

Funding Strand 1 – Care and Wellbeing

“Improving the quality of life for those affected by physical and/or mental health issues and their carers.”

This Strand focuses on improving people’s physical and mental health. It recognises the need to address the significant health inequalities which exist in Scotland and reduce the levels of exclusion faced by some of the most vulnerable members of our society. In addition to encouraging preventative approaches to improve health and wellbeing, this Strand will also incorporate responsive approaches which support those with mental or physical ill-health to live independently.

The three themes where the Trust wishes to focus its funding within Care and Wellbeing are as follows:

1 Ensuring the best quality of life for Scotland’s vulnerable adults, including those directly or indirectly affected by Dementia

Here we are interested in work which reduces physical and social isolation of older people and reduces their dependence on statutory services. We are also interested in preventative activities which encourage older people to remain active and healthy.

Examples of activities are as follows:

- Men’s Sheds/learning new skills
- Carers support services/respite care
- Training costs of care providers
- Support for people directly and indirectly affected by Dementia
- Befriending projects which help people remain connected with their community
- Day centres and community transport
- Recreational activities including therapeutic arts and physical exercise

2 Improving the health and wellbeing of children & young people affected by mental and/or physical ill health

Here we are interested in supporting services which are timely and reflect the needs of children and young people. We are keen to ensure that stigma around mental health conditions is challenged and that services are designed to reduce negative outcomes for young people. We also recognise the importance of inclusion for young people and the particular risks involved in moving from children to adult services.

Examples of activities are as follows:

- Counselling/therapeutic services for young people with mental health issues
- Bereavement support and services for young people
- After-school clubs/summer programmes for children and young people which adopt an inclusive approach for all young people.
- Mentoring support for young people transitioning from children to adult services

3 Supporting adults with life limiting, long term health conditions or disability to overcome barriers and remain involved with their communities

Here we are particularly interested in approaches which provide people with the tools and resources to manage their condition and continue to be fully engaged with their community and with mainstream services.

Examples of activities are as follows:

- Salary costs of a Worker to develop groups which provide peer support for people living with specific conditions such as Diabetes
- Physiotherapy/alternative therapies for people affected by conditions such as Parkinson’s/M.S.
- Community-based palliative care services
- Support services for adults affected by learning and/or physical disability