



**Cornwall Mental Health Project**

# Mental Health Individual Empowerment Grant 2010

This form will apply from April 2010—2011 only.  
Please note the change of criteria for this year.  
Regrettably we are unable to acknowledge receipt of  
applications.

Cornwall Mental Health Project  
2 Princes Street  
Truro TR1 2ES  
Tel: 01872 243532  
Email: [mentalhealth@cornwallrcc.co.uk](mailto:mentalhealth@cornwallrcc.co.uk)  
Web: [www.cornwallrcc.co.uk/mental\\_health.html](http://www.cornwallrcc.co.uk/mental_health.html)

# Mental Health Individual Empowerment Grant

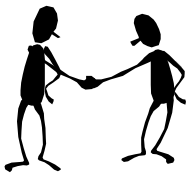


## Who can apply?

- Residents of Cornwall and the Isles of Scilly
- Individuals over the age of 16 who are experiencing mental health problems only

## What is it?

- A grant awarding fund that has been set up with money from the Primary Care Trust.
- Cornwall Mental Health Project are responsible for the management and administration of the money.
- A panel made up of service users meets every six to eight weeks to consider applications.
- It is compulsory for members of the Panel to sign a Confidentiality agreement.
- The panel will be meeting on the following dates in 2010...



April 28  
June 9  
July 21  
September 1  
October 13  
November 24  
January tba  
March tba



## What is it for?

- To empower individuals to undertake activities which help to promote a sense of well-being and positive mental health in order to reduce the stigma and impact of mental distress.
- To enable individuals to develop effective coping skills as a way of reducing and preventing mental distress.

# Mental Health Individual Empowerment Grant Guidelines for Applicants



## What we can do...

- Award grants up to a maximum of £100 per household.
- Award grants for more than one item providing they are linked to the same activity, e.g. bike + helmet but not bike + gym membership
- Pay all grants awarded by cheque only. You will need to have a bank account or name someone who can receive the cheque for you.
- Ensure your application is treated confidentially and kept safe for auditing purposes.
- Review annually the criteria for grants to make sure this reflects the changing needs of applicants.
- Provide information for the activity funded.

## What we cannot do...

- Award grants in excess of £100.
- Award grants for computers, computer equipment, TV's/licence, stereos or domestic appliances.
- Award grants for items that would normally be covered by other benefits and agencies i.e. Health and Social Services, this includes grants for clothing, furniture, rent, rent deposits, household repairs.
- Award grants for medical treatment/equipment.
- Award grants for family contact and holidays.
- Cover transport costs unless these are in conjunction with educational courses/activities.
- Award grants for driving lessons, vehicle tax, insurance, MOTs, car repairs, etc.
- Award more than one grant to the same person in less than 18 months.
- Award grants for things that have already been paid for. For courses, applications must be sent in prior to the course start date.
- Veterinary fees.
- Private gym sessions.

## What we need from you...

- A breakdown of costs - please can you tell us what costs make up your total application. There is space for this on the back of the form.
- We may need to contact you for additional information or clarification about your application
- Require appropriate invoices/receipts if you are awarded a grant. Failure to return receipts within three months will jeopardise any further applications.
- If you'd like to write, phone or email us to tell us how this grant has empowered you and been of benefit to you, we'd love to hear from you; there is a feedback form attached.

## What will happen?

- Regrettably we are unable to send a letter to acknowledge receipt of your application.
- You will hear from us by letter within 10 days after the date of the review meeting.
- The decision of the application panel is final.



Cornwall Mental Health Project  
Strictly Confidential

Cornwall Rural Community Council is committed to providing equal opportunities. With this in mind, we hope that you will assist us in monitoring by completing this anonymous sheet and returning it with your application form.

This information is used for the purposes of monitoring our equal opportunities policy and will also be used to inform the Primary Care Trust Commissioners as to how far our services represent the population of Cornwall

**GENDER**

Male • Female • Other •

**AGE**

16-20 years • 21-30 years • 31-40 years • 41-50 years •  
51-60 years • 61-64 years • 65 years or over •

**ETHNIC GROUP**

A: White  
 British  Irish  White other (please state).....  
 B: Mixed  
 White & Black Caribbean  White & Black African  White & Asian   
 Mixed other (please state) .....  
 C: Asian or Asian British  
 Indian  Pakistani  Bangladeshi  Asian other (please state) .....  
 .....  
 D: Black or Black British  
 Caribbean  African  Black other (please state) .....  
 E: Chinese or other ethnic group  
 Chinese  Other (please state) .....  
 Do not wish to disclose

**DISABILITY**

Do you consider yourself to be a disabled person? If yes, please tick the appropriate boxes

Mobility impaired • Hearing impaired •  
 Sight impaired • Learning difficulties •



# Mental Health Individual Empowerment Grant Application Form



Please write clearly. Continue on another sheet if you think it is necessary.

Fill in all the appropriate sections below. Please return the completed form to: **Cornwall Mental Health Project, Individual Empowerment Grant, 2 Princes Street, Truro, TR1 2ES**

First Name:

Surname:

Address:  
This will be the address for replies to correspondence and applications

Postcode:

Contact No:

How much money are you applying for?  
(please list all costs involved with your application on the back of this sheet)  
£

What single item/activity would you use the grant for?

How will you know the activity you are planning will help you?

Please tell us about any help/support you receive either from your GP or specialist mental health services (this is essential):

Have you applied for or are you receiving any other funding? Yes  No

Any other information in support of your application? (please continue on reverse side if you need to?)

Do you have a bank account? (If No, we can make the cheque payable to someone else.) Yes  No

To whom would you like the cheque made payable?  
Name:

Signed

Date:





# Mental Health Individual Empowerment Grant

## Feedback Form IEG Grant No:

If you have received an Individual Empowerment Grant from us, we would love to hear about what you have used the money for and how this has helped you. Please tell us below and send this form back to: **Cornwall Mental Health Project, 2 Princes Street, Truro TR1 2ES.**  
Or you can email us at: **mentalhealth@cornwallrcc.co.uk**

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To further your wellbeing we have provided below some websites that give some useful information to help progress your activity.

CWIC Countrywide Information , Cornwall [www.cwic.cornwall.gov.uk](http://www.cwic.cornwall.gov.uk)  
The CWIC database contains approximately 10000 items of community information covering all areas of Cornwall. Pages include information on local authorities.

Eden Project : [Eden.Project.com](http://Eden.Project.com)  
Official website for the Eden Project a top gardens and conservation tourist attraction and educational charity.

Pentreath Ltd, [www.pentreath.co.uk](http://www.pentreath.co.uk)  
Pentreath is a charity offering training, work experience and employment opportunities to people in Cornwall who are recovering from mental ill health.

Leisure Centres and Facilities [www.cornwall.gov.uk](http://www.cornwall.gov.uk)  
Information on leisure centres and other sport facilities in Cornwall.

Branch Libraries : [db.cornwall.gov.uk](http://db.cornwall.gov.uk)

Fishing in Cornwall : [www.cornwall-online.co.uk/waterside/fishing](http://www.cornwall-online.co.uk/waterside/fishing)

Cycling in Cornwall :: [www.cornishlight.co.uk/cornwall-cycling](http://www.cornishlight.co.uk/cornwall-cycling)