

Good Thinking Newham small grants programme

<https://www.good-thinking.uk/>

Guidance Form

Deadline for application: Please email a completed copy of the application form to Agata.Roszczyńska@newham.gov.uk by **10am Monday 24th June 2024**.

Information session: There is an information session scheduled on **Tuesday 11th June, 10-11am** for anyone interested in applying. We will be able to share information from this session to anyone unable to attend.

Please book your space here - [Good Thinking Newham Grant information session](#)

Background

Emotional and mental health is a priority for people all across Newham – for communities, for businesses and organisations and for the Council and for the NHS. It is a core part of our 50 Steps to a Healthier Newham 2024-2027. <https://www.newham.gov.uk/50steps>

Good Thinking is a **free** digital resource which provides information, advice, guidance, and support for people experiencing anxiety, low mood, depression, or sleep issues.

It is available 365 days a year, 24 hours a day and is written and approved by the NHS and Local Authority leads for London.

It includes apps, podcasts, videos, workbooks, articles and has quizzes and self-assessment tools to help steer people to the most appropriate information for their needs.

<https://www.good-thinking.uk/>

Good Thinking Newham Small Grants Scheme

This programme is aimed at improving the mental health and wellbeing of Newham's residents.

Good Thinking Newham seeks to increase awareness and use of Good Thinking across Newham – and to learn more about what people want and need from Good Thinking.

This programme focuses on spreading Good Thinking to more people in Newham. It builds on the deep and strong connections and trust that organisations in Newham have from residents across the borough.

We are looking to give out up to 15 grants of £1,000 - £2,000 each to support organisations to raise awareness and promote Good Thinking across the communities they serve.

Bids should set out how your organisation will increase awareness and use of Good Thinking to residents in Newham. Each organisation will also have the opportunity for a minimum one 'Super User' to be trained as part of their approach. More about Super Users is below. Successful

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organisations will be provided with electronic and hard copy materials including leaflets and posters to use to promote Good Thinking.

Funding is for staff time and activities related directly to spreading Good Thinking amongst residents and not for equipment or general organisational running costs.

Super users

Each successful organisation will have a minimum of one Super User. We can train up to 20 across the programme so the number per organisation will depend on the final number of successful bids.

A Super User is someone from your organisation (they can be a volunteer) who will receive training from Good Thinking Project Officers on the range of resources available through Good Thinking. They will be expected to share this information with others in your organisation – it's a train the trainer method.

They will also be experts in supporting residents to access Good Thinking. They will encourage conversations in the community around accessing and using Good Thinking resources. They will also provide feedback to Good Thinking on their activity in promotion of Good Thinking resources and comments received from members of the community.

Learning and reporting

You should build the time to do this into your bid.

Successful applicants will be asked to participate in the learning and evaluation in the following ways:

- Report on the activities the grant is funding through a simple monthly feedback and monitoring form that will track the number of residents reached and, where possible, the demographics of those residents
- Stories of residents' involvement and experience
- End of grant programme evaluation report

Please include the cost of shared learning time, 3-4 hours

How to apply

Who can apply: Any local voluntary, community or faith sector organisations based in and/or delivering mental health and wellbeing services in Newham. We are particularly keen to support organisations that engage with Black African, Black Caribbean and Asian communities.

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Applications will be open on Tuesday 4th June 2024. You will need to submit the application form by email to Agata.Roszczyńska@newham.gov.uk by **10am Monday 24th June 2024**.

A decision will be made on the application at latest **5pm Monday 8th July 2024** via email.

How we will select recipients

We will convene a small panel to shortlist and then select who we will fund. Successful applicants will demonstrate:

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- A clear plan to spread Good Thinking amongst the residents they work with
- The approach to the Super User – who they are and what they will be doing
- Show that the residents they are reaching would particularly benefit from more awareness and use of Good Thinking.
- Track record of planning and delivering engagement with these residents

What we will do

As well as funding, we will offer successful recipients:

- Social Welfare Alliance training for organisation members
- A chance to help feedback and shape Good Thinking
- Opportunity to connect to other grant recipients and the wider 50 steps networks
- Signposting to training and collaborative learning sessions across the borough
- Digital and hard copy materials including leaflets and posters
- Support you in signing up to the [Joy Social Prescribing Platform](#)