



Grant prospectus: Community Based Support Grants for Perinatal Mental Health and Parent Infant Relationship Support

1. Introduction

This grant fund is to fund local VCS organisations whose services or projects **are delivered (at least in part) by volunteers** to increase access to community-based activities that support Perinatal Mental Health and or Parent Infant Relationships.

It is everyone's right to live in a safe environment, free from harm. Organisations will be expected to demonstrate competent safeguarding procedures. All projects, activities and initiatives must keep adults, children and young people safe and meet the statutory safeguarding requirements. Please refer to Working Together to Safeguard Children 2023 (WTSC), The Care Act (2014) and Mental Capacity Act (2019).

Applications are welcomed from organisations that support pregnant people or their partners and/ or families with children under two years old. New and existing projects can apply.

Kent County Council (the Council) is the largest local authority in England covering an area of 3,500 square kilometres. It has an annual expenditure of over £1 billion on goods and services and a population of 1.6 million. The Council provides a wide range of personal and strategic services on behalf of its residents, operating in partnership with the NHS Kent and Medway Integrated Care Board, 12 district councils, and 289 parish/town councils.

This is being commissioned by Integrated Health Commissioning, which is part of KCC's Chief Executive's Department.

2. Start For Life

[The Best Start for Life Review: a Vision for the 1,001 Critical Days](#) outlined a Vision for local authorities to pull together a coherent and joined up Start for Life offer which explains clearly to parents and carers what services they are entitled to and how they can access them.

The programme guidance recommends that new commissioning activities focus upon:

- Parent Infant Relationships (including Attachment)
- Perinatal Mental Health

Research has found there is an urgent need for services to support parent infant relationships, and for measures to evaluate these services. There is limited guidance from NICE on assessing Parent Infant Relationships (PIR).

3. Aims of the Grant

This funding will extend outreach support with families in the pre-conception phase, expecting a first or subsequent baby or with children aged 0 to 2 years old, who are affected by Perinatal Mental Health or Parent Infant Relationships.

Families will be supported to attend activities or events run by the volunteer network and it is expected that families will be signposted to access wider and on-going support via their local Family Hub.

Signpost families to access wider and on-going support via their local Family Hub.

Projects, activities, and opportunities must be inclusive with equal access to opportunities for parents, carers and families.

Grant examples

The below list is an example of potential activities to support parents, carers and wider families impacted by Perinatal Mental Health:

- Music Therapy
- Mindfulness
- Parent or Carer groups
- Creative activities (such as Parent and Infant Art groups)
- Mentoring services
- Individual, group based and peer support services.
- Coaching
- Baby Massage
- Drop-in groups
- Online Support Groups
- Café groups
- Workshops
- Walk and Talk Groups

This list is not exhaustive and other initiatives will be considered.

4. Funding available and how much can be applied for:

Grant awards are limited to £30,000 for individual projects. Organisations can submit more than one application.

The organisation or service must not receive funding from other sources to fund the activity in the application where this would create double funding. If the applicant is seeking to add funding to that received from another source to enable them to deliver more opportunities, their application must make this clear and explain how they will account for the additional activity (for example, a specific number of additional sessions or operating for a longer timeframe).

We reserve the right to request a copy of any funding agreement or application specifying the commitment and obligations made by the applicant to a third party in this respect.

5. Grant Process

KCC will ensure the Grant Process is transparent, open and fair and operates in line with the KCC grants policy. Grants will be evaluated as set out in Section 8 of this document.

The application window for grants will **19 December 2023 to 19 January 2024**. Submissions must be received by midnight on 19 January 2024.

No late applications will be considered.

All projects delivered by successful applicants must be delivered by 31 March 2024. Application outcomes will be shared with applicants no later than 1 February 2024 and a grant agreement will be issued.

80% of awarded funding will be paid to successful applicants within 30 days of a signed grant agreements being returned, subject to new suppliers providing details in sufficient time. The remaining 20% of funds will be released upon submission of a project report within 30 days.

As part of the grant process, there will be vital documents the Grant recipient will need to read and/or complete as listed below.

- Grant Prospectus
- Application Form (required as part of application submission)
- End of Project Report Template
- Grant Agreement
- Data Protection Declaration (required as part of application submission).

6. Grant Requirements

There are a number of mandatory requirements a Grant bid must meet, and these are:

- An element of service/ activity must be **volunteer based**. Ensure all volunteers are from the local community and understand the local context. Collectively volunteers should be representative of the local community. All volunteers will be expected to:
 - have parenting or caring experience
 - meet the organisations referencing and criminal records checks (DBS)
 - understand that support provided to families is completely confidential
 - have a non-judgemental attitude and understanding of the pressures of bringing up a family.
- The project must take place before 31 March 2024. The provider is responsible for ensuring that suitable contingency delivery arrangements are in place, should any circumstances impact on service delivery. Any grant funded provision that does not take place before 31 March 2024 will need to be reimbursed to Kent County Council.
- All projects must be delivered in Kent (excluding Medway)
- All projects must provide an end of project report (Appendix 1) by 31 March 2024
- Support training of staff and volunteers within your project. The Council have a number of training opportunities available. Please see Appendix 2 for more information.

7. Reporting Requirement

If and where appropriate, you are expected to collect and report on perinatal mental health and parent-infant relationship outcomes for parents and carers taking part in structured interventions that are funded by the Family Hubs and Start for Life

Programme. A structured intervention is any form of support, programme or intervention which is two or more sessions long.

We know that a wide range of different outcome measures are available. GAD has been chosen because:

- General Anxiety Disorder Questionnaire (GAD-7) are well-established measures extensively used in research to evaluate mental health interventions; and,
- they are commonly used in infant mental health and parent-infant relationship services.

[The GAD-7 in English, with other languages available](#)

GAD-7 is a seven-item questionnaire used to assess anxiety. The questionnaire asks to what extent a person has been bothered by particular problems over the previous two-week period. A score is calculated by assigning scores of 0, 1, 2 and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day' adding up to a possible total of 21. Scores of 5, 10 and 15 are taken as cut-off points for mild, moderate, and severe anxiety respectively.

A review suggested three domains as the most important focus for outcome measures.

- Strengthening relationships between babies and their caregivers
- Improving the mental health of caregivers
- Supporting babies' early development and wellbeing

8. Evaluation of Grant Bids

KCC will ensure the grant process is transparent, open and fair. Applications will be considered by a small panel, of a least 3 staff, from Kent County Council, comprising at least two officers. All funded projects and schemes must be delivered within districts of Kent County Council.

The panel will be looking for:

- value for money
- sustainability
- effectiveness of suggested projects.

The application form asks organisations a series of questions that will be scored based on the below scoring criteria.

Score	Assessment	Interpretation
4	Excellent	Response is completely relevant and provides an excellent understanding of the requirements of the specification. The response is comprehensive, unambiguous and provides above the requirements. Offers significant beneficial added value

3	Good	Response is relevant and good. It demonstrates a good understanding of the requirement of the specification and provides additional details on how the requirements will be fulfilled. Offers additional beneficial added value
2	Acceptable	Response is relevant and acceptable and meets the requirement of the specification. The response addresses a broad understanding of the requirements and addresses the need
1	Poor	Response is partially relevant but lacks sufficient detail. The response addresses some elements of the requirement of the specification but contains insufficient or limited detail or explanation on how the requirement of the specification will be fulfilled.
0	Unacceptable	Nil or inadequate response. Fails to demonstrate an ability to meet any of the requirements of the specification. Does not have any understanding of the need/client group.

KCC reserves the right to increase the value of the total grant pot available, should there be a sufficient amount of high scoring bids or to not award the full value of the round if the bids received are of poor quality, would risk duplication or do not provide value for money.

The fund cannot be used to support any of the below activities. Any bids received which cover the below activities will be rejected:

- Activity organised for party political, religious or charity fund-raising purposes. - drinking, gambling.
- Capital schemes. We define capital expenditure as that being used to meet the provision and improvement of permanent fixed assets, for example buildings, land and play parks.
- Anything that promotes unhealthy behaviours or illegal activity, smoking,
- Activity which has already taken place or is funded via other sources.
- Activities which conflict with Kent County Council's policies.
- Applications from applicants who previously failed to comply with KCC grant conditions will be rejected without scoring.

If the application does not adhere to the above criteria, it will not be scored by the panel and it will be rejected by KCC. Furthermore, KCC reserves the right to reject applications where the application form has not been fully completed or where the request for funding exceeds the maximum value of £30,000.

When submitting a grant application, organisations are asked to attach their latest full set of signed accounts (including a profit and loss account) together with a statement of any material changes that have either taken place, or are known about, since the last set of accounts to either the structure/management of the legal entity or to the legal entity's financial position This is to help ensure that organisations receiving a grant are financially viable throughout the duration of the grant agreement.

Smaller organisations that may not have a full set of detailed accounts could provide a income, expenditure or profit sheet, and a balance sheet.

9. Who can apply?

The Grants are open to all organisations registered as legal entities in the districts of Kent County Council. All funded projects and schemes must be delivered within districts of Kent County Council. Joint bids or consortium bids are permissible under this scheme so long as one of the organisations is a legal entity.

All applicants must be of good financial standing, this will be verified by KCC in the form of financial checks as outlined in Section 8.

10. Funding

KCC has allotted up to £183,000 as a total grant fund pot for 2023/24. The maximum funding per application is £30,000. Organisations should request the exact amount of funds that they will use.

Should there be a sufficient amount of high scoring bids, KCC reserves the right to increase the value of the total grant value available.

If successful in receiving a Grant, 80% of funds will be released upfront (unless pre-approved special circumstances are agreed). The following 20% of funds will be released upon submission of a project report.

The grants application window will close on 19 January 2024

11. Performance and Reporting

End of project reports should be submitted to phperformance@kent.gov.uk by 31 March 2024.

Applicants will need to provide an **End of Project Report** (see Appendix 1) outlining the project with outputs and outcomes.

12. Mobilisation

A key requirement for successful grants will be the ability to be able to mobilise and deliver the scheme within 4 weeks of being awarded the funding

13. Policies and Procedures

The grant recipient is expected to have in place policies, procedures and protocols in line with the area of delivery. Example policies that may be required are detailed below.

- Safeguarding or safe culture processes
- Safe Recruitment of staff and volunteers.
- Whistleblowing
- Complaints and grievances (staff and service users)
- Equalities and Diversity - Ensure that the action that was developed for the Equality Impact Assessment (EqIA) is implemented and completed annually
- Health and Safety
- Induction and training including mandatory training and a matrix policy

- Information governance covering Data Protection, Confidentiality, Data Retention, and Information Security
- Peer support and volunteering
- Risk assessment-risk register

14. Queries

Any questions regarding these grants should be emailed to:
phbusinesssupport@kent.gov.uk

Appendix 1

Grants Project Report Template

Project Name	Organisation	Total Spend	Approximate Reach

- District(s) and postcode(s) of activity:
- Summary of the project:
- The number of attendees/participants:

Qualitative Data & Feedback

Please provide any qualitative data or feedback you can provide demonstrating impact.

This data and/or feedback can include one or more of the following:

- a report or summary detailing observations or reflections on the project,
- case studies,
- direct quotations from participants,

It is important that we have the informed consent of participants to use the data and/or feedback you do share. All qualitative data and/or feedback must be anonymised.

The following are key questions to consider as you reflect on your experience delivering the project:

- On a scale of 1 – 10, how well do you think the project went? Why?
- What do you think went well? Why?
- What do you think didn't go well? Why?
- What impact has the project had?

Appendix 2

KCC has commissioned the following training to be delivered between 2 January – 31 March 2024. We will need to prioritise certain workforce groups but welcome Expressions of Interest from other organisations who may be interested to take part and be able to participate during this period.

Please email familyhubstraining@kent.gov.uk with details of your organisation, your contact details, your role and how many places you would like to request.

We cannot guarantee that places will be available but should there be capacity we will aim to offer these spaces more widely.

Perinatal Mental Health Level 1

This is currently being procured by KCC Integrated Health Commissioning. If this is of interest, please contact familyhubstraining@kent.gov.uk to register your interest.

Attachment- Level One

Forming an attachment is something that develops over time for a child, but parents and carers can start to form an emotional bond with their child before they are born. Sometimes a parent or carer may have difficulty forming this bond, for example if they are experiencing mental health issues or don't have an effective support network.

KCHFT is offering **235** places for free multiagency Attachment training to all professionals who work with children 0-2 years old to increase awareness and confidence to recognise and support parents/carers experiencing Attachment difficulties.

- 4 January
- 11 January
- 18 January
- 15 February
- 21 February
- 11 March
- 14 March
- 25 March.

Maximum number of participants

30 attendees on each training this can be accommodated as the training will be delivered virtually

Length of session

1 day

Contact familyhubstraining@kent.gov.uk to book your space.

Making Every Contact Count (MECC) Level 1

'Making Every Contact Count' or MECC, is a national initiative that aims to improve the health of the people around us

The MECC approach encourages us all to have very brief conversations about health issues as part of the everyday contact that we have with other people and if appropriate, let them know where they can get further information or support.

Anyone working in Kent can complete this free Making Every Contact Count training, even if you already signpost as part of your role, this training will refresh your knowledge and increase confidence.

There are **300** places available the Making Every Contact Count (MECC) Level 1 programme.

Tier 1 MECC training course will cover the following key components:

- A brief overview of MECC and why it is important
- An understanding of the wider determinants of health, behaviour change and an overview of relevant models and the principles of MECC
- How to have MECC conversations (techniques such as SMARTER planning, healthy conversations, Very Brief Advice etc.)
- A brief knowledge of Kent based services to refer into and referral pathway information alongside a provision of useful resources (provided by KCC)
- A mandatory evaluation of the training session attended