



Community Mental Health Fund for Adults

The Community Mental Health Framework for Adults and Older Adults (CMHF) model means that NHS Community Mental Health Services will be developed with community organisation working together in a seamless way, with people who use services at the centre of service provision and much more involved in their own care and support.

The video in the link below provides an overview of the framework:

[The NHS Community Mental Health Transformation - YouTube](#)

Every life lost to suicide is an enormous tragedy, which leaves devastating impacts on family, friends and communities.

The published Suicide Prevention Strategies for Shropshire and Telford & Wrekin (which have been developed by the multi-agency STW suicide prevention network) have shared ambition to reduce the harms caused by suicide and doing all we can to prevent the preventable.

Links to the Strategies can be found below:

- [Shropshire Suicide Prevention Strategy](#)
- [Telford & Wrekin Suicide Prevention Strategy](#)

Both Strategies have 4 overarching shared objectives:

1. Improving the quality of data and intelligence informing on suicide and risk to support learning and recommendations to mitigate future risk.
2. Improve outcomes for people bereaved by suicide.
3. Promote a suicide risk aware Shropshire, Telford & Wrekin with professionals, partners and volunteers having appropriate knowledge, skills and confidence on responding to concerns of suicide.
4. Enhancing offers to mitigate suicide and self-harm risk and to ensure appropriate targeted offers are accessible to those from higher suicide risk groups.

Shropshire, Telford and Wrekin is a demographically and geographically diverse county. There are common risks and unmet needs relating to suicide and suicide risk that sit across both of the Local Authorities that serve residents however, there are also priorities which are more specific to each Council area. Applications are welcomed for offers that either can be provided across the whole county of Shropshire or those which are more specific to vulnerable cohorts who reside within a Shropshire Council postcode or Telford & Wrekin postcode.

1. Why this round focuses on Women in Menopause

Women aged 45-54 now have the highest suicide rate of any female age group in England and Wales. Research increasingly links this to the hormonal, psychological and social effects of the menopause transition. Despite this, women of menopausal age experiencing mental health difficulties remain a largely unrecognised and under-served group in both NHS and community provision.

This grant round focuses on suicide prevention for women experiencing perimenopause or menopause. Consideration will be given to organisations that aim to:

- Reach women who are at risk of suicide or self-harm linked to menopause, including those with little usual contact with services
- Promote prevention and respond to self-harm and suicidal ideation among menopausal women
- Include women with protected characteristics such as those from LGBTQ+ communities, different ethnic backgrounds, women with disabilities or learning disabilities, Eastern European communities including families seeking asylum, women with co-occurring needs, and women from travelling communities
- Support women facing wider social risks including financial insecurity, substance misuse, housing issues or homelessness, criminal justice contacts, domestic abuse, and relationship breakdown
- Have established functional working networks and relationships with current suicide prevention and bereavement providers across Shropshire, Telford and Wrekin

Key issues this round seeks to address

- Many women do not connect mental health symptoms - including depression, anxiety, intrusive thoughts and suicidal ideation - to menopause.
- Women in this group are frequently misdiagnosed or do not seek help due to stigma or lack of awareness.
- There is very little specifically commissioned or funded community support for this cohort.
- Women from under-represented communities face additional barriers to identification and support.

2. Fund at a Glance

Details	
Programme	Shropshire, Telford and Wrekin Community Mental Health Fund for Adults
Funder	Midlands Partnership University NHS Foundation Trust (MPFT)
Administering body	Community Foundation for Staffordshire and Shropshire
Grant size	£1,000 minimum to £20,000 maximum

Details	
Grant period	12 months - inclusive of mobilisation, delivery and outcomes. Projects must be fully delivered within this period.
Geographic area	Shropshire and Telford and Wrekin. You can be delivering or based in the areas below. You must have a local connection to the area in which the proposal will be delivered.
Who can apply	Constituted community groups, constituted voluntary groups, registered charities, social enterprises. Limited companies are not eligible unless also a registered charity.
Cohort	Women experiencing perimenopause or menopause who are at risk of, or experiencing, suicidal ideation or significant mental health distress

Geographic reach

Telford and Wrekin	Shropshire Council
Telford & Wrekin area includes parish/town bodies such as Great Dawley Council, Newport Town Council, Madeley Town Council and smaller parishes like Donnington & Muxton Parish Council	Shropshire includes over 150 local town and parish councils spanning towns like Shrewsbury, Ludlow, Bridgnorth and Oswestry.

3. What we expect:

Funded projects should contribute to the following:

- Build on existing community assets; Promote the service wider across Shropshire, Telford & Wrekin.
- Support towards suicide prevention.
- Suicide bereavement or broader chronic bereavement support (which impacts on mental/physical/social outcomes and daily function).
- Provide mechanisms to help people to support themselves and others around them to reduce the incidence or need to engage with statutory services.
- Offer person-centred, trauma informed preventative engagement to individuals.
- Offer preventative engagements to groups.
- Promote warm introductions in, across and between services.
- Link in with the Shropshire or Telford Suicide Prevention Action Group (SPAG)

Outputs:

- Walk-in preventative engagements - Therapeutic conversations to individuals.

- Planned preventative engagements for groups.
- Peer support.
- Suicide prevention awareness/day event, planned in collaboration with people who use services.
- Evaluation reports at 6 months and final evaluation (which include lessons learnt and case studies) at 12months.

Outcomes:

- Improved access to support and information for women in menopause who are at risk of suicide
- Reduction in suicidal ideation and crisis episodes among menopausal women in Shropshire, Telford and Wrekin
- Women feel less isolated and more connected to others
- Women are better informed about the link between menopause and mental health
- Frontline VCSE workers are more confident identifying and supporting this group
- Clearer referral pathways between community services and NHS teams

4.Referral source:

The majority of referrals are expected to come from:

- Midland Partnership Foundation Trust (MPFT) and Primary Care Network Services (PCNs)
- Voluntary Community Social Enterprise (VCSE) and the wider suicide prevention partners
- Self-referral
- Other health and social care professionals
- Suicide prevention related projects required to link in with the Shropshire or Telford Suicide Prevention Action Group (SPAG).

5.What we can and cannot fund

5a. Eligible costs

- Equipment costs
- Capital costs
- Training costs
- Project costs
- Event costs
- Revenue and staff costs
- Marketing costs
- Overhead costs - maximum of 10% of the total grant requested

5b. Ineligible costs

- Funding towards religious projects that promote religion (although religious organisations can be funded for non-religious projects)
- Overhead costs which are more than 10% of the total grant requested
- Applications for funding to cover existing services or costs
- Clinical or medical treatment - to be commissioned separately through NHS pathways
- Statutory services or core NHS or local authority responsibilities

- Individuals applying in their own name
- Retrospective costs - money already spent before the grant is awarded
- Work without a clear, direct benefit to the specified cohort
- Organisations established for less than 12 months

Please note that Limited companies are not eligible to apply to this programme. Organisations who are Limited by guarantee and also a registered charity can be considered.

Any organisation/s awarded grant funding will be required to register their organisation and services on **Shropshire Local Directory** and/or the **Shropshire Community Directory** and/or **Live Well Telford**.

5c. Types of activity we welcome

The following are examples only - this list is not exhaustive:

Type of support	Examples
Mental health and emotional support	Counselling, talking therapies, trauma-informed support groups, crisis befriending, one-to-one emotional support, mindfulness and wellbeing programmes
Peer support	Women-only peer support groups, lived experience networks, trained peer mentors, online or drop-in communities, peer-led workshops
Practical support	Help navigating health services, advocacy, benefits and housing advice, digital access and skills, transport to appointments, signposting
Community connection	Social groups, creative and cultural activities, physical activity, community cafes, women's circles, nature-based activities, volunteering
Information and awareness	Community education on menopause and mental health, awareness campaigns, training for VCSE workers and volunteers to identify women at risk
Workforce development	Training for frontline VCSE staff and volunteers to recognise and respond appropriately to menopausal women at risk of suicide

6. Eligibility

Your organisation must meet all essential requirements below and must have more than 12 months of accounts.

6a. Your organisation

#	Requirement	Status
1	Constituted community group, constituted voluntary group, registered charity or social enterprise (Limited companies are not eligible unless also a registered charity)	Essential
2	Bank account in the organisation's name with at least two unrelated signatories	Essential
3	Governing document (constitution or Memorandum and Articles of Association)	Essential
4	More than 12 months of accounts	Essential
5	Local connection to the area in which the proposal will be delivered (Shropshire or Telford and Wrekin)	Essential
6	Current safeguarding policy appropriate to working with adults at risk	Essential
7	Appropriate insurance in place for the activities to be delivered	Essential
8	EDI (equality, diversity and inclusion) policy or statement	Essential
9	Most recent annual accounts or independently examined financial records	Essential
10	Recent bank statement dated within the last three months, clearly showing account number and sort code	Essential
11	Experience of working with women, mental health, or suicide prevention	Essential
12	Lived experience representation in governance, leadership or delivery	Desirable
13	Established functional working relationships with current suicide prevention or bereavement providers across STW	Desirable

6b. Your project

	Requirement	Status
1	Specifically designed for and directly benefiting women in perimenopause, menopause or post-menopause who are at risk of, or experiencing, suicidal ideation or mental health distress	Essential
2	Additional to existing statutory provision - not replacing NHS or local authority services	Essential
3	Clear evidence of need (community consultation, referrer feedback, local data, or equivalent)	Essential
4	Realistic, measurable outcomes for the 12-month delivery period	Essential
5	Credible budget proportionate to the activities planned, with at least three quotes for any capital items	Essential
6	Clear protocol for responding to a participant at immediate risk of suicide, with links to NHS crisis services	Essential
7	Links to the Shropshire or Telford and Wrekin Suicide Prevention Action Group (SPAG)	Essential
8	Where asking for part funding, clear evidence of where the remainder will come from and assurance the project is viable within timescales	Essential if applicable
9	Trauma-informed or person-centred approach	Strongly desirable
10	Links to MPFT Community Mental Health Service Area Teams or other services, with clear referral pathways in and out	Strongly desirable
11	Designed with input from women with lived experience of mental health concerns related to menopause symptoms	Strongly desirable
12	Plan for sustainability of outcomes beyond the grant period	Desirable

7. Safeguarding Requirements

Important - safeguarding notice

All applicants must demonstrate robust safeguarding arrangements appropriate to working with adults at risk, including women experiencing suicidal ideation.

Organisations must have a designated safeguarding lead, a current safeguarding policy, and clear procedures for responding to disclosures or concerns before an award can be confirmed.

Where projects involve direct one-to-one work with women at risk, DBS checks for relevant staff and volunteers are required.

All funded projects must have a written protocol covering:

- How staff and volunteers will respond if a participant discloses suicidal thoughts or is in crisis
- How participants will be linked to NHS crisis services: Samaritans 116 123, or telephoning 111 option 2 or call our Freephone 24/7 urgent NHS Mental Health Helpline - 0808 196 4501, Text **STW** to **85258** to receive support for your mental health at any time of the day or night or email access.shropshire@mpft.nhs.uk
- Use of safe messaging guidelines when discussing suicide in group or public-facing activities
- Agree that any safeguarding concerns will be recorded and reported to MPFT through the contact at Community Foundation for Staffordshire & Shropshire.

8. Monitoring and Reporting

Groups will have 12 months to fully deliver their project. Groups will be asked to complete a 3-stage monitoring report:

- Stage 1 – Monthly verbal updates on project progress/ issues (Community Foundation for Staffordshire and Shropshire to conduct monthly check in calls)
- Stage 2 - interim written progress report including case studies and participant feedback, due 6 months after funding is awarded
- Stage 3 - end of grant report, due at the end of the 12-month period including full expenditure evidence.

Every grant awarded seeks to improve the access and experiences of women who need support regarding their mental health. Monitoring will include the following outcome data:

Grant Focus Area	Grant Outcome - what the grant is seeking to achieve	Grant Output - actions or items that contribute to achieving the outcome
Improving access for women in menopause at risk of suicide		
Improving experience for women in menopause		
Improving quality of life for women in menopause		

Monitoring data must also include as a minimum:

- Number of women supported
- Profile data (age range, area of residence, under-represented group membership where appropriate and with consent)
- Number and source of referrals
- Evidence of outcomes against those stated in the application
- At least one anonymised case study per reporting stage

9. How to apply

- Application forms are online and can be found at www.shropshire.foundation
- Applicants are invited to complete the application form with information about what they are hoping to achieve, how they are planning to deliver their project and what impact this will have.
- Applicants also have the option to send in a video or audio file to demonstrate their proposal (a basic application form will also be needed to accompany this to gather information on the group and their projected outcomes/outputs).

Supporting documents

Documents That Must Be Submitted with Your Application

The following documents must be provided with your application form. If you fail to provide these documents your application will not be considered for funding. All documents should be submitted at the time of application.

- A copy of your governing document, (constitution or Memorandum and Articles of Association)
- A copy of your most recent accounts, (audited or independently examined)
- A recent bank statement, (dated within the last three months clearly showing account number and sort code)
- A copy of your safeguarding policy to include the areas specified in bullet points on page 8.
- At least three quotes for any capital items

Pre-application support

- The Community Foundation is here to help. If you are unsure whether your project is eligible or would like support completing your application, please contact the Programmes Team before the deadline.
- Contact: Community Foundation for Staffordshire and Shropshire | Tel: 01743 295900 | www.shropshire.foundation

Programme Schedule

Applications will be assessed by a panel of system partners to ensure effective use of the grant resource.

Step	Stage	What happens
1	Application window opens	Grant criteria and application form published at www.shropshire.foundation
2	Application window closes	All applications must be submitted online before the closing date
3	Due diligence and assessment	The Community Foundation carries out due diligence checks and initial assessment. A shortlisting meeting may be held depending on application volume.
4	Panel	Applications are assessed by a panel of system partners including MPFT representatives
5	Grant award notification	All applicants are notified of the panel's decision in writing
6	Grant agreement and payment	Successful applicants sign a grant agreement confirming conditions of award before funds are released

Indicative timescales:

10th September 2026 – Launch and Application window opens.

29th October 2026 - Application window closes.

w/c 4th November 2026 - Application assessment window (CFS due diligence and assessment) this may also include a shortlisting meeting dependant on application volume.

w/c 11th November 2026 – Panel.

w/c 18th November 2026 – Grant award notification.

End of November 2026 – payments to be made by CFS to successful Groups.

Conditions of grant

All organisations awarded a grant must agree to the following:

- Groups will have 12 months to fully deliver their project
- Your organisation and services must be registered on the Shropshire Local Directory (Find Local Support in Shropshire) and/or the Shropshire Together Community Directory and/or Live Well Telford
- You must display the 'funded by MPFT' logo on all promotional materials for the project, in line with MPFT promotional guidelines provided at award stage
- You must complete a 2-stage monitoring report: Stage 1 interim report at 6 months; Stage 2 end of grant report at 12 months
- Monitoring must include outcome and output data on the access and experiences of individuals supported

- Subject to reasonable privacy, your project may be featured in impact reports produced by MPFT or the Community Foundation
- You must notify the Community Foundation promptly if your project changes significantly from what was described in your application
- Suicide prevention related projects are required to link in with the Shropshire or Telford and Wrekin Suicide Prevention Action Group (SPAG)

If you or someone you know needs support now

Samaritans: 116 123 (free, 24 hours)

Text SHOUT to 85258

NHS urgent mental health: 111 option 2

MPFT 24-hour crisis line (STW): 0808 196 4501

Menopause Matters: www.menopausematters.co.uk

Community Foundation for Staffordshire and Shropshire 01743 295900

www.shropshire.foundation

Administered on behalf of Midlands Partnership University NHS Foundation Trust (MPFT)