

## **WHAT YOU NEED TO KNOW ... AND DO!**

- 1. To submit a bid you must be an individual member of SLaM (It's easy to join and it's free!)**
- 2. Choose the right category for your bid.**
- 3. Your bid should benefit three or more people.**
- 4. An individual can submit one bid only.**
- 5. Bids money cannot be used for commercial gain.**
- 6. Money cannot be spent on something illegal!**
- 7. We cannot support bids for IT equipment from SLaM staff.**
- 8. Bids for holidays are very unlikely to be successful.**
- 9. Due to the large number of bids we expect, and the limited funding pot, we ask teams not to submit more than one bid (external organisations up to two bids).**  
Experience shows that where large numbers of bids are received, they tend to run into problems and confusion.
- 10. Get your application in before 27<sup>th</sup> April 2018**

### **Category 1: IMPROVING THE SERVICE USER EXPERIENCE**

Do you or someone you know use mental health services?

Ideas in this category will support you and others to feel empowered as service user. The focus would be on recovery, based on your values and beliefs. Money should not be used to provide things that people normally get as part of their treatment. Why not use this opportunity to get together with other service users, carers and staff and see what you can come up with?

### **Category 2: PROMOTING MENTAL WELLBEING**

How would you tackle improving your mental health alongside contributing to making your community a happier place to live?

Ideas in this category will have the potential to improve or protect mental wellbeing for you and in your wider community. For example, doing things to enhance self esteem, reduce stress, develop coping strategies in order to strengthen your resilience so that you feel more confident and valued. Taking steps to do this is essential for everyone – people benefiting from this category don't necessarily need to be using mental health services! Innovative ideas welcome!

### **Category 3: SOCIAL INCLUSION**

Ideas in this category will have promoting social inclusion of people with mental health problems at their heart. On a big scale this is about tackling stigma and discrimination, gaining employment, entering education, having better housing, creating and supporting social networks and community participation. Or it can also be about little things, for example trying out new things, making connections with friends, family and people in the local community or simply finding ways to get more involved. Be creative and let us know how you think you could do this!

### **Category 4: YOUR SUGGESTION**

If you feel your ideas do not fit into the other categories please create your own.