



Unpaid Carers Health and Wellbeing Fund



Scottish Government
Riaghaidh na h-Alba
gov.scot



West Lothian
Health & Social Care Partnership
www.westlothianhscp.org.uk



THE GATEWAY
Voluntary Sector Gateway West Lothian

Fund Guidance

Background

Unpaid carers provide care and support to family members, friends and neighbours. The people they care for may be affected by disability, physical or mental ill-health, frailty or substance misuse. The critical role carers play in caring for others has never been more apparent than during the pandemic. National and local research shows carers physical and mental health and wellbeing has been adversely impacted.

In recognition of the need to support carers at this time the Scottish Government has provided additional funding to local authorities to make investment decisions on how best to support carers through expanded support which focusses on early intervention and prevention. This recognises some of the challenges faced by unpaid carers, with many regular sources of support having stopped or moved online due to the pandemic. It also comes in response to concerns about increasing pressure on carers – particularly while many traditional respite breaks are restricted or unavailable.

The West Lothian Integration Joint Board (IJB) has agreed to create a £70,000 fund to support local organisations coming out of lockdown. It is aimed at grass roots community groups, small charities, social enterprises, 3rd sector and voluntary organisations to bid in to proactively find innovative ways to encourage carers (and their cared for person if appropriate) to engage in breaks, activities, eating out, purchase of equipment etc. to support their health and wellbeing.

The Fund outcomes

The intended outcome of The Fund is to maintain or increase unpaid carers feeling of health and wellbeing in their local community and improve awareness of the information, advice and support available to carers to help in their caring role to ensure they are supported to look after their own wellbeing. This outcome reflects the vision of the IJB “to increase wellbeing and reduce health inequalities across all communities in West Lothian”

The ambition is to ensure a broad reach across range of small West Lothian community-based organisations through the distribution of grants between **£1,000 and £5,000**.

The Fund seeks to contribute to the principles of the Health and Social Care Standards: [my support, my life](#). They seek to provide better outcomes for everyone; to ensure that individuals are treated with respect and dignity, and that the basic human rights we are all entitled to are upheld.

Strategic priorities of the IJB are based on the following underpinning principles: We will:

- Prioritise preventative support to help prevent problems developing
- Enable choice and control so that support can be personalised

The Fund also seeks to contribute to the following national outcomes from the National Performance Framework:

- We are healthy and active.
- We live in communities that are inclusive, empowered, resilient and safe.
- We respect, protect and fulfil human rights and live free from discrimination.
- We grow up loved, safe and respected so that we realise our full potential.
- We are well educated, skilled and able to contribute to society.
- We tackle poverty by sharing opportunities, wealth and power more equally.

Who can apply?

The purpose of The Fund is to support initiatives which promote positive health and wellbeing at a small scale, grass roots, community level. Applications will be accepted from a range of voluntary, *'not for profit'* community organisations: charities, constituted voluntary groups, social enterprises with asset lock and community councils. These do not have to have carers health and wellbeing as their main focus, but their application **does** have to clearly benefit the health and wellbeing of carers in their community and demonstrate a focus of early intervention/ prevention.

What type of activities can be funded?

We can fund grants to most community-based activities that support good mental health and wellbeing of carers (and their cared for person if appropriate). We are particularly interested in supporting proactive, innovative approaches that encourage carers (and their cared for person if appropriate) to engage in breaks, activities, eating out, purchase of equipment etc. that support their health and wellbeing.

What can we fund?

Funding will be one-off and short-term to support additional demands resulting from the COVID pandemic, as such applications should be for time limited projects.

The following list, of what can be funded, is not exhaustive.

We will fund

Short breaks / respite
One-off events / activities
Events / activities over a period of time
Purchase of equipment and supplies to support carers (and cared for persons) activities
Venue hire / costs
Staff costs (maximum 20% of the value of the award)
Volunteer expenses
Publicity / promotion costs
Training costs eg cooking / nutrition classes

How much organisations can apply for/when does it need to be spent?

The funding will be allocated by Voluntary Sector Gateway West Lothian no later than 30th June 2022, successful organisations should spend their award **in full** by the end of December 2022.

The ambition is to ensure a broad reach across range of small West Lothian community-based organisations through the distribution of grants between £1,000 and £5,000.

When organisations can apply

The Fund will go live no later than the 29th April 2022 at which point community groups can submit their on-line applications to Voluntary Sector Gateway West Lothian.

Fund goes live by Friday 29 th April 2022	
Closing date for applications	Noon, Friday 27 th May 2022
Panel assessment	Week commencing 30 th May 2022
Funding decisions confirmed	Week commencing 13 th June 2022

Roles and Responsibilities including Application Assessment Panel

The Fund will be underpinned by a partnership co-ordinated approach comprised of representatives from West Lothian Voluntary Sector Gateway (Fund Lead) and West Lothian Health and Social Care Partnership who will build upon existing networks, partnerships, and alliances to work together to ensure support to West Lothian community-based organisations is directed appropriately and in a coherent way.

All applications will be assessed by an impartial Panel consisting of representatives from Voluntary Sector Gateway West Lothian and the Health and Social Care Partnership.

This funding is a one-off application process and will not be recurring.

Reporting and Evaluation

All projects will be asked to complete a one-page evaluation report within one month of the end of their funded project i.e 31 January 2023. The report will expect you to describe the outline of your project and detail actual breakdown of spend, the number of carers (and looked after people) you supported and an evaluation of the difference your project made to carers health and wellbeing including the delivery of the outcomes that you outlined in your application and how they contributed to early intervention and prevention approaches.

Please Note: All successful applicants will be required to keep detailed financial records of all related expenditure, including all receipts, for a period of three years and to submit these on request of Voluntary Sector Gateway and/or HSCP.

Additional support for organisations and raising awareness

An aim of this funding is to improve awareness within organisations throughout West Lothian of the information, advice and support available to carers to help in their caring role to ensure they are supported to look after their own wellbeing.

The Fund seeks to contribute to the rights of carers as outlined in the [Carers' \(Scotland\) Act 2016](#). The Carers (Scotland) Act 2016 came into effect on 1 April 2018. The purpose of the Act is to help carers continue in their caring role whilst being supported to look after their own health and wellbeing

The Act provides for carers in a number of areas. These include:

- The right for carers to be offered or to request an Adult Carers Support Plan or Young Carer Statement
- The right to support to meet any identified eligible needs including respite and short breaks from their caring role
- A duty on the HSCP to develop a local Carers Strategy and a short breaks statement
- A right to be involved in planning carer services where it is appropriate
- A requirement for local authorities to have an information and advice service for carers
- A duty for the health board to inform and involve carers in the hospital discharge process for the person they are or are going to be caring for

Successful organisations are asked to be aware of carers rights and where appropriate signpost or refer to the relevant support services for additional carer support needs.

Contact details for additional information

Voluntary Sector Gateway West Lothian (VSGWL) is the Third Sector Interface (TSI) operating in West Lothian. Our primary purpose is to promote, develop and support West Lothian's Third Sector. We are administering the Unpaid Carers Health and Wellbeing Fund.

Contact VSGWL if you have any specific questions about the Fund.

Tel: 01506 650111

Email vsg@vsgwl.org

Website: <https://www.voluntarysectorgateway.org/>

Carers of West Lothian (COWL) is the carers organisation in West Lothian which has been commissioned to provide support to carers across the Health and Social Care Partnership.

Unpaid carers can benefit from a wide range of support if they live in West Lothian or if they care for or look after someone living in West Lothian. Carers are offered advice on a range of topics including benefits and legal advice such as Power of Attorney or care cost planning. Information is also offered about other services in West Lothian that may provide specialist support. Workshops and training are offered as well as social peer support groups giving carers the opportunity to talk with other people who are also carers. Counselling and access to funding for short breaks is also offered.

Contact tel: 01506 448000

e-mail: office@carers-westlothian.com

Website: <https://carers-westlothian.com/>

Health and Social Care Partnership (HSCP)

Information is available on the support that carers can receive from the Health and Social Care Partnership, including information about the eligibility criteria including Self Directed Support (SDS) options, Adult Carer Support Plans and Young Carer Statements.

Contact Adult Social Care Enquiry Team (ASCET)

Tel: 01506 284848

e-mail: adultsocialcare@westlothian.gov.uk

Website: <https://westlothianhscp.org.uk/article/29256/Carer-Support>