

## Young People's Wellbeing Fund

### Grants Available:

Up to £15,000

### Background

Children and young people's (CYP) emotional wellbeing is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. We need to ensure our children and young people have the best start in life. Given that many mental health conditions start in childhood, supporting children and young people to engage in positive activities and healthy coping strategies to look after their wellbeing is essential.

### Things we know that promote good mental health:

- **Physical activity:** Physical activity is linked to many factors that promote better mental health, including improved sleep, higher self-esteem and self-confidence, reduced anxiety, and lower depression. Children and young people should aim for about one hour of moderate or vigorous physical activity every day.
- **Connecting with nature:** Being around nature has been linked to both increased levels of physical activity and mental health benefits. The strongest benefits occur where children have access to green space where they live or where they go to school.
- **Involvement with arts and music:** There is promising evidence that involvement with arts, dance and music can improve the mental health of children and young people.
- **Having support from friends/peers:** Having friends is important to the mental health of children and young people, particularly during the teenage years. Also there is good evidence linking loneliness to poorer mental health in adults and some research to suggest that this is also the case for children and young people.

Schools play an important role in promoting and protecting the mental health of children and young people, however organisations working outside of school hours can also help children and young people to develop skills that support their mental health and wellbeing.

This is particularly important for those children and young people who are most at risk of mental health problems because of where they live or the group they belong to.

### **Who is more at risk of poorer mental health?**

- **Those living in deprived areas:** National research has demonstrated a link between poverty and mental health. For example, a large national study showed that children in the poorest fifth of households in the UK were four times more likely to have serious mental health difficulties by the age of 11 than those in the wealthiest fifth.
- **Ethnic minorities:** Children and young people from racialised communities are less likely to access traditional mental health services and report feeling less recognised and understood when talking to their GP about their mental health.
- **LGBT+ CYP:** Research shows that people who are lesbian, gay, bisexual and transgender have a higher risk of mental health conditions linked to emotional distress, discrimination and barriers to accessing healthcare and support.
- **Neurodiverse CYP:** Due to social expectations and a lack of support and understanding, neurodivergent children and young people may be particularly susceptible to mental health problems - particularly in environments where differences are not understood and respected.
- **Young carers:** Children and young people who have taken on unpaid caring responsibilities for a family member (often referred to as "Young Carers") are seven times more likely not to be in good health compared to their peers. They are also likely to have poorer mental health.

### **Criteria:**

- Projects promoting positive emotional wellbeing for children and young people in Buckinghamshire (excluding Milton Keynes) through activities that fall outside of the school day.
- Projects should aim for children and young people to feel more comfortable talking about mental health, to understand ways in which they can manage their mental health and to have an increased awareness of further support available if needed.
- Gains in positive emotional well-being should be an intentional outcome of the project, rather than a positive side-effect of another activity.

## Eligibility:

Projects **must** be working with:

- Children and Young people up to the age of 18 **OR**
- If entirely focussed on care leavers or young people with disabilities, up to the age of 25.

**AND** who are **either**:

- From a community identified as at higher risk of poor emotional wellbeing and poor mental health. (We do not intend to limit this further, but in your application you will be asked to evidence how the particular group you wish to work with are at higher risk) **OR**
- Living in an area of particular disadvantage in Buckinghamshire. A significant proportion of service users will be from the priority wards (see list below) identified in the [Buckinghamshire Council's Levelling Up plan](#).

## Wards:

- Booker, Cressex & Castlefield.
- Totteridge & Bowerdean.
- Ryemead & Micklefield.
- Abbey.
- Terriers & Amersham Hill.
- West Wycombe.
- Aylesbury South West, North-West and North.
- Chesham.

## Priority:

Priority will be given to projects which can demonstrate that their activity has been co-designed with children and young people. Projects should aim to involve young people in the project from the beginning and continually ensure that youth voice is considered throughout.

## What we can fund:

- Project costs – such as hire of venues, trainers, refreshments etc.

- Core/overhead costs – where these are required to deliver a defined project.
- Capital expenditure – we would not expect capital costs to exceed 25% of the overall project cost. Please contact us to discuss further if you think you may need to exceed this.

### **What we can't fund:**

#### Activities:

- Taking place during school hours.
- Promoting a particular religious or political belief.
- Overseas travel.
- Projects which are already completed.
- Individuals.
- Statutory bodies (excluding parish/town councils).
- Profit-making organisations.
- Activity which is a statutory responsibility of a public body.

#### Organisations:

- Whose principal purpose is animal welfare.
- Who have shareholders (Community Benefit Societies are permitted).
- Schools or school affiliated bodies.

### **Other information**

There is further background information and data around emotional wellbeing for Children & Young People provided by Buckinghamshire Council's Public Health team here:

- [Mental health and wellbeing](#)
- [Buckinghamshire Joint Local Health and Wellbeing Strategy 2022 to 2025](#)
- [Director for Public Health's Annual Report 2023: Mental Health Matters](#)
- [Bucks Joint Strategic Needs Assessment – Children and Young People](#)
- [YoungMinds](#)