# Change Network Fund

# Guidelines

**02 February 2015**

**Change Network Fund - Guidance Notes**

1. **What is a Change Network**

Change Networks have been designed as part of the local work that See Me is involved in and they complement and inform the work of the National Programme.

Change Networks are when people come together and share ideas to help improve the lives of people who experience mental health stigma and discrimination. What makes them unique is that at least 50% of the members have lived experience.

What we learn from the Change Networks helps us understand what works well so we can share best practices with other mental health groups or organisations. Within the Change Networks, an evaluative approach will be promoted. This will allow initiatives and activities to be piloted and evaluated on a smaller scale and rolled out to other areas (or nationally) where appropriate.

1. **Who is in a Change Network**

We feel that it is important that at least 50% of Change Network members have a lived experience of mental health conditions. This is because it is a core value at See Me that people with lived experience drive the change that we hope to achieve.

The insight offered from this lived experience will be invaluable when planning and taking new ideas forward. People who do not have their own experience of mental health conditions personally will also bring valuable experiences as part of the network.

The networks will also be a chance to share and benefit from the collective experience, skills and talents of those involved, and find the best ways forward to challenge stigma and discrimination.

Change Network members can vary depending on the geographical area or theme deal with. Examples of members are:

* Individuals with a lived experience of mental health conditions
* Carers
* Groups of people with lived experience (advocacy, campaigning, peer…)
* Voluntary sector organisations
* Health boards
* Local authorities
* Local businesses
* Community leaders

1. **Change Network Process**

The Change Network approach aims to support innovative practice and create test sites which target activity at those most likely to experience stigma or discrimination and/or have discriminatory behaviours.

Co-design of local and thematic activities is a vital way of ensuring relevance both to communities and to people with lived experience. We intend to create Change Networks as part of the See Me Community Innovation Fund to develop the framework and partnerships for community-based anti-stigma and discrimination work.

1. **The Change Network Fund**

See Me will award up to **£2,000** to support the development of strong partnerships that will create and deliver projects to challenge mental health stigma and discrimination. We would anticipate that the Change Networks will be organised around a specific theme or geographical area and would be operational within 6 months of receiving funding. This will be a rolling fund with applications being accepted between April 2015 and April 2016. (See Change Network Fund guidelines)

Change Networks will not be guaranteed funding from the See Me Community Innovation Fund to run activities and projects although applications will be welcomed. Networks will be encouraged to think about a range of opportunities to fund the anti-stigma work in their community.

1. **Linking with the Community Innovation Fund (CIF)**

The Community Innovation Fund supports the strategic aim of the See Me programme in creating a Scotland where everyone can live without fear or experience of stigma and discrimination in relation to mental health. The programme purpose is to build a movement of people who will effectively tackle mental health stigma and discrimination in Scotland and bring about lasting changes in behaviour of people and institutions in such a way that the rights of people with mental health problems can be realised in a fulfilling and dignified way.

The CIF projects:

* Ensure that our work is led and ‘owned’ by people with lived experience and those who champion mental health stigma and discrimination as an issue;
* Inspire real change on a variety of levels, e.g. individual and community, via settings such as health and social care, workplace, education and through policy;
* Build positive relationships with new and existing ‘supporters’;
* Enable local and thematic Change Networks to use and embed a human rights based approach to mental health;
* Evaluate impact in order to showcase the project, capture learning, and contribute to the evidence base for what works in addressing stigma and discrimination.

*Please refer to the wider CIF Guidelines on our web site for more detailed information about the CIF criteria.*

1. **What will the grant cover**

The £2,000 grant will support:

* The recruitment process of members
* The running of group meetings to discuss structure and aims (including venue hire if applicable)
* Expenses related to research and promotion work
* Reasonable transport and accommodation expenses for members

1. **What the grant will NOT cover**

* Core activities led by any member of the Change Network
* Activities and research not linked to the formation of a Change Network
* The purchase of equipment

1. **Who can apply to the Change Network Fund**

Change Networks can be initiated by anyone in the community who is keen to see change and fight stigma and discrimination. Although a Change Network will need to have at least one constituted organisation\* as a member to manage the grant, anyone can initiate the formation of a Change Network in their geographical area or community of interest.

\*To access funding from See Me, applicants must ensure they satisfy this requirement. The constituted organisation must have a bank account to manage the allocated grant. The Change Network does not have to be constituted. Only the organisation that is receiving and managing the funding on behalf of the Change Network needs to be constituted.

1. **Support from See Me**

See Me staff will be available to discuss any aspects of the Change Network development process. The Communities Programme Manager, Eleanor Ogilvie and the Change Networks Programme Officer, Laetitia Jan, are currently supporting the work of 6 Change Networks and are developing a toolkit to support the work of future Change Networks from current learning. In the meantime, See Me staff will be able, with appropriate notice, to meet with the members to advise on and discuss potential structural issues and project ideas.

1. **Change Network Criteria**

Before applying for a Change Network Fund, we encourage applicants to consider the following points when thinking about the Change Network they aim to develop. The Change Network will:

* Be led by and empower people with lived experience of mental health conditions
* Demonstrate that it is working towards at least 50% of membership comprising people with lived experience of mental health conditions
* Have a commitment to working in partnership to ensure project outcomes are co-operatively produced and delivered
* Be located in a specific geographical area of Scotland or is a thematic network/community
* Commit to participate fully in the evaluation process used by See Me
* Ensure the allocated funding is managed by a constituted organisation

1. **Accountability**

The decision of the Grant allocation panel will be final and not subject to appeal. All decisions will be reported to the See Me management team and Advisory Board. The governance and accountability for the use of funding will rest with the lead applicant. See Me will account to the Scottish Government and Comic Relief funders through the formal reporting processes for the programme.