

Funding Criteria

Essex Transition Age Mental Health & Physical Activity Project Delivery

The Essex Transition Age Mental Health & Physical Activity Programme is an innovative and important 3-year project, building on the Sport and Youth Mental Health Project and what is already strong in our communities, whilst developing this further to support young adults (17–25 year olds) who are most vulnerable to additional stresses on their mental health 'during this key life transition, especially those moving from children/adolescent to adult mental health services.

Active Essex Foundation are looking to work with local community-based organisations who are using/want to use physical activity, movement and/or sport, to specifically help support young people, aged 17-25 years, with low levels of emotional wellbeing to support them through this transition period.

This programme has been funded by the Wellbeing, Public Health and Communities Team at Essex County Council, so delivery will be proportionally allocated across the 12 Essex County Council districts. This includes; Basildon, Braintree, Brentwood, Castlepoint, Chelmsford, Colchester, Epping Forest, Harlow, Maldon, Rochford, Tendring and Uttlesford.

The key cohorts who we aim to support from the programme are:

1. Young people (aged 17-25) who are already supported through our Sport and Youth Mental Health programme and attending sessions through our network of LTOs
2. Young people who are/were under the care of CAMHS and in the process of transition to adult mental health services, if appropriate
3. Care leavers

We will consider funding applications up to £10,000, unless looking to deliver across multiple districts, where grants of up to £20,000 would be considered.

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

Essential

- Currently working or looking to work with young adults, aged 17-25 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 in addition to other support e.g. mentoring, counselling, life skills coaching, mindfulness, etc.
- Able to deliver an intervention for up to 18 months (minimum of 6 months), to add value to current provision or support a new delivery model.

- Delivering in at least one of the 12 district, borough or city councils in Essex as outlined above.
- A community-based mental health organisation and/or sport and physical activity provider.
- Able to engage in training provided to increase knowledge, skills and confidence in supporting young adults mental health through sport and/or physical activity.
- 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 mental health and physical activity 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 adults, with their mental health and wellbeing, from protective characteristics groups e.g., ethnic minorities, SEND, LGBTQ+, etc.
- Have existing relationships and referral routes from the health sector e.g., GP, social prescribers, clinical mental health services, etc.
- Links with organisations to support future employability and early years careers.