

Cumbria Mental Health Emergency Welfare Fund

Overview

To provide one-off financial support (micro grants) to individuals with a known mental health diagnosis experiencing financial hardship. Grants should help them to engage with/attend appointments and community provisions that help improve the mental health and wellbeing OR relieve financial stress.

Donor

NHS England

Who can apply?

Individuals with a Mental Health diagnosis living in North Cumbria can be referred to the fund.

Grant focus:

Primary Focus:

- Travel expenses to health appointments and wellbeing activities (this can include a block or regular cost up to 6 months).
- Direct barriers to participation costs in wellbeing activities and medical appointments (such as activity fees, childcare or pet care).

Secondary Focus:

Issues that are causing additional concern and pressure:

- Food
- Contribution to utility costs
- One-off debt relief top up

The list is not exhaustive but at the support worker's discretion and understanding of the Fund's aims.

What the fund will not support in addition to our normal exclusions:

- Anyone under the age of 18
- Anyone who does not have a known Mental Health diagnosis
- Anyone whose Mental Health Condition is not their Primary diagnosis.

How much can you apply for?

Grants up to a maximum of £150.

Conditions & Guidance

Referring organisations will be asked to provide quotes and feedback on the impact of the funding for the individual benefitting.

Referrers should only refer individuals in who are well known to the referrer and who the referrer feels confident will spend the funds for the intended purpose.

Applicants with additional vulnerabilities will be prioritised for this funding.

For more information, contact Together We CIC on jean-ann@togetherwe.uk or 08081961773.