



COMMUNITY
MENTAL HEALTH
TRANSFORMATION
EMPOWERING YOU



Voluntary Action Coventry



The Community Mental Health Transformation VCSE team

We are ensuring that Voluntary, Community and Social Enterprise (VCSE) groups are involved in the transformation of community mental health services.

Innovation Fund 22/23

This Innovation Fund helps us to accelerate the vital contribution of VCSE partners in our journey of transforming our community mental health offer. But our ambitions are bigger still; next year will we invest again into the sector and hope to expand the inclusion of as many VCSE partners as possible in the delivery of trauma-informed care to benefit our local populations and reduce the health inequalities gap." - Dominic Cox, Director of Strategy and Development at Coventry and Warwickshire Partnership NHS Trust



Dementia Service Coffee Morning

Come along to meet the Community Dementia Team and explore how we can work in partnership over a coffee.

Friday 27th January 2023 9:30am

Memory Assessments & Community Dementia Services, Yew Tree House, Leamington Spa, CV31 1JQ

Dimensions



If you would like your mental health and wellbeing project/service to be included on Dimensions or have any questions, [contact the Dimensions Team here.](#)

Community Mile

The Community Mile is a wellbeing programme delivered in partnership with grass roots organisations, to support vulnerable communities. Organisations are supported to deliver a 'Mile' within their setting, for their specific community. This provides the first, important step to changing behaviours for many people and unlocks the advantages of physical activity for everyone. A Mile can be a structured or unstructured route, or simply 15 minutes of activity #YourMileYourWay. Whether that's walking, rolling, arm-chair exercises, or perhaps a sensory experience, the Mile is made to be inclusive and accessible. The Mason Foundation support and empower local community-based organisations to set up, deliver and do 'Their Mile, Their Way'.

If you and/or your organisation are interested, please contact Hayley on Hayley.noel@masonfoundation.co.uk

Green Doctors



Free, impartial advice to help you take control of your bills and save energy.

- Home assessment with energy-saving advice
- Practical support to access financial incentives
- Advice on paying off debt with energy or water companies
- Referral to other appropriate support services

[Find Out More](#)

How can I get support?

Get in touch with your local Mental Health Liaison Officer

[National Lottery Funding](#)

[Warwickshire Funding Opportunities](#)

[Coventry Funding Opportunities](#)

[Coventry Cost of living grant for VCSE](#)

[General Support from NCVO](#)

Innovation Fund Micro-grants

It has been agreed that we will be able to support micro-grants for VCSE providers in the new year.

The main purpose of the Innovation Fund Micro-grants will be to support small/grassroots organisations to deliver mental health interventions within the community.

The fund aims to support over 18s in Coventry and Warwickshire.

Fund criteria:

- Use community spaces to tackle loneliness and isolation
- Deliver peer support for people with mental health needs
- Improve accessibility to mental health projects/services e.g., through transport/outreach in local communities
- Provide health and wellbeing support in response to the cost-of-living crisis

Grants of up to £3,000 will be available for VCSE organisations in Coventry and Warwickshire. **We will provide more updates in 2023!**

Free Courses England

Fully funded courses including Counselling Skills and Mental Health First Aid.

- Receive a NCFE/CACHE recognised accredited qualification and a certificate in the post upon completion.
- You will be assigned a dedicated tutor to support you through the course
- No exams or essays

[Free Online Courses UK - Free Courses in England](#)



Meet the VCSE Community Mental Health Transformation Team....



Eleanor Nunn
VCSE Programme Lead



Frances Flint
VCSE Coventry Liaison Officer



Khadija Bakali
VCSE Coventry Liaison Officer



Mandy Groves
VCSE Warwickshire Liaison Officer

If you do not want to receive these updates from the CMHT VCSE Team, [please let us know](#).