

## Funding Criteria for Sport and Youth Mental Health Project Delivery

The Essex Sport and Youth Mental Health Programme is an innovative and important 3-year project, building on what is already strong in our communities and developing this further to engage with children and young people (aged 5-18 years) experiencing poor mental health and wellbeing, using sport and physical activity as an integral part of the holistic and personalised support for each individual.

Active Essex Foundation are looking to work with local community-based organisations who are using/want to use sport, physical activity, or movement-based approaches, to help support young people with low levels of emotional wellbeing.

We have received delivery funding from the Essex County Council Levelling Up Team and Sport England's Local Delivery Pilot (LDP) to expand and support the delivery of the Sport and Youth Mental Health Project across greater Essex, in addition to North-East Essex Start Well programme.

We are interested to partner with and fund organisations to be part of the delivery and growing Essex sport and youth mental health network, who meet the following criteria:

### **Essential**

- Currently working with young people, especially aged 10-17 years, who are experiencing low levels of emotional wellbeing, with or without a diagnosed mental health condition, and would benefit from using physical activity as an engagement and/or intervention tool to help improve mental health
- Able to offer inclusive sport and/or physical activity and/or movement-based activities that can be adapted to meet the needs of each individual young person and promotes peer support and social interaction
- Able to deliver an intervention for a minimum of 12 weeks, although preferably > 6 months, to add value to current provision or support a new delivery model
- Delivering in either Mid, West, North or South Essex, including Southend and Thurrock
- A community-based mental health organisation and/or sport and physical activity provider background
- Able to collect and share data as part of the ongoing monitoring and evaluation of the project, including participation in focus groups with other delivery organisations
- Able to join a wider sport/physical activity and mental health network across the Essex system
- Established safeguarding processes/procedures and having Public Liability Insurance of no less than £10 million in place

## **Desirable**

- Supporting young people, with their mental health and wellbeing, from protective characteristics groups e.g., ethnic minorities, SEND, LGBTQ+, etc.
- Supporting young people from low-income families and/or deprived communities
- Supporting young people in school years 6 and 7, during transition from primary to secondary school
- Have existing relationships and referral routes with local organisations from other sectors e.g., education, health, etc.