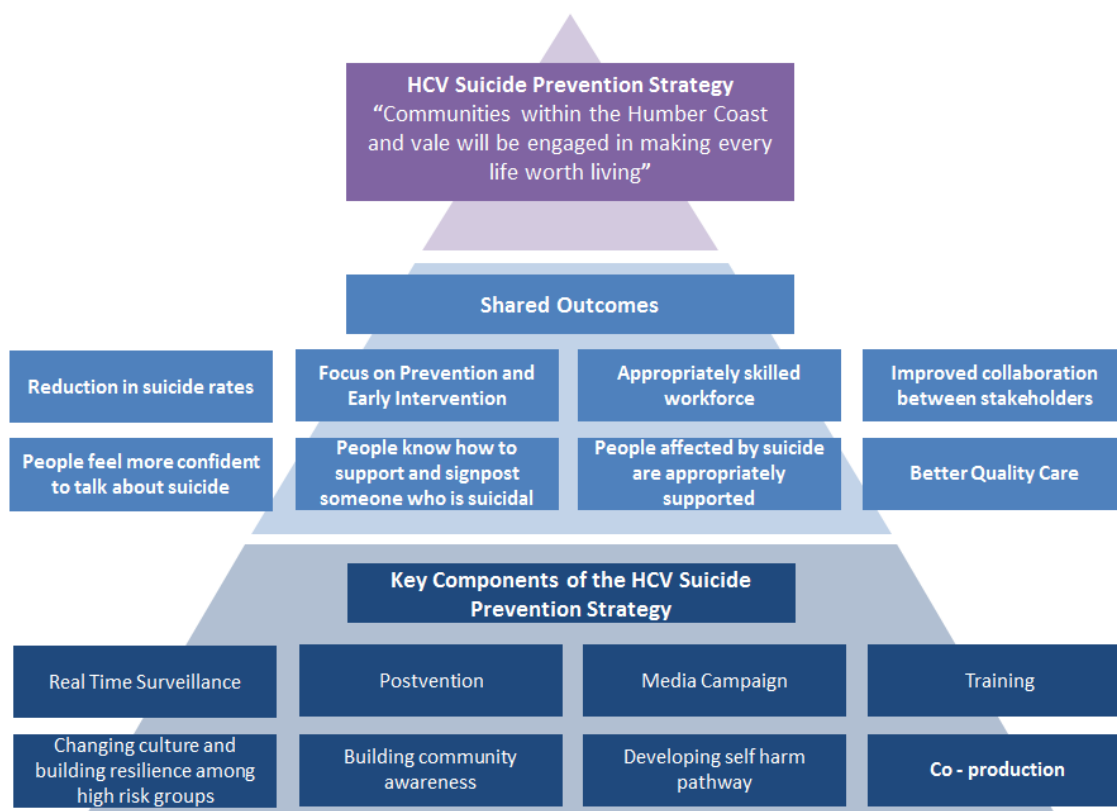
HCV HCP believe suicide prevention is a national priority that it is a health inequality issue, and that suicide is preventable.

Each of the local areas have plans in place and are actively working on suicide prevention. In order to make the biggest impact on the suicide rate the HCV HCP has selected three priorities which focus on:

1. Men aged 34-50 – especially those in areas of social deprivation
2. Mental Health Service
3. The Self-harm Pathway

These priorities have been chosen as we believe they are the areas with:

1. The greatest need
2. The area with the strongest evidence base
3. The area with the best chance of intervening early and preventing suicide



Each of the six areas within HCV HCP has a suicide prevention action plan in place, being delivered by a multi-agency suicide prevention group. The plans are all structured around the six key areas for action.

These are:

1. Reduce the risk of suicide in key high-risk groups
2. Tailor approaches to improve mental health in specific groups
3. Reduce access to the means of suicide
4. Provide better information and support to those bereaved or affected by suicide
5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour
6. Support research, data collection and monitoring

A number of priority areas run across most or all of the 6 local plans, including:

- Working with men, including male prisoners
- Targeted work with vulnerable children and young people
- Better understanding of and support for self-harm, particularly after acute hospital presentations
- Providing better support for primary care staff through training and resources
- Improving bereavement support across HCV HCP

The Humber footprint

In 2015 the rates of Suicide in Yorkshire and Humber were the highest in England.

The data below is an extract from the work done on real time surveillance across the Humber footprint Hull, East Riding, North Lincolnshire and North East Lincolnshire, the period this covers is December 2016 to December 2018. These are not confirmed suicides, as defined by the coroner’s office, but are suspected suicides.

Males			
10-30	31-50	51-70	71+
25	45	30	12

Females			
10-30	31-50	51-70	71+
4	15	10	*

*indicates data set too small to publish.

High Risk Groups:

- Men across the ages.
- People who use mental health services
- People with a history of Self Harm
- People involved in Criminal Justice System
- Specific Occupational groups.

Our aim...

...is to provide funding across the Humber Coast and Vale CCG areas to support an overall national 10% reduction in suicide rate by 2021. This should enhance existing work underway in the locality Suicide Action Plans to improve access and quality of mental health services and to prevent suicides more broadly in line with Public Health England Guidance.

The Prevention Concordat for better mental health PHE 2017 and the Suicide prevention guidance PHE 2016 provide a clear evidence base for working with communities to build emotional resilience, promote better mental health, and prevent mental health deterioration and suicidal behaviours.

Communities play a crucial role in the prevention of poor mental health and the promotion of good mental health and wellbeing and community engagement and development are therefore part of the core deliverables of what “good” looks like in the Prevention Concordat for Better Mental Health PHE 2017.

Our outcomes...

We will look to support and fund Projects that make a positive contribution to one, or more, of the following outcomes:

- Reduces loneliness and social and emotional isolation
- Reduces suicides
- Reduces stigma and discrimination and raises awareness
- Changes culture and builds resilience
- Effectively supports those affected by suicide (postvention).

GRANTS AVAILABLE

Organisations will be able to bid for grants of between **£500** and **£5,000**.

Closing date for all applications is midnight **29th October 2021**.

All applications must be made via this application form and emailed to Amber Graver amber.graver@northyorks.gov.uk .

APPLICATION FORM GUIDANCE

Please complete the application form whilst taking account of the guidance below. Please note the word count for each question.

Section One: Tell us about your organisation

Guidance Note 1: Please complete the contact details of the organisation that is applying for the grant, including an appropriate named contact person who we will liaise with throughout the grant application process.

Guidance Note 2: Q6 - Applications are open to a range of organisations including voluntary and community (VCS) groups, (see note 1) social enterprises, schools & colleges, faith groups (see note 2) and employers (see note 3).

Note 1: Any VCS group is eligible to apply however in this round of funding we are particularly interested in applications from groups and organisations that will be supporting men 40+ who are at higher risk of suicide. We would also like to see groups using the data supplied in this pack (above) to target those most at risk of suicide

Note 2: Faith groups are welcome to apply but activities which evangelise or proselytise religious beliefs will not be eligible.

Note 3: Commercial organisations are welcome to apply however they must be able to demonstrate that the funded activities do not generate any private profit.

Section 2 – Tell us about the grant you are requesting

Please tell us about the level of grant you are requesting, ensuring that the level of detail given correlates with the level of grant that you are requesting (i.e. more detail will be required for a larger grant). Where possible, please cover the following areas:

Guidance Note 3: Q8a - This is where you can tell us about your project and what you are intending to deliver, please include as much detail as you can; including details about:

- Background to the project.
- The range and types of activities you will offer (see guidance note 4).
- The number of sessions/activities you will run.
- The geographic area of benefit and the proposed location(s) for your project.
- How you have identified a need for this project or activity.
- Who will deliver the project – including any partners or sub-contractors. (see note 1 below)
- If there is scope to continue with the project after the funding has ended. (see note 2 below)
- How you will promote the project.

Note 1: We are particularly keen to see small grass roots community groups being involved in the delivery of this programme and encourage collaborative applications from a lead applicant acting as accountable body on their behalf.

Note 2: If the application is to help you with start-up costs for a new service or activity please let us know if you think there is scope for the project to continue after the period of funding.

Guidance Note 4: Based on the 5 Ways to Well-being: Connect, Be active, Take Notice, Keep Learning, Give (see page 6 of this guidance) - the fund is looking to support a range of community or workplace based activities such as peer support groups, social activities (e.g. sports and outdoor recreation, arts, culture, environmental), Mens Sheds, mindfulness, well-being, activities that improve confidence, resilience and self-esteem, drop in sessions, volunteering.

NB We will NOT fund one off events.

Guidance Note 5: Q9 - In this question, we would like you to demonstrate how you plan to deliver your project in line with the current Coronavirus restrictions in place. This could be – how your usual service has been altered if applicable. Please detail any other further key risk to your projects intended delivery and how you will mitigate these. We will be particularly interested in innovative ideas to engage the audience you are targeting.

Guidance Note 6: Q10 - Please list items of expenditure for this project.

Please note that all funding must be used and claimed by the end of October 2022.

Guidance Note 7: Q10 - **Eligible Expenditure.**

- Reasonable administrative costs are permitted providing the project can demonstrate value for money.
- Volunteer expenses and refreshments are permitted.
- Travel costs are permitted where it is necessary to assist some people from low income backgrounds to participate in activities.
- Materials and small items of capital equipment.
- Promotion and marketing.
- Venue Hire.

Guidance Note 8: Q11 - This should show the total cost of the project for the year the project will operate.

Guidance Note 9: Q12– If the total cost of the project exceeds the grant being requested, please provide details of any additional funding sources. This can include your own funds, earned income and any additional grants or donations you have or intend to apply for.

Applications are particularly welcome from organisations who are able to demonstrate that they can attract longer term external funding beyond the term of this fund.

Guidance Note 10: Q13 - Please state the total amount of grant being requested – minimum of £500 up to a maximum of £5,000.

Section 3: How your project relates to the suicide prevention programme's aims and desired outcomes.

This section will allow you to demonstrate how your proposed project will contribute to the programme aims and outcomes.

Guidance Note 11: Q16 - Please give details regarding how the specific activities you are proposing will meet one or more of the fund's outcomes – clearly linking the activities to the outcomes you selected in Q14.

You should ensure that you have embedded appropriate processes and monitoring systems in place in order to allow for monitoring and possible evaluation. This will include being able to provide management information about participant numbers. You will not be required to share any personal or sensitive data on an individual basis.

You should consider collecting information about:

- Number of participants/beneficiaries including age, gender and location.
- Number of sessions delivered.
- Evidence of individual well-being improvement, where appropriate, using Warwick-Edinburgh Well-being Scale or other validated tools.

GENERAL TERMS & CONDITIONS

All grants will be managed through a funding agreement.

MONITORING AND EVALUATION

All projects will be subject to monitoring and verification that is appropriate to the level of the grant, to ensure that the project has been delivered as anticipated. The details of this will be outlined in your offer of grant; North Yorkshire County Council retains the right to reclaim grant funding should the applicant fail to meet the terms and conditions of the offer of grant.

HOW TO APPLY

All applications must be made on the Reducing Suicide Grant Application Form.

Applications should be submitted by **midnight on 29th October 2021**. The applications will then be evaluated and determined by a panel.

Applicants will be notified regarding the outcome of their application by **12th November 2021**.

If you would like further information about the Programme or would like to discuss the submission of an application, please contact:

Claire Robinson
Health Improvement Manager, Health & Adult Services
claire.robinson@northyorks.gov.uk
01609 534919

Amber Graver
Stronger Communities Development Officer
Amber.Graver@northyorks.gov.uk
01609 533914

All completed applications should be submitted to: Amber.Graver@northyorks.gov.uk

The Five Ways to Well-being

Connect	With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
Be active	Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.
Take notice	Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
Keep learning	Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.
Give	Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.