



## Young Women and Mental Health PLUS

### Section 1 – Eligibility

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- Is your organisation a registered or exempt UK charity?
- Is your project based in Greater Manchester or Northern Ireland?
- Does your organisation have an annual income of between £100k and £1 million?
- Has your organisation been in operation for at least three full years?
- Have you already discussed your proposal with our Grants Manager?

### Section 2 - Your organisation

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- Type
- Name
- Phone (Phone)
- Email (Email)
- Address
- Registered Charity
- Organisation's website
- Social media handles
- Charity Number
- Company number
- In what month and year was your organisation established?
- What was the average income of your organisation over its last three financial years?
- Number of full-time equivalent employees
- Number of active volunteers
- Number of Trustees
- Tell us a little about your Trustees and what they bring to the organisation.
- Please summarise the main objectives of your charity and the types of services/activities you deliver.

- Please tell us of any relevant partnerships, networks, forums etc. that you are part of.
- Are there any organisations providing a similar service in your area?
- Please give the names, position and contact details of two people authorised as signatories.

## Section 3 - Primary contact details

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### Primary applicant details

- Title
- Name
- Surname
- Organisation
- Tel (Phone)
- Email
- Address

### Other details

- Title
- Name
- Surname
- Organisation
- Tel (Phone)
- Email (Email)
- Address

## Section 4 – The way you work

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- Tell us about your organisation's track record of working with young women.
- Tell us about your track record of delivering mental health services, including those that are trauma informed.
- This funding is for organisations that offer an integrated approach to mental health provision. How will your proposal help join up the range of needs your clients have?

- How do you ensure the services you offer are safe, welcoming and accessible to young women?
- How have the voices of young women helped to shape this proposal?
- In what ways is your organisation reflective of the people it supports?
- We want to support organisations that are developing a strong learning culture both within the organisation and with peers. Please give an example of when your organisation has done this.
- What plans do you have to extend the impact of your work beyond the immediate beneficiaries?

## Section 5 - Project details

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- Please select the region where the majority of the work will take place.
  - Greater Manchester
  - Northern Ireland
  - Greater Manchester and Northern Ireland
- This funding can be used to cover both new and existing work. Please indicate below which of these descriptions best fits your work:
  - This is a completely new project
  - This is the development/expansion of existing work
  - This is for the continuation of current work
- Project title and outline
- Planned start date
- Planned end date
- Please provide a brief summary of your project, the activities you will carry out to support young women and what you hope to achieve.
- Where will the activities take place?
- Who are the main beneficiaries?
- We are looking for organisations whose services respond to the specific needs of young women. How will your project take a gendered and age specific approach to its mental health provision and in what ways do you consider your approach to be best practice?
- How will your proposal deliver on principles of substantive equality to ensure that young women who may face barriers to accessing mental health services can be engaged and included?

- How many young women do you anticipate your service will work with each year?
- What percentage of the young women supported by this grant will be aged 16-25 years?
- Tell us about the mental health needs of the young women accessing this service.
- They have multi and complex needs.
- Briefly describe what wider issues young women with mental health issues accessing this service most commonly face.
- Please set out how you plan to evidence and work to share models of good practice around age and gender informed mental health services.
- What measures will you use to assess whether the work has been successful?  
These can be both qualitative and quantitative.

## Section 6 - Your funding request

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- How much funding will you be applying for?
  - Year 1
  - Year 2
  - Year 3
  - Total
- What will the funding be spent on?
- What is the total cost of the project?
- Please upload a detailed income and expenditure budget for your project.
- How much have you already secured toward the total budget and from what sources?
- Please give details of any applications you are waiting to hear about or plan to make.
- What plans do you have for the sustainability of this project beyond our funding?

## Section 7 - Your organisation's finances

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- Are your most recent audited accounts available on the Charity Commission Website?
  - Yes
  - No

- Please provide the following financial information for the 3 most recent financial years:

	Total Income	Total Expenditure	Unrestricted Reserves
Most Recent Year End			
Previous Year			
Previous Year			

## Section 8 - Further information

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- Please explain your approach to safeguarding.
- Please add any other information you would like to include with your application.
- Please tick to confirm that your organisation is happy to be part of a learning cohort if your work is funded.
- How did you hear about The Pilgrim Trust?