

Organisation Name	Grant Request: Grant Inf - App Stage	Yr 1	Yr 2	Yr 3	Yr 4	Yr 5	Total Grant	Summary
Art Angel (Scotland) Limited	Multi-year	8000	8000	8000	8000	8000	40000	This grant will go towards the funding of a new post within Art Angel who use creative arts to support people with mental health issues in Dundee.
Changes Community Health Project	Multi-year	6261	6261	6261	6261	6261	31305	This grant will be used to enhance the provision of healthy living activities for adults experiencing mental ill health in East Lothian supported by a community fitness trainer.
Community InfoSource	Multi-year	8000	8000	8000			24000	This grant is towards a project that will support asylum seekers and refugees in Glasgow who experience mental ill health, through a team of trained Buddy Volunteers who will provide tailored, personal support.
Developing Potential SCIO	Multi-year	5000	8000	8000	8000		29000	This grant will go towards a project in Oban and Lorn that supports adults with mental ill health and works to prevent escalation of mental health conditions and suicide. As well as a variety of workshops and activities it also provides an out of hours support service.
Fair Justice System for Scotland Group	Multi-year	6000	6000	6000			18000	This grant is towards a Black, Asian and Minority Ethnic community Mental Health and Support project to expand and develop a focused mental health support and counselling programme run by volunteers.
Families and Friends Affected by Murder and Suicide (FAMS)	Multi-year	8000	8000	8000			24000	This grant will go towards setting up a new youth service for young people who have been affected by murder or suicide in the Motherwell area.
FENIKS. Counselling, Personal Development and...	Multi-year	6000	6000	6000			18000	This grant will go towards expanding the counselling and mental health support this project provides to the Polish and Central European Community in Edinburgh.
Fool On	Multi-year	8000	8000	8000			24000	This grant is towards running workshops throughout North Lanarkshire which promote mental health through performing arts.
Greatway Foundation	Multi-year	7400	7400	7400			22200	This grant will support a project to provide trauma informed emotional and practical support to families from Black, Asian and Minority Ethnic community families to improve their emotional health and wellbeing, and prevent escalation of need, and avert harm or crisis.

Healing for the Heart	Multi-year	8000	8000	8000	8000	8000	40000	This grant will support services provided to people experiencing mental ill health in Glasgow, such as a counselling service both online and in-person and a community education programme which supports people to make positive changes.
ILC, Darnley, Scotland	Multi-year	8000	8000	8000			24000	This grant is towards a project to support the needs of people from ethnic minorities who have poor mental health and involve them in implementing solutions to conditions that can often go undiagnosed in their community.
Lochaber Hope	Multi-year	7000	7000	5000	5000	4000	28000	This grant will support a new facility in Lochaber supporting people who are vulnerbale or in crisis with with mental health issues.
Men Matter Scotland	Multi-year	8000	8000	8000	8000	8000	40000	This grant will be used to increase the mental health service provision to men in mainly the Drumchapel area of Glasgow with the main aim of preventing suicide.
Mwamba	Multi-year	8000	8000	8000			24000	This grant is towards one to one support and a project providing mental health workshops and listening, cooking and sharing opportunities for African and ethnic minority women living in Edinburgh.
Networking Key Services Limited	Multi-year	7000	6000	6000			19000	This grant will go towards a project to set up a helpline and peer support group for people from South Asian and other ethnic minority communities in Edinburgh who are experiencing mental health difficulties.
Orkney Blide Trust	Multi-year	8000	8000	8000	8000	8000	40000	This grant is towards the provision of services to people living in Orkney who are experiencing mental health difficlutes.
Pillar Kincardine	Multi-year	8000	8000	8000	8000	8000	40000	This grant is towards increasing the amount of one to one support this project provides to people experiencing mental health challenges in the Kincardine and Mearns area of Aberdeenshire.
Pollokshields Development Agency	Multi-year	8000	8000	8000			24000	This grant is towards the Ladies Step-Up group project providing coffee mornings, sewing classes, cooking workshops and yoga workshops for marginalised and vulnerable women from the Black, Asian and Minority Ethnic community in Pollockshields most at risk of poor mental health.
Ponies Help Children	Multi-year	8000	8000	8000	8000	8000	40000	This grant will go towards supporting people, primarily children, to tackle mental health issues through their engagement with resuce ponies. Young people are matched with a pony and work with them every week for up to 7 weeks.
Rainbow Muslim Womens Group	Multi-year	8000	8000	8000			24000	This grant is towards a mental health support project providing arts, cooking, and therapeutic activities and mental health workshops, for ethnic minority women with mental ill health in the Falkirk area.

Richmond's Hope	Multi-year	8000	8000	8000	8000	8000	40000	This grant will help fund a bereavement support service where specially trained staff work with bereaved children and young people aged 4 - 18, providing a safe place for them to work through their grief.
SCOREscotland	Multi-year	7000	6000	6000			19000	This grant will support a mental health project that focuses on exercise and seminars for mostly black and minority ethnic women and girls in South and West Edinburgh.
Scottish Arab Women Association (SAWA)	Multi-year	8000	8000	8000			24000	This grant will go towards the running costs of SAWA, which support Arab women in Scotland through the delivery of a wide range of well-being-focused activities and also provide counselling in Arabic.
Scottish Ethnic Minority Deaf Club SCIO	Multi-year	7776	8000	8000			23776	This grant will support the provision of monthly workshops to increase awareness of mental health and reduce stigma for people who are deaf and from an ethnic minority.
Scottish Iraqi Association	One-off	6000					6000	This grant will go towards the organisation's work to support the Iraqi community in Scotland through the provision of a range of services such as counselling, advice, training and cultural events
Stand Easy	Multi-year	8000	8000	8000	8000	8000	40000	This grant will go towards supporting people in the Dundee area who have experienced trauma due to being in the armed services, and work with them to help them return to as close a normal life as possible.
Street Fit Scotland	Multi-year	5000	5000	5000	5000	5000	25000	This grant will support the continued delivery of a holistic programme of activities to support people experiencing poor mental health in Edinburgh such as fitness sessions, group work, counselling and peer support.
The Brock Garden Centre	Multi-year	6000	6000	6000	6000	6000	30000	This grant is towards a project that provides therapeutic horticulture, woodwork, craft activities, leisure activities and day trips for people with mental ill health, and broadens their links to their local communities - thus reducing social isolation and enabling inclusion.
The Linda Tremble Foundation (known as SupportED)	Multi-year	8000	8000	8000			24000	This grant will go towards the re-establishment of face to face support groups for people affected by Eating Disorders and also expand a befriending service.
Time and Space	Multi-year	8000	8000	8000	8000	8000	40000	This grant will support the work of a free therapeutic service in Glasgow for people who have poor mental health as a result of "hearing voices" and/or self harm.
Time to heal	Multi-year	8000	8000	8000			24000	This grant is towards a project to provide a range of activities & other services to support the mental ill health needs of women and children mainly from minority ethnic groups experiencing domestic abuse in Aberdeen.

Ubuntu Women Shelter	Multi-year	7500	7500	2567			17567	This grant is towards a project that supports Black and minoritised migrant women living in Glasgow with no recourse to public funds, providing specialist culturally competent support to help reduce isolation, increase a sense of belonging and support women to rebuild their lives safely.
Western Isles Association for Mental Health	Multi-year	8000	8000	8000	8000	8000	40000	This grant will help fund a community mental health service in the Western Isles which provides a wide variety of services including a recovery group, arts group, photography and walking group.
Yusuf Youth Initiative	Multi-year	7000	6000	6000			19000	This grant will go toward running a project that provides activities and 1:1 support to improve the mental ill health and wellbeing of minority adults and young people in the Dundee area.

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