

## BACP Third Sector Grants Scheme

### Background

In support of BACP's work to improve Equality Diversity and Inclusion (EDI) in the counselling professions, we're piloting a grant scheme to fund a BACP organisational member to deliver a one-year project.

For this grants scheme, the focus of the funded project will be *race, ethnicity and access to counselling*.

A grant of up to £30,000 is available to a BACP organisational member to deliver a project or initiative in partnership with a community-led partner organisation or group, that improves access to counselling and/or coaching services for people from marginalised and racialised community backgrounds\* and adds to the knowledge and learning about improving access to therapy.

(\*Please see notes on terminology at the end of this document)

### Context

The mental health needs of people from marginalised communities are often unmet by available services and many people are still experiencing a 'triple barrier' of worse health, reduced access to services, and poorer outcomes when services are accessed (Centre for Mental Health 2020).

The Covid-19 pandemic has brought to greater attention the long-standing and enduring health inequalities across UK society and highlighted a need for action. People from marginalised and racialised community backgrounds are less likely to seek help for their mental health; this may be due to cultural stigmas associated with help-seeking or people feeling that clinicians have a poor understanding of different cultural needs, and even expecting or experiencing racism within services.

There is evidence that people from racialised backgrounds are less likely to be offered suitable therapies, and Black persons in particular are more likely to be involuntarily hospitalised or over-medicated in UK mental health services. Recent data from the IAPT programme (Baker, 2018) suggest that, compared to people from white backgrounds, people from most Black and ethnic minority communities are less likely to use IAPT services, to complete treatment, or to reliably improve and achieve full recovery.

## **Grant scheme process and timeframes**

Applications for funding are invited from BACP organisational members to work with a community-led partner organisation or group to address barriers to therapy. The project will increase the knowledge and learning about making counselling more accessible and acceptable to people from a racialised community or communities in one or more of the following ways:

- **Increasing understanding of stigma associated with mental health that prevents people seeking help and accessing counselling.**
- **Addressing structural and cultural barriers that prevent people accessing 'mainstream' counselling service provision.**
- **Improving choice of service delivery models as a catalyst to making services more accessible and acceptable.**

The successful project will be independently evaluated, and the grant will be paid in three instalments on completion of project milestones agreed with BACP at the outset of the project. The grant-holding organisation is expected to remain a BACP organisational member throughout the full duration of the funded project.

Applications for project funding should be completed and submitted by the closing date of Friday 7 January 2022.

The successful grant applicant will be notified of the award in February 2022 and will agree project milestones for payment of the grant in three instalments over the period of the grant, pending success in meeting agreed targets.

It is anticipated that the 12-month project will commence on or soon after 1<sup>st</sup> April 2022.

An external evaluator will be appointed to work with the grant-holding organisation and partner(s) to capture knowledge and learning from the project.

Applications will be assessed by a grants panel consisting of BACP members and people with professional and lived experience of barriers to good mental health experienced by people from racialised communities.

The grants panel will assess eligible applications, scoring each by the weighting in the table below. Your application will be assessed on what extent it provides ‘minimal’, ‘clear’, or ‘detailed’ evidence for each of the criteria.

<b>Panel Scoring Criteria</b>		<b>Score %</b>
<b>Meeting one of the three project objectives</b>	Your project increases understanding of stigma associated with mental health that prevents people seeking help and accessing counselling	<b>30</b>
	Your project addresses structural and cultural barriers that prevent people accessing ‘mainstream’ counselling service provision	
	Your project improves choice of service delivery models as a catalyst to making services more accessible and acceptable	
<b>The added value of working with your chosen partner organisation</b>	Reasons for choice of partner organisation	<b>20</b>
	Current or previous example of partnership	
<b>Your readiness to deliver the project</b>	Experience of project personnel	<b>15</b>
	Recognition and mitigation of risk	
	Effective project budgeting	
<b>Your evaluation proposal</b>	Current organisational approach and use of evaluation	<b>10</b>
	Experience of working with independent evaluators	
	Capacity and willingness to work with independent evaluator on this project	
<b>Your Project legacy</b>	Lasting impact on the communities served by your organisation	<b>25</b>
	Transferable knowledge and learning that increases understanding of improving accessibility and acceptability of counselling services	

## Applying for funding

The online application form requires details of your organisation, your community-led partner and the work that you will do together. In completing the application, please refer to the following criteria and provide confirmation and details wherever possible.

### Essential criteria

- Applicants must be a current BACP organisational member and remain a member throughout the delivery of the project.
- Applications must include details of partner community-led organisation and a named lead contact who is prepared to be contacted as part of the application process.
- All sessions of counselling or coaching delivered in the project will be delivered by trained and qualified counsellors who are members of BACP or an equivalent professional body.
- All sessions of therapy delivered in the project will be paid for at [Living Wage rate](#) or higher (i.e. not delivered by volunteers).
- Project bids must include detail of any demographic information collected in the project.
- Project bids must include detail of any outcome measures to be used in the project.
- The grant-holding organisation will be the data-controller for the project and is responsible for adhering to all GDPR requirements.
- The grant-holding organisation must be willing to work with external evaluation body to capture knowledge and learning from the project.
- The grant-holding organisation will work with the BACP project lead to agree project milestones and to assist in the monitoring of progress against agreed quarterly milestones.

### Desirable criteria

- Applicants will be BACP accredited services or working towards BACP accreditation.
- Projects will include focus on additional barriers to support (intersectionality), such as age, disability, gender or sexuality.
- Projects will have a legacy of lasting change that reaches beyond the delivery timeframe.

## Notes on terminology

We recognise the limitations and problems of using catchall umbrella terms such as Black, Asian and Minority Ethnic (BAME). For the purposes of this grants scheme we are adopting [terminology recommended by The Centre For Mental Health](#) and are using the term 'marginalised and racialised communities'. However we recognise that there are distinct and unique identities and challenges facing different communities, that there are limitations to all race and ethnicity terminology, and that applicant organisations and their partners may choose to use different terms and language.

We are inviting applications from BACP organisational members working in partnership with a community-led organisation or group. In this context, the partner organisation should be led by, and work in the interests of, people from a marginalised and racialised community. Your partner may be a third sector organisation, a faith-based group or a peer support network.