



Perinatal and Infant Mental Health Fund

Frequently Asked Questions

Frequently Asked Questions

The fund guidance notes state that the fund is to continue, improve and develop existing services – will new services/ projects be considered?

New services and projects will be considered however our preference is to enable the continuation and progression of existing perinatal and infant mental health services. This is because you will be better able to demonstrate the need for your services and build on your expertise and track record.

Please also note that we are aware that what some organisations may consider 'new services', others may consider 'developments of existing services'.

Can you define exactly what you mean by 'peer support'?

We align with the Robertson Trust's definition of 'Peer Support'. To understand this definition in more detail you can view an explanation on Pg 4 and 5 of this summary document here: https://issuu.com/therobertsontrust/docs/maternal_mental_health_v2

There are also some examples of what we would define as 'Peer Support' on Pg. 10 of the Guidance Document.

Peer Support does not necessarily need to be 'lived experience' support.

Would advocacy support services be considered?

In regard to advocacy and collective advocacy support, this sort of support would be accepted and considered but you would need to clearly display how it is contributing to the PIMH Fund Outcomes which are outlined on Pg. 18 in the Guidance Document.

If you are uncertain get in touch with us via pimhenquiries@inspiringscotland.org.uk for more info.

If you feel it is difficult to pick one of the support areas because you are offering a unique service- pick the one which fits best or complete the 'Other Support' option and provide more information.

Can you explain further what is meant by *Criteria 4: Practical Support* on Pg.6 of the Guidance Document?

This refers to the practical support which helps families to meet core needs while working towards the fund outcomes (noted on pg. 10 of the Guidance Document). For example: 'Supporting new mums who have been identified as needing support around perinatal mental health with food delivery services as they can't leave the house' would be an example of practical support which alleviates hardship.

Frequently Asked Questions

“Mental health focused direct support to women, fathers and partners” - does the support have to be for ALL of these - or can you apply if you support only mums, or only dads?

You can apply if your services focus on one gender group specifically. We do like a ‘whole family support’ but we also recognise that specialised group services are essential.

Is partnership working preferred?

There is no preference for formal partnership applications to be submitted.

Please note: It would be considered a strength to evidence how your organisation works in partnership with other organisations generally/ on an ongoing basis.

Please remember, only one application is allowed per partnership which means you cannot submit as part of one partnership and also as an individual organisation.

The cap of £80,000 per year stays in place whether it's an individual organisation application or a partnership application (i.e. the annual cap does not increase for a partnership application).

Is there a weighting between 1:1 and group work?

No – we expect each organisation to put forward the model which you think best meets the needs of those you support.

If the development aspect of the application only takes place in years 2 and 3, can you apply for proportionately less in year 1 and proportionately more in years 2 and 3? Or does the amount need to be (proportionately) the same for each of the 3 years.

You can grade the required funds dependent on the implementation timescale and progression of services you are requesting funding for.

However, do be aware that the total fund in Year 2 and Year 3 will remain capped and if all applications request a graded scheme, we cannot increase the total allocated funding and therefore may find we need to limit the successful applications based on the total amount applied for in Year 3 so the fund is not overspent in the final year.

N.B. Each year the funding is subject to the Scottish Government's Annual Spending Review.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Perinatal & Infant
Mental Health Fund

INSPIRING
SCOTLAND

Frequently Asked Questions

Can you include the costs of an external evaluation of the service in the budget?

Yes, you can but it is worth noting that we prefer organisations to conduct their own continuous evaluation internally throughout the lifetime of the fund.

Please remember: Inspiring Scotland are available to help you with the evaluation process.

In terms of outcomes, are you more focused on number of families supported, or quality of support?

We would like to see a sensible balance of quality of support and numbers of people supported.

We do ask for how many people you estimate to support in the application form however we do not solely focus on numbers.

Due to uncertainty cause by COVID 19, it is still an unknown what our services will look like going forward to keep in line with social distancing measures.

We know this is a challenging time for all organisations and there is a huge amount of uncertainty around service delivery. Please outline how you are delivering now, your best estimate for how you would operate with social distancing, how you would continue if restrictions continued and how you might transition once restrictions are lifted. The decision-making process will be mindful of the uncertainty at this time and be flexible as restrictions change.

[Please click here to read a message on Covid-19 from PIMH Programme Board Chair, Hugh Masters](#)

Will it count against us that our services are only offered in one geographical area?

No – while the Perinatal and Infant Mental Health Programme Board adopt a national strategic approach, we do not expect third sector applications to be able to offer national coverage.

We registered our interest in the perinatal fund but we haven't yet received a form.

If you registered interest before the fund was live at 9am on 5th May you should have received an email at 9.30am that morning with all the links you would need to access the application form. If you have not received this email, please check your junk mail / spam.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Perinatal & Infant
Mental Health Fund

INSPIRING
SCOTLAND

Frequently Asked Questions

If you still can't find the email then please send an email to pimhenquiries@inspiringscotland.org.uk and we will send it on to you.

If you registered your interest after 9am on 5th May you will have been sent all the application details automatically on registration. If you did not receive this email then please use the email address provided above and we shall send you the correct information.

We do not have charity status. Is this fund for charities only, or can other forms of constituted groups apply?

You need to be a registered charity to apply. The only exception is for Community Interest Companies (CIC's) who will need to submit their governing document for a review to determine eligibility.

You also need to have legal personality. Therefore, unincorporated associations and trusts are not eligible to apply to this main fund. Please continue to register interest as there will be a supplementary fund launching later in the year which may be applicable for unincorporated organisations.

What date do you have to be a registered charity by?

You must be registered with [OSCR](#) by the closing date for applications of 17th June 2020.

Is the fund suitable for Sole Traders to apply for it?

Unfortunately not, the fund is only available to third sector organisations.

Do we meet the eligibility criteria if we work with trainee counsellors to delivery some services?

Having trainees involved should not be an issue providing you are addressing the points on Page 8 of the guidance notes around safe and responsible practice.



Scottish Government
Riaghaltas na h-Alba
gov.scot

Perinatal & Infant
Mental Health Fund

INSPIRING
SCOTLAND

Frequently Asked Questions

At the very end of the form where it gets to signatures, it's got Lead Applicant Signature and Lead Organisation Board Member Signature. How can we do submit our signatures when we are working separately at home / under social distancing?

Using your mouse, you can sign an electronic signature into the box in the application form. Please see the guidance notes for how to save your application form / log in details for you to send the application to the Board Member to sign.

Alternatively, you can ask the Board member to sign the word version and take a photograph of this to email or upload to us.

An additional note

The Government may decide to approach organisations who may not have been successful to discuss the potential of partial funding based on strong applications.

For more information

We will send an email to those who have expressed an interest in the fund to keep you informed if another Question and Answer Session will take place.

Please follow us on Twitter [@PIMHFund](https://twitter.com/PIMHFund) to also stay informed with any new updates about the fund and email pimhenquiries@inspiringscotland.org.uk if you have any specific questions on the fund.