



Humber Teaching
NHS Foundation Trust

*Health
Stars*



Community Mental Health and Wellbeing Grants



Community Mental Health and Wellbeing Grants 2025

- ★ Established in 2023 to support local grassroots organisations
- ★ Supporting mental health and wellbeing in Hull and East Yorkshire
- ★ £200,000 to give away
- ★ Apply for between £250 and £5000
- ★ Download form on Word
- ★ Panel meets regularly
- ★ Projects working with adults only



Small Grants
Big Impact

What do we mean by Mental Health and Wellbeing?

★ Physical Health

★ Mental Health

★ Disability

★ Wellbeing

★ Social issues which affect people's health such as poverty or poor housing.



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What are we looking for?

Applications will need to evidence how their activities will:

- Support communities in either Hull, East Riding or both (not Pocklington)
- Raise awareness of Mental Health and Wellbeing and the support that is available
- Support the mental and physical wellbeing of individuals taking part.
- Broaden the reach of health promotion messages.
- Strengthen connections between Humber Teaching NHS Foundation Trust and other system partners, with local community organisations and groups.
- Demonstrate how their activity will be monitored and evaluated
- Seek to remove health inequalities and disparity in health outcomes, with a focus on diversity in the population.



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Who can apply?

Applications from the following types of organisations are eligible to apply:

- Registered Charities.
- Constituted Community and Voluntary Organisations.
- A Constituted Group or Club (a group that has a set of rules describing its purpose and how it's run).
- A Not-for-Profit Company or Community Interest Company (see notes**).
- A business with social objectives that reinvest all profit into these objectives.
- A Community Benefit Society.
- Charitable Incorporated Organisations.
- Faith Groups.
- Parish and Town Councils leading a community-led idea.



These organisations must have in place:

- A Management Committee, Board of Trustees or Board of Directors with at least three unrelated people as members.
- A written constitution or set of rules that demonstrates the purpose and management of the organisation.
- A bank account in the name of the organisation with at least two unrelated cheque signatories.



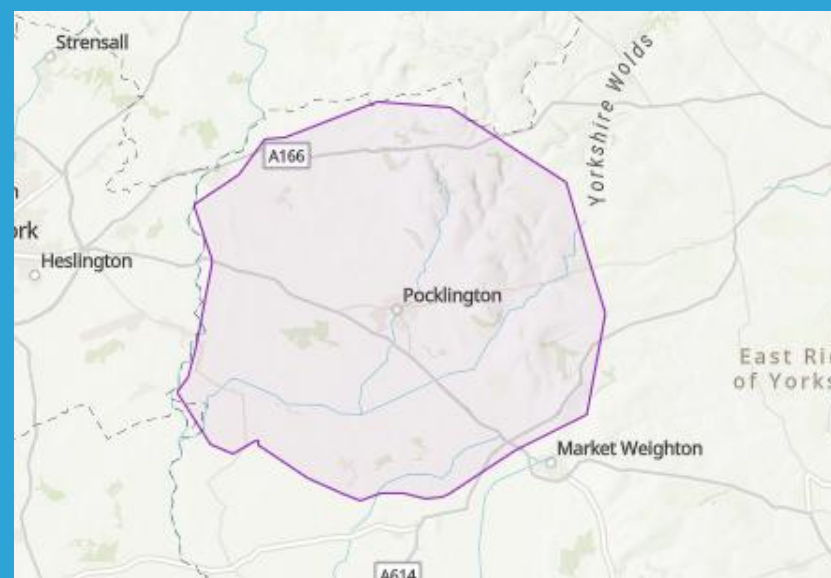
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Who can't apply?

Grants will not normally be awarded to the following projects or organisations:

- Projects or organisations that work solely with children or young people.
 - Public bodies requesting funds to carry out their statutory obligations.
 - The promotion of religious or political causes.
 - Consultation fees not associated to direct delivery (including professional bid writer fees).
 - Items that will be removed from the area of benefit (without our prior consent).
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- Organisations operating outside or not serving the stated area of benefit (i.e. outside of Hull and East Riding, or within the area that is covered by a Pocklington GP)



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Vulnerable or Marginalized communities

Older isolated people

Disability

People from ethnically minoritised communities

People who have English as an additional language

LGBTQ+

Poverty or Deprivation

Low literacy levels

Digital exclusion

Gypsy, Roma and Traveller communities

Migrants

Victims of modern slavery

People who are dependent on drugs or alcohol

People who experience homelessness

Rurality

Coastal communities

Carers

Looked after children

Veterans

Neurodivergence

Migrants

Sex workers

People in contact with the justice system

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Examples from 2024

Our ethnic community is deeply divided so that I had little chance to socialise with community members. I found the clubs very helpful as it provides a venue to meet people and socialise and at the same time improve my English language.

Groundwork Yorkshire



Toranj Tuition



Stephen is an adult with SEN and ADHD, he has been attending the woodworking class and his skills and confidence working with wood have really grown. He was able to support a young person from the Life Skills Hub to make a bird box.



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Examples from 2024



Mike and Millie's 'Winter Wonderland' is a show specifically designed for people living with later-stage dementia, which incorporates storytelling with live music from a keyboard and viola.

Smashing Mirrors Theatre

The young women wrote and devised their own work for sharing with the public, a piece called 'I Am' which was about their own experiences and backgrounds.



ARCADE



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Examples from 2024



Resources to support a community-led group to improve their natural environment and social contact.



Time 4 U Groups sessions designed to support healthy lifestyle and independence.



Bereavement support services as part of the warm space project in Market Weighton



Work within hard-to-reach communities to empower awareness of NHS services. Enabling confidence and reducing stigma to encourage BAME communities to seek the help they need.



Supporting older residents of Hull from a BAME community. Developing supportive session co-produced and peer-led to improve wellbeing and mental health.



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How to apply

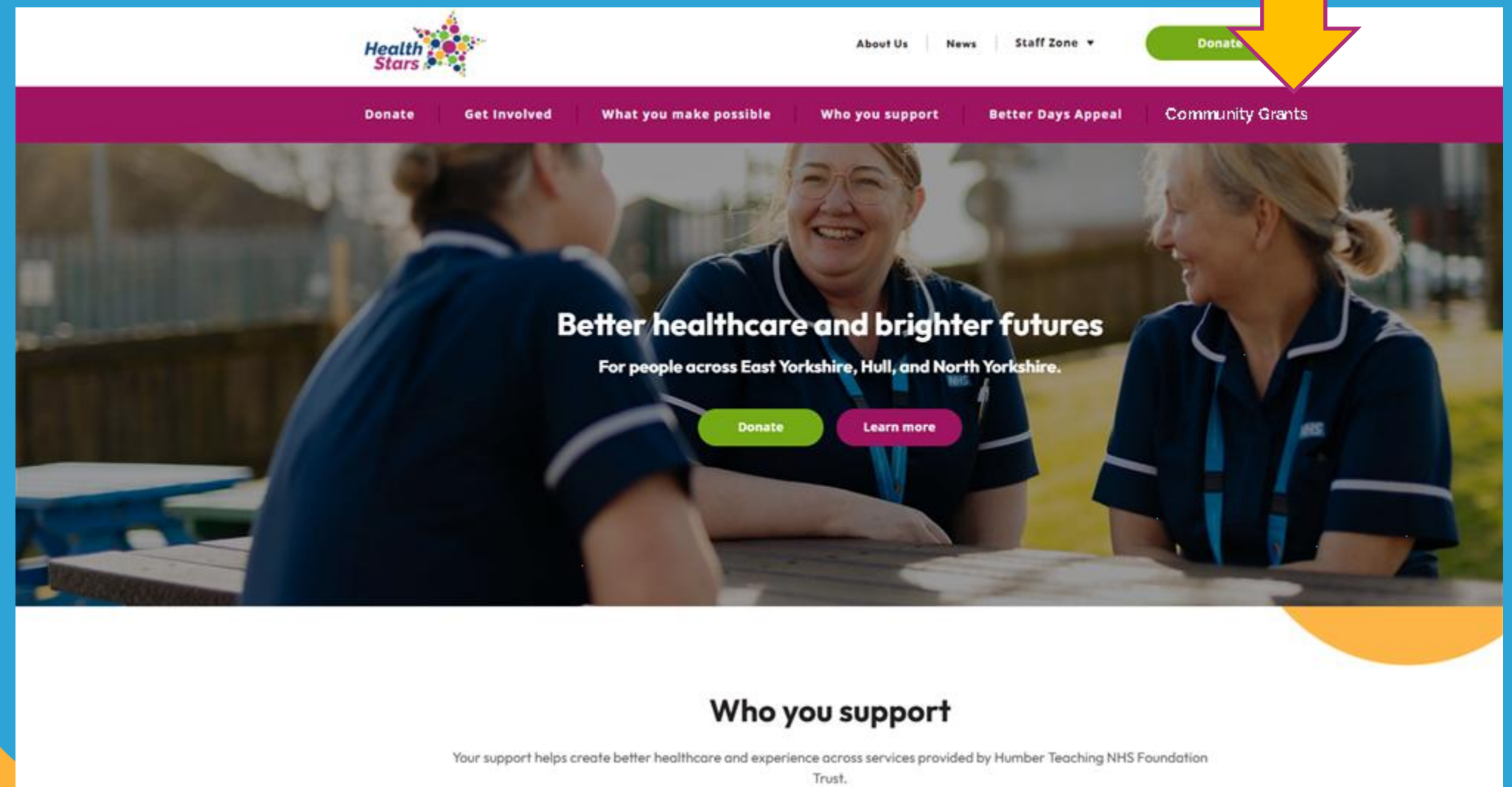
- ★ Watch out for news on when applications open
- ★ Apply online – Download Word form from Health Stars website
- ★ No deadline, panel will meet regularly
- ★ We will be asking for evaluations and feedback

healthstars.org.uk

Community Grants

- ★ Link to form
- ★ Guidance
- ★ FAQs
- ★ Contact details

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Questions



healthstars.org.uk



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