

West Essex Mind is working in your community to support people on their journey towards recovery from mental ill health.

We aim to achieve this by providing a range of services throughout West Essex. As well as our WEllbeing service these include:

- **Counselling**
- **The Online Carer's forum**
- **Rural Network**
- **Social Opportunities**
- **Leisure activities**
- **Volunteer development**

We are a registered charity, affiliated to the national charity Mind, with a Board of Trustees drawn from the local community.

Charity number: 1091154

Company number: 4369554

How to get in touch

You can get in touch directly with West Essex Mind. We welcome referrals from other organisations and are keen to work in partnership to promote our joint aims.

Telephone 01279 421308

Or **email:** admin@westessexmind.org.uk

Or **write** to:

West Essex Mind
10-11 Corner House,
Bush Fair,
Harlow,
Essex CM18 6NZ

To find out more about our organisation go to:

www.westessexmind.org.uk



For better
mental health

West Essex Mind

WEllbeing: Towards Inclusion Scheme



What is the: 'Towards Inclusion Scheme'?

The 'Towards Inclusion' scheme is a new way to help individuals and groups in accessing mainstream activities and opportunities, and support them in engaging in local communities.

Applications can be made by individuals or groups for funding that will help kick start their way into enjoying an active place in their communities.

Who Can Apply?

If you live in West Essex, have a mental health problem, and feel some funding could help promote your recovery and social inclusion you are eligible to apply to the fund. You can discuss your ideas with anyone from WEllbeing, i.e. A Community Bridge Builder.

What can the scheme support, and how much can I apply for?

Here are some examples of how the scheme could help you:

- To help buy equipment for a new or existing hobby.
- To put on an event supporting you and other Mind service users.
- To help pay rent or running costs for a regular activity.
- To help with the cost of attending a conference or other event.
- To help buy training (e.g. Adult Community Education, Personal Development, salsa lessons!)
- To help fund any activity that supports community involvement and participation.

Groups can apply for up to £300, and individuals up to £150. You or your group can make one application per year. Funding for your idea will be considered if you can show that the costs cannot be met from other sources.

Who decides which applications will get some funding?

An Assessment Panel made up of a West Essex Mind Manager, a commissioning representative, another representative from Mind who does not work on the WEllbeing project, and a service user representative will consider all applications received and make decisions on which ideas to help fund.

How can I apply for funding?

Talk to a CBB and they will provide an application form for you to complete. If you need help completing the form a CBB will be happy to help.

How do I find out more?

Please call Lois: 07528 943064

Or e-mail:

isparkes@westessexmind.org.uk