

Rotherham Metropolitan Borough Council Adult Care, Housing and Public Health

Small Grants Fund to Support Unpaid Adult Carers

Grant Conditions

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Introduction

Rotherham Borough Council's Adult Care, Housing and Public Health has made available a fund of £100,000 to be distributed as grants of **up to a maximum of £5,000 each**.

The grants will support carer's wellbeing by:

- identifying carers, 18 years or over, who provide unpaid help and support to a partner, relative, friend, or neighbour who cannot manage without the carer's help
- benefiting carers that are socially isolated
- helping build resilience so that unpaid carers are better equipped to face current social and economic challenges through the provision of wellbeing

1. Wellbeing Outcomes

Wellbeing [noun] – *the state of being comfortable, healthy, or happy*

The provision of these small grants will enable carers to have a wide range of options available to improve their wellbeing. Wellbeing priorities differ for each individual and can change because of circumstance.

The funded projects and activities will achieve on one or more of the following wellbeing outcomes:

Physical Wellbeing is about our body and mind being in a balanced state of health through regular exercise and healthy eating. Physical wellbeing is not just being free of disease, it is our body functioning well enough to prevent lifestyle diseases. Carers are often involved in physical activity putting strain on their joints and back problems. Strength based activity can help improve a carers ability to sustain their caring role.

Mental Wellbeing is having the ability to cope with everyday life, to be resilient and to recover quickly from life's setbacks. Carers must juggle lots of priorities, this often results in them feeling burnt out or stressed. Learning techniques like mindfulness as well as peer group support can help with this.

Emotional Wellbeing Being emotionally well enables us to express our emotions, feel engaged with the world around us and experience positive self-esteem. Peer support enables carers to know they are not alone in their caring journey.

Social Wellbeing is the extent to which we feel a sense of belonging, inclusion, and stability. It is about having the ability to develop meaningful relationships and being able maintain a support network. Carers sometime struggle to take part in community-based activities, tailoring activities to meet their specific needs should assist with this.

2. Eligibility Criteria - Organisations

Organisations or groups that can apply for a grant will be one of the following:

- a voluntary sector or community organisation/group supporting adult unpaid carers in Rotherham
- a non-statutory organisation or group (including user led, social enterprises, voluntary and community sector and similar organisations) with experience of supporting adult unpaid carers
- an organisation or group that may not traditionally provide social care support but have a specialism that could support carer wellbeing through alternative activities. e.g., writing, art or walking groups for carers. These organisations/groups must demonstrate an understanding of the needs and challenges of unpaid carers in their application.

and in addition, they will

- have a constitution and/or governing document
- have a bank account in the name of the organisation/group with at least two appropriate signatories
- keep accounts of how the grant is spent and provide monitoring reports, as set out in section 7
- have relevant insurance in place
- have appropriate policies in place: e.g., safeguarding

3. Location of the service

The grant funding must be spent on activities/services provided within the Borough of Rotherham.

Carers benefitting from the activity or service must live in the Rotherham Borough.

If the organisation or group is based outside the Rotherham Borough, they must be able to demonstrate an understanding of the communities in Rotherham and all activities/services must be delivered within the Borough.

4. Exclusions

The grant funding must not be used for:

- Services/activities to unpaid carers under the age of 18
- Providing direct care to the cared for person
- Existing projects activities/services already being provided to unpaid carers that have alternative funding
- Service/support to people living in a residential/nursing care home
- Activities that promote religious and/or political beliefs
- Currently commissioned services that may be making a loss or have an operational short fall
- Work or activity that has already taken place
- Ongoing costs to hard copies of materials such as reprints or updates or ongoing maintenance costs of websites and IT equipment
- Fundraising
- Research projects
- Refurbishment of buildings

5. Scope of the Funding

Through the grants carers in Rotherham will:

- maintain their resilience to care
- be more aware of their own needs
- make conscious choices towards improving their wellbeing
- have a choice of activities that will improve their health
- enable them to make new friends and gain new skills

Funded projects or activities must be based on at least one of these wellbeing themes:

- **Connecting** – improving social and community connections, talking and listening to others
- **Being active** – sport, exercise and nature and creative activities

- **Learning and Opportunity** – embracing new experiences and seeking new opportunities.

These could include projects that aim to:

- Improve and promote the physical and emotional wellbeing of unpaid carers
- Support carers to gain confidence and gain new skills
- Provide activities that promote resilience and benefit a carer's mental health
- Improve the inclusion of carers in community projects so that carers feel a sense of achievement and/or wellbeing
- Deliver practical support
- Avoid carer breakdown
- Combat social isolation

Projects considered will also (not necessarily all):

- Raise awareness and increase support available in the community to carers
- Increase carers physical activity
- Improve the lives of adult carers, particularly hard to reach carers
- Be either sustainable past the life of the funding or have a clear exit strategy which manages the impact
- Ensure equal opportunities are a central part of the project
- Use volunteers
- Develop peer support

6. General requirements

Grant recipients are required to:

- Spend the grant for the purpose for which it was approved. Recipients may be asked to repay the grant if it not used for the purposes intended.
- Supply the Council with any information requested relating to the grant.
- Be able to demonstrate equality of access to the service or activity for all of Rotherham's communities.
- Work in partnership with other organisations to help identify carers.
- Ensure that Disclosure and Barring Service (DBS) checks have been carried out on all volunteers and staff who are in contact with any vulnerable adult. (relevant if the activity includes the cared for person)
- Ensure that volunteers and staff members working with any vulnerable adult have received Safeguarding training. (relevant if the activity includes the cared for person)
- Spend the grant by 31st March 2024, any unspent grant monies may be required to be returned to the Council.

7. Monitoring requirements

Grant recipients are required to provide as a minimum:

- Interim and end of project short report(s)
- Data on the number of carers the service/activity has reached
- Case studies detailing the impact of the service/activity on unpaid carers
- Evidence of how they have engaged with your local community/other organisations to identify hidden carers.
- Copies of receipts, invoices, or other proof of expenditure, if requested – be expected to keep accurate records during the project and for at least 7 years afterwards.

The format of any monitoring activity will be agreed with each organisation/group on award of a grant.

Grant recipients will be expected to participate in any post grant evaluation activity in April/May 2024 to evaluate the impact of the funding.