



Perinatal and Infant Mental Health 2024 Fund

Fund information and guidance notes



Scottish Government
Riaghaltas na h-Alba
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Perinatal & Infant
Mental Health Fund

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SCOTLAND



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About the PIMH 2024 Fund

The Scottish Government's Perinatal and Infant Mental Health (PIMH) 2024 Fund is an 18-month funding programme for third sector organisations who support babies, parents and carers affected by, or at risk, of perinatal and infant mental health issues in Scotland.

This programme is a new round of funding, a continuation of the support offered through the PIMH Fund which was launched in October 2020.

To date, the PIMH Fund has invested £2.8 million in 34 third sector organisations, supporting the mental health of babies, parents and carers across Scotland. This programme included a main and small grants fund, which has impacted over 10,000 people, including families, practitioners and volunteers. Read more about this transformational work in the [latest fund report](#).

Applications are invited from incorporated third sector organisations who are currently delivering Perinatal and Infant Mental Health support.

Applications will be accepted from **new applicants as well as organisations that are currently, or have previously been, funded through the PIMH Fund.**

The funding will enable direct service delivery for organisations who offer peer support, parenting and infant support and/or counselling/psychological support.

Up to £500,000 will be allocated to the PIMH 2024 Fund from October 2024 to March 2025, and up to a further £1 million from April 2025 to March 2026*.

*Please note, all funding is subject to the Scottish Government annual budget process and any offers of grant will be indicative for 2025-2026 until the budget has been passed by the Scottish Parliament.

Key information

- The PIMH 2024 Fund is an **18-month fund**
- Applicants can apply for **up to £132,000** for the duration of the 18-month fund, split proportionately across the two financial years. (6-months, then 12-months)
- **Funding allocated will be spread across a range of grant sizes.** Across the 18-months, organisations can apply for:
 - Band 1: between £100,000 – £132,000
 - Band 2: between £50,000 – £99,999
 - Band 3: up to £49,999
- As a guide, we anticipate there will be between five and eight successful organisations within each of these funding bands
- **Applications will close on Friday 3rd May at 12pm (noon)**

How to apply

Applications will be submitted via an online form. **To get a link to the online application, please complete this [expression of interest form](#)**

Inspiring Scotland is managing the application process on behalf of Scottish Government. **If you have any questions or require support, please email:**
pimhenquiries@inspiringScotland.org.uk

If you prefer to speak to someone, please phone 0131 442 8760. The team at Inspiring Scotland work remotely so you may need to leave a message with your name, query, the name of your organisation and the best number to reach you on.



Background

Mental ill health in the perinatal period covers a range of conditions, including depression and anxiety, and can affect people of all ages and backgrounds. It has an impact on both mothers and fathers, with **up to 20% of mothers and up to 10% of fathers affected at this crucial stage of life**[1]. The 'perinatal period' typically refers to the period of pregnancy, childbirth, and the first year after birth.

We also know that an infant's most important developments, physical, cognitive, and emotional, have their foundations set very early in life[2]. Specifically, through pregnancy and baby's first few years. It has been recognised that there is a lack of research to understand the prevalence of mental health issues for babies and infants. A meta-analysis based on ten epidemiological studies published between 2006 and 2020 estimated a **20% pooled prevalence for any mental disorder in children ages 12-83 months** (seven years)[3].

The earlier the support is provided the better. The Scottish Government's Early Child Development Transformational Change programme recognises that the period from pre-birth to three is a critical window, when the brain and metabolic and immune systems develop fastest, laying the foundations for life. Evidence shows the four things that are needed for babies and young children to develop are:

- sensitive responsive caregiving
- play and stimulation
- nutrition and health
- safe from harm

Support to infants, parents and carers' mental health contributes to all of these. We know that early experiences have lasting impacts for childhood and beyond. Investing in and building up the services that support babies and new and expectant parents and carers is central to this.



National Fund Context

The Scottish Government is committed to ensuring equitable, coordinated access to mental health provision for infants and their parents and carers throughout pregnancy and the postnatal period.

Since the launch of the PIMH Fund in 2019, there have been significant developments in Scotland.

In 2023, the Scottish Government and COSLA jointly published a refreshed Mental Health and Wellbeing Strategy. This strategy is built around a 'life stage model', featuring perinatal mental health care, parent-infant relationship care and infant and early years mental health care. The strategy is accompanied by a Delivery Plan which outlines the actions needed to achieve the aims of the Mental Health and Wellbeing Strategy.

The PIMH 2024 Fund outcomes will contribute to the Mental Health and Wellbeing Strategy and cross-cutting Government priorities such as: The Promise, Best Start Bright Futures, GIRFEC and UNCRC. It will also contribute to National Performance Outcomes:

- We grow up loved, safe, and respected so that we realise our full potential and
- We are healthy and active

In addition to the Women and Families Maternal Mental Health Pledge, created by women with lived experience to improve care for babies and families, in 2023 the Scottish Government published an Infant Pledge and Voice of the Infant Best Practice Guidelines. This document promotes a rights-based approach to infant mental health work in Scotland and provides guidance on how to take into account infants' views and rights in all encounters with professionals.

A new Joint Strategic Board for Children and Family Mental Health, co-chaired by the Scottish Government and Convention of Scottish Local Authorities (COSLA), provides strategic oversight for national Perinatal and Infant Mental Health support in Scotland.

To support the governance of the PIMH 2024 Fund, Scottish Government Policy Officials and the Fund Manager will report on progress to the Joint Strategic Board with updates and learnings from the funded organisations and to support connectivity with statutory services and wider programmes.



PIMH 2024 Fund aim and criteria

The aim of the PIMH 2024 Fund is:

To sustain and improve third sector, non-clinical* support for babies, parents and carers affected, or at risk of, perinatal and infant mental health issues in Scotland.

Funding will support and strengthen third sector organisations who deliver mental health care to babies, parents and carers.

This funding will prioritise direct service delivery in the areas of:

- **peer support**
- **parenting / infant support**
- **counselling / psychological support**

These areas of practice have shown to be effective through this fund to date and were highlighted as having the best evidence of effective third sector delivery in the Robertson Trust's Maternal Mental Health Research Briefing[4]. More information on these types of funded activities can be found on [page 11](#).

**We do not have a definitive meaning for non-clinical, however as a guide:*

This fund is for non-clinical and community-based services, by which we mean support that would not be delivered or commissioned by the NHS because the level of significant and persistent distress would fall below the threshold of referral for these services. We also consider the diagnosis, and treatment of people with acute and complex needs as clinical and does not meet fund criteria.

While funded services will provide non-clinical and community-based support, we understand that the third sector can provide complementary support in collaboration with clinical services when needed.

Who can apply:

Applications are invited from **incorporated third sector organisations** who are currently delivering Perinatal and Infant Mental Health support. Incorporated means an organisation that has a legal personality. [5]

Eligible organisations are likely to be either a Company limited by Guarantee or a Scottish Charitable Incorporated Organisation (SCIO) and registered with the Scottish Charity Regulator (OSCR) however:

Community Interest Companies (CICs) will also be eligible, providing you submit your governing document for a review of governance, finance, and organisational structures.

Partnerships

Applications are invited from organisations forming a partnership. Please note, only one application is allowed per organisation, inclusive of partnership applications.

In partnership applications the rationale for a partnership versus an individual application should be demonstrated and you will be asked to:

- nominate a lead organisation
- break down how funding will be split across partners and how this will be managed.



Governance Arrangements

Applicants will be asked about organisational leadership and management arrangements and will be expected to have appropriate organisational policies and procedures in place such as Safeguarding, Confidentiality, Data protection, Equality and Diversity and Risk management. In line with the [Fair Work Framework](#) applicants should also be paying staff the [real living wage](#).

We are particularly keen to support groups that incorporate lived experience within management and delivery.

Applicants will be asked to:

- submit their latest set of annual accounts,
- tell us about their financial position,
- what percentage of annual income the application request represents, and confirm what other sources of Scottish Government funding they receive

What will be funded – fund criteria

Organisations can apply for funding to continue and/or improve existing perinatal and infant mental health services. Organisations must be based in Scotland.

Successful organisations will be providing either or both:

- **Mental health focussed direct support* to parents or carers in the perinatal period.** The 'perinatal period' typically refers to the period of pregnancy, childbirth, and the first year after birth
- **Mental health focused direct support* to babies / infants in the context of their current relationship with their primary care givers.** This is from conception to three years of age on initial referral.

Organisations should apply for funding for activities in line with the PIMH 2024 Fund aim and be delivering either **peer support**, **parenting/infant support** and **counselling/psychological support**.

While not the focus of this funding, in some cases, training, consultancy, supervision, or other support to organisations with the explicit aim of improving perinatal and infant mental health may also be considered.

While the PIMH 2024 Fund cannot fund bereavement or baby loss support, it can fund those working with parents and carers who are pregnant again after experiencing loss.

Services should show how they are proactively ensuring they are open and accessible for families. This may include:

- Taking a **whole family approach** to the needs of infants, mothers, fathers, carers, and families as a wider unit
- Taking a **strengths-based approach**, focusing on a person's inherent strengths to aid recovery and improve wellbeing
- Taking a holistic view to tackling the barriers caused by **inequality of income and poverty**
- Ensuring service provision is available as widely as possible across all **protected characteristics and other marginalised groups**
- Enabling inclusive access using technology in line with safe practice
- Working collaboratively and sharing information in the child's best interest as outlined by [Getting it Right for Every Child](#)

**Direct support – either face to face, online or via phone*



Requirements around safe, responsible practice

It is essential that funded organisations work in an **evidence-based manner** with a strong emphasis on **governance and safeguarding**.

In addition, organisations who are delivering counselling/psychological support should be able to demonstrate that:

- Support delivered should match the needs to the person seeking support
- Organisations should be clear about what is delivered, who it is being delivered to, and why
- Supervision arrangements are clearly laid out alongside training/qualifications and accreditation. Education and training should be in line with NHS Education for Scotland [Psychological Therapies Matrix](#) and [Perinatal Mental Health Curricular Framework](#)
- The evidence base for your chosen therapy is clear, along with the rationale for why those therapies have been chosen for the people you work with
- Potential risks and mitigating actions have been considered

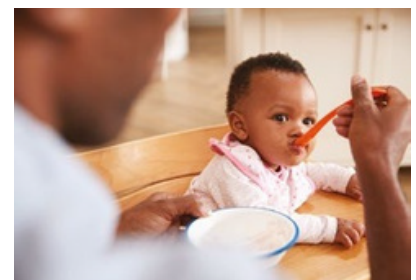
All organisations should be able to demonstrate that:

- There is signposting mechanisms and referral pathways into and out of the organisation
- Clarity of criteria of who organisations are and aren't able to support and why
- The evidence for the effectiveness of activities/programmes and be able to articulate why these activities/programmes have been chosen to meet the needs of their specific population
- Consideration has been made for safe delivery where staff and volunteers are supporting people from home or remotely

Integrating a trauma informed approach

Organisations applying for funding should be operating with a trauma informed approach.

Applicants should have an understanding of the [National Trauma Transformation Programme](#) and how it relates to the work of their organisation and the work they are applying for funding for. In addition, applicants should also specify the [levels](#) which staff are working at i.e. informed, skilled, enhanced, specialist.





PIMH 2024 Fund impact

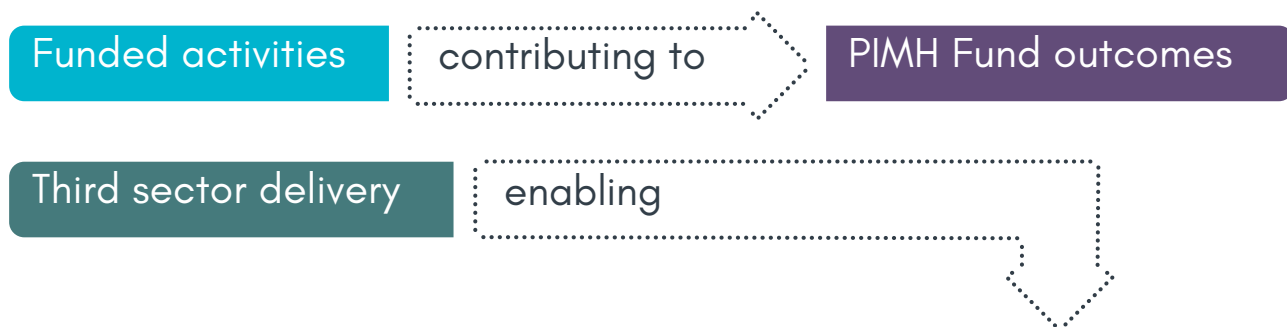
There are three fund outcomes which activity funded through PIMH 2024 Fund will contribute towards. These are:

- 1) Parents and carers with perinatal mental health concerns have **improved wellbeing, feel less isolated, and better able to seek support**
- 2) Parents and carers feel **better able to meet the needs of their infants and children** (physical, social, emotional and cognitive)
- 3) Parents and carers, whose infants are at **higher risk of mental health problems**, are **better able to support their babies through warm, secure and interactive relationships**

A diagram showing how proposed activities can contribute to these outcomes can be seen on the [next page](#).



PIMH Fund proposed activities and outcomes



Peer support

- Group or in-home, remote, online
- Befriending
- Practical support
- Emotional support
- Personalised support



Parent and infant support

- Training and support, developing:
- Nurturing, engaging, bonded attachments
- Baby social engagement
- Healthy engagement
- Social, emotional, cognitive development
- Strengthening relationships and effective co-parenting



Counselling/psychological support (non-clinical)

- Counselling
- Tailored support
- CBT techniques
- Active listening



Parents and carers with perinatal mental health concerns **have improved wellbeing, feel less isolated, and better able to seek support**



Parents and carers **feel better able to meet the needs of their infants and children** (physical, social, emotional and cognitive)



Parents and carers, whose infants are at higher risk of mental health problems, are **better able to support their babies through warm, secure and interactive relationships.**



Measuring impact

In the application form, applicants will be asked which of the outcomes their work supports. You can select one, two or all three.

All successful applicants will be required to report on progress against their chosen outcomes on a six-monthly basis. Some example indicators that organisations may use to measure progress towards fund outcomes are in the table below.

Applicants will be asked to tell us how they intend to measure the difference their activities are making towards the fund outcomes and which indicators they will use to measure this difference.

Outcome

Example evaluation indicators

1. Parents and carers with perinatal mental health concerns have **improved wellbeing, feel less isolated, and better able to seek support**

- Attendance and engagement with support services
- Increased social support networks
- Frequency of social interactions
- Self-reported isolation levels
- Reduced anxiety
- Confidence in accessing support
- Knowledge of other sources of support
- Shared experiences with other parents/carers (less stigma)

2. Parents and carers **feel better able to meet the needs** of their infants and children (physical, social, emotional and cognitive)

- Access to, and use of, support services
- Better coping strategies / lower levels of stress
- Confidence and belief in parenting (self-efficacy)
- Knowledge of child development
- Increased feelings of attachment and bonding
- Parental/Carer satisfaction

3. Parents and carers, whose infants are at **higher risk** of mental health problems, **are better able to support their babies** through warm, secure and interactive relationships

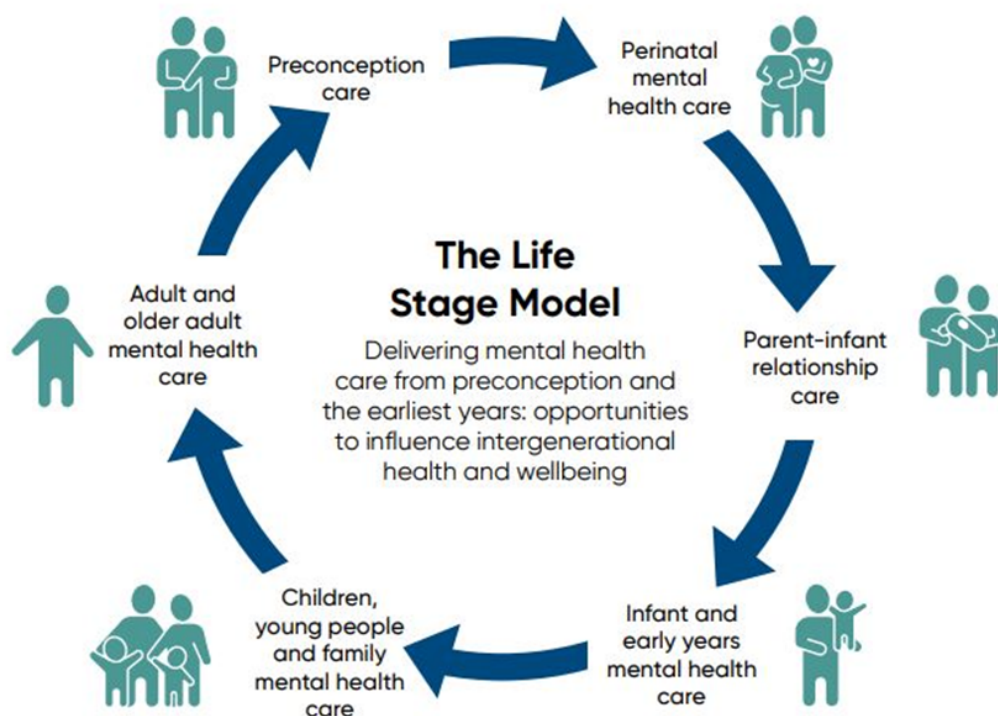
- Positive parent/carer-infant interaction
- Parental/Carer confidence and self esteem
- Responsiveness to baby's cues
- Reported feelings of attachment, bonding and emotional connection
- Communication between parent/carer and infant
- Mutual enjoyment from relationship



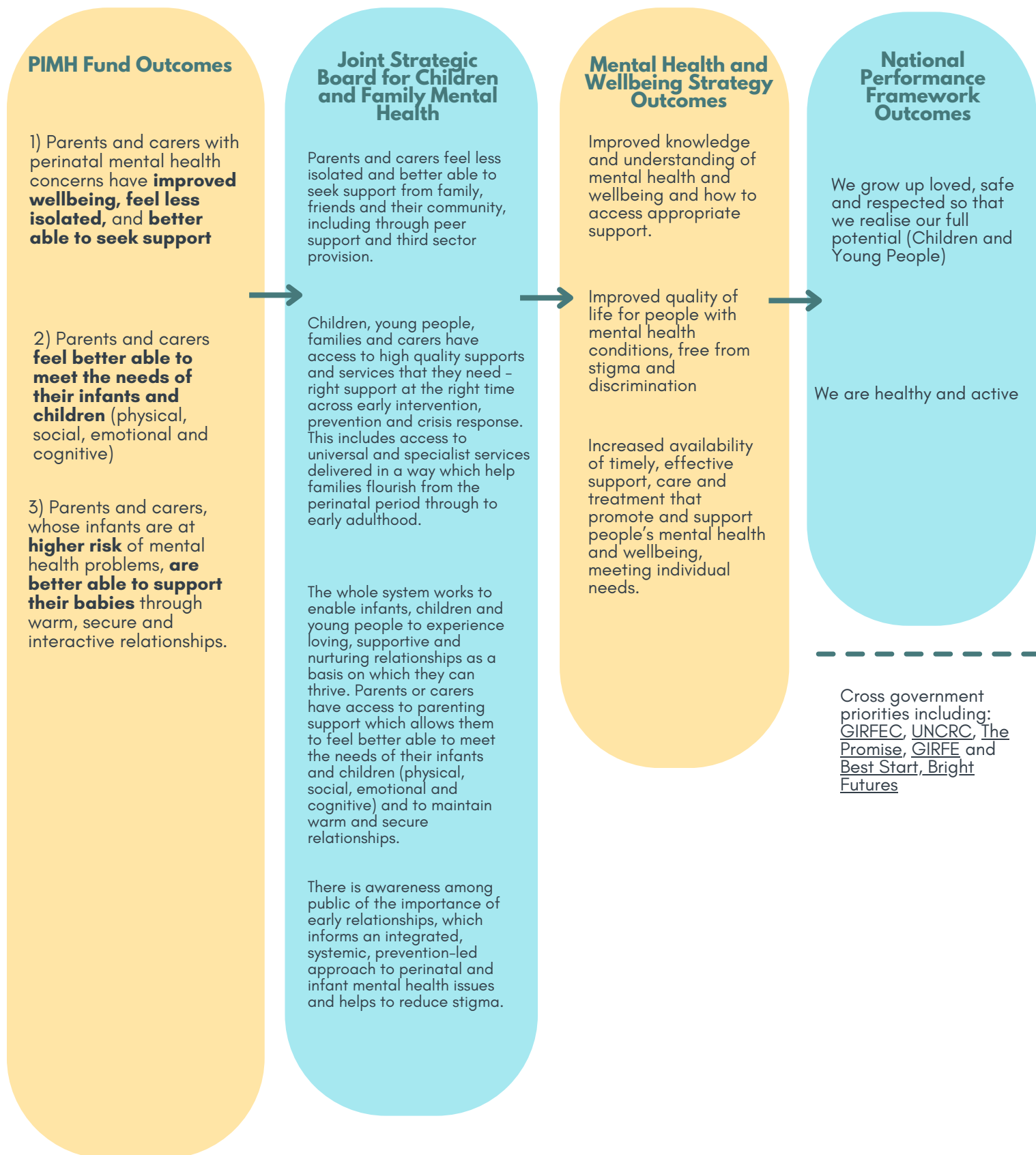
PIMH 2024 Fund outcomes: contribution to national context

The PIMH 2024 Fund outcomes have evolved from the original fund outcomes and contribute towards the Joint Strategic Board for Children and Family Mental Health and revised [Scottish Government Mental Health and Wellbeing Strategy \(2023\)](#).

The Scottish Government's Mental Health and Wellbeing Strategy is based on a 'life stage' approach. This means it is focused on prevention, early detection, recovery and treatment of mental illness and poor mental wellbeing, identifying opportunities for minimising risk factors, enhancing protective factors and providing appropriate support at important life stages.



PIMH 2024 Fund in the strategic and national context



PIMH 2024 Fund application information

Fund Duration

The PIMH 2024 Fund will run for 18-months, from October 2024 through to March 2026.

- Year 1 of funding will run for six-months from October 2024 to March 2025.
- Year 2 will run from April 2025 to March 2026 in line with the 24/25 and 25/26 financial year.

Funding Available

A total amount of **up to £1,500,000 across the 18-months** will be available for the PIMH 2024 Fund.

The maximum awarded grant for the 18-month period will be **no greater than £132,000** being: £44,000 for six-months in 2024-2025 and £88,000 for 12-months in 2025-2026*.

Please remember that Year 1 of the Fund is for six-months when you are planning your budget and funding request. Payments will be made to successful organisations on a quarterly basis in advance.

Funding allocated will be spread across a range of grant sizes. Across the 18-months, organisations can apply for:

- **Band 1: between £100,000 - £132,000**
- **Band 2: between £50,000 - £99,999**
- **Band 3: up to £49,999**

As a guide, we anticipate there will be between five and eight successful organisations within each of these funding bands.

Organisations may be asked as part of the assessment process whether they would accept being offered a part grant or whether they would be aiming for only the full amount requested.

Expectations of successful applicants

Successful applicants will be required to monitor, evaluate, and report on funded work on a six monthly basis to the Scottish Government via the Fund Manager.

It is expected that any concerns, issues, or problems during the funding period will be brought to the attention of the Fund Manager early to allow for the necessary support to be put in place in a timely manner.

Online Application

Applications to the PIMH 2024 Fund must be submitted **via online form**

- To access a link to the online application , you will need to complete this **Expression of Interest form**
- **The application deadline is 12pm (noon) on 3rd May 2024**

**Please note, all funding is subject to the Scottish Government annual budget process and any offers of grant will be indicative for 2025-2026 until the budget has been passed by the Scottish Parliament. Funding is also subject to any governance concerns raised by Scottish Government Policy Officers, or the organisations themselves.*



Assessment and decision making process

Applications to the PIMH 2024 Fund must be submitted via online form by **12pm (noon) on Friday 3rd May 2024**.

Inspiring Scotland will check applications for completeness and contact applicants for any additional information required.

Assessment Process

Inspiring Scotland will undertake an assessment of all applications.

The assessment will cover areas such as:

- Eligibility of applicant organisation(s)
- Organisational management and governance arrangements
- Proposed activities fit with Fund aim and criteria
- Accessibility of services
- Safe and responsible practice
- Impact and evaluation
- Budget

Assessed applications will then be reviewed to look at the balance of proposals across Scotland, how the breadth of proposed work delivers the aim of the programme and how the needs of specific groups are being met.



Fund priorities and decision making considerations

Final decisions on funding will be made by a decision making panel. This decision making panel will be chaired by Scottish Government and feature a range of PIMH Experts including third sector input, clinical input, perinatal mental health, and infant mental health input.

We understand the high levels of demand facing PIMH services in Scotland and anticipate that the PIMH 2024 Fund will be oversubscribed.

Having limited funding means the decision-making panel will consider the following:

- **Geographic coverage:** we will seek to fund a range of organisations across Scotland, with an ambition of supporting a service across all Health Board areas whilst also considering population bases, birth rates and local access to other services.
- **Prevention and early intervention:** we will seek to fund organisations who are supporting babies, parents and carers who are at a higher risk of developing perinatal and infant mental health issues. This could include family-based risk factors such as family types identified to be at the highest risk of child poverty, or factors such as parental substance use, family violence, parental conflict or separation.

When deciding which applications to fund, the Decision Making Panel will aim to ensure that a wide range of services for babies, parents and carers, including those with protected characteristics or additional vulnerabilities are supported.

The Decision Making Panel is scheduled to meet in June, with decisions communicated as soon as possible after the meeting





Application Support

Inspiring Scotland is managing the application process on behalf of Scottish Government and support is available from Inspiring Scotland throughout the application period. **If you have any questions or require support, please email: pimhenquiries@inspiringScotland.org.uk**

Support and more information will be available via:

Surgery sessions: Inspiring Scotland will provide 30-minute virtual support sessions for organisations to discuss application queries. Inspiring Scotland will promote these sessions on the [Inspiring Scotland Website](#)

Frequently asked questions: A [live FAQ document](#) is available on the [Inspiring Scotland website](#). This will be updated as different queries are submitted

Information via X (Twitter): Updates and information on the Fund will be made regularly via [PIMH Fund](#)

If you would prefer to speak to someone, please phone 0131 442 8760. The team at Inspiring Scotland work remotely so you may need to leave a message with your name, query, the name of your organisation and the best number to reach you on.



Key Dates

March / April

Expression of interest forms live

Fund information, FAQs and the application form template available from the Inspiring Scotland website.

May

Applications due by 12pm (noon) on Friday 3rd May. This is a fixed deadline and there will be no exceptions. Please submit in advance if possible.

Applications will then be assessed by Inspiring Scotland.

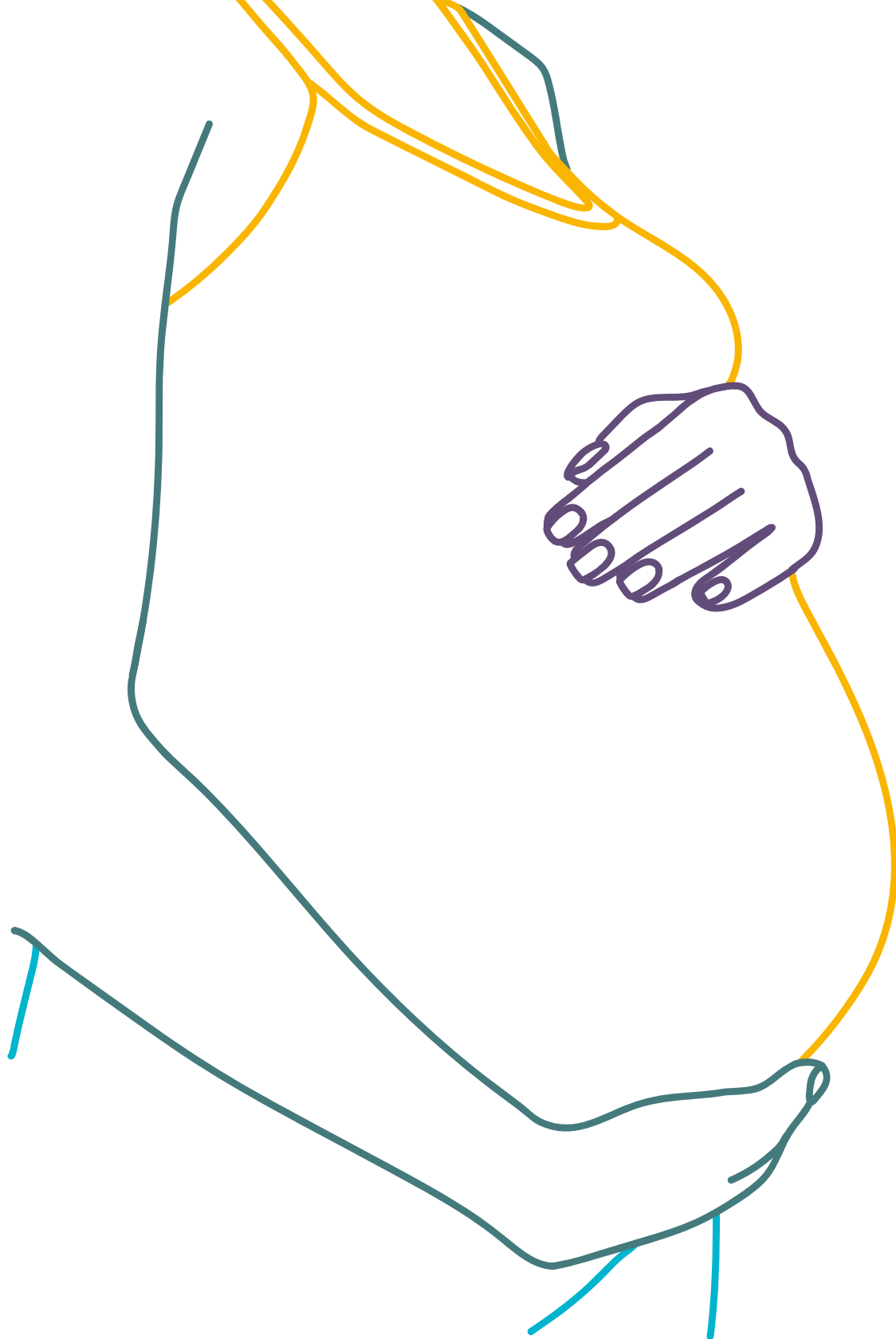
June

The Decision Making Panel is scheduled to meet in late June, with decisions communicated as soon as possible after the meeting

October

Grant set up and first payment made





SECTION

02

Guidance on completing the PIMH 2024 application



Application guidance

Please use the Word template to draft your answers. It has all the questions that are in the application in bold, with guidance of the types of information we are looking for in each answer.

When you are ready to submit your application, you will need to do so via the online application form. You will receive a link to the online application once you have registered your interest here.

If applying online is a barrier to you, please contact Inspiring Scotland in advance of the due date, as alternative application methods are available.

When drafting your application:

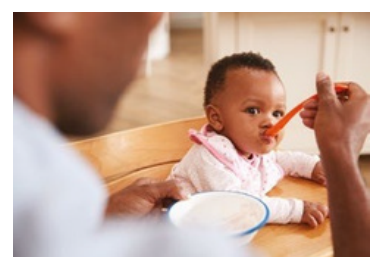
- Please refer to these Fund Guidance Notes and FAQs
- Please take note of the guidance provided for each application question.
- Note some questions have word limits for answers. If you go over the word limits you will not be able to submit your application.

When you are ready to submit your application. Copy and paste your answers into the online form. You will also need to have ready:

- A copy of your organisation's constitution to upload
- A copy of your latest audited accounts to upload
- A copy of your application budget to upload. Click here to download a copy of the application budget form to complete.

For technical support with the online form, please refer to Section 3: Technical Guidance.

The deadline for applications is 12pm (noon) on 3 May 2024. You can submit your application at any time before this but no later than this date and time.



Application questions overview

PART 1: Tell us about your organisation

1. Please provide details of the organisation making this application

You will need to provide details of the organisation applying including the legal status, charity and company registration numbers, and registered address.

2. Please provide two contact details for your application

We require a primary and secondary contact for the application.

3. Does your bank account require two signatories to make withdrawals?

Yes/No

To be eligible to apply, your bank account must require two signatories for withdrawals.

4. Is this a partnership application?

If you are applying in partnership provide the organisational details of all other partners.

5. Have you been funded through the PIMH Fund previously?

Yes/No

If No is selected, please answer:

5a. What is the mission, purpose, and main activities of your organisation?

Question type: Open text up to **500 words**.

In your answer, please tell us: your organisation's main activities, details of the perinatal and infant mental health services or activities you currently deliver, about who you support

6. Which of the following organisational policies do you have in place?

Select the policies you have in place from the check boxes provided.

- Safeguarding (for children and young people and/or vulnerable adults)
- Data protection (GDPR)
- Equality and diversity policy
- Health and safety
- Risk management
- Financial procedures (conduct)
- Disciplinary and grievance
- Complaints
- Conflict of Interest
- Whistle blowing

7. Tell us about your governance, leadership, and management arrangements

Question type: Open text up to **500 words**.

In your answer, please tell us:

- about your senior management structure and how it reports to the Board;
- what skills do you have on your board, how many people are on your board, and how frequently the Board meets;
- what financial oversight your Board has;
- about any designated responsibilities or sub-committees and how often they meet
- about any lived experience representation both at management level and on the Board;
- how you handle any situations involving conflict of interest
- If you are a **Community Interest Company (CIC)**, tell us how you ensure separation of duties and manage conflicts of interests when dealing with employment and performance related issues.



8. Please upload your latest set of annual accounts and tell us about the funding you receive to support perinatal and infant mental health activity.

Question type: Open text up to **350 words**

In your answer please tell us:

- if there are any major updates in terms of income, expenditure and level of reserves from the set of accounts submitted
- what funding you have to deliver perinatal and infant mental health activity (who funds you and for how long) and if you have any contracts with Local Authorities, HSCP's or Health Boards;
- the percentage of your annual income a full year of your PIMH 2024 Fund request represents

9. Is your organisation currently in receipt of Scottish Government grant funding?

Question type: Yes or No check box

If yes is selected, please answer:

9a. Please tell us about the other sources of Scottish Government funding you receive.

Question type: Open text

In your answer tell us:

- the name of the fund (or Directorate it comes from)
- the amount received per year
- how long you expect to receive this funding for

9b: Do you have any other funding applications to Scottish Government currently pending?

Question type: Yes or No check box

If yes is selected, please answer:

9c. What other funding have you applied to the Scottish Government for?

Question type: Open text

In your answer, tell us:

- the funding source including title and
- amount per year applied for

10: Uploads

Please upload:

- A copy of your constitution

PART 2: Tell us about the activities you would like funding for

11: Please give us a summary of the specific activities you will deliver with the funding you are requesting (300 words)

12: Please select what types of support the activity funded will deliver:

Question type: Select all relevant checkboxes from:

- Peer support
- Parenting and infant support
- Counselling and psychological support
- Other (please detail)

13: Describe who will use your service and how they will access it

Question type: Open text up to **500 words**

In your answer, please tell us:

- about your service users, including if you are working directly with babies as your primary beneficiaries
- if your activities are targeted at groups that are at higher risk of developing perinatal and infant mental health concerns – what these risk factors are
- where you get your referrals from and/or how people will know about your service
- if relevant, who you do not work with and where you would refer to

14: What evidence do you have that the activities you describe are needed for the people you are supporting?

Question type: Open text up to **400 words**

In your answer, please tell us:

- about demand for your services
- what evidence you have that the support you deliver matches the needs of your service users
- why these activities are being delivered
- what gaps in provision your activities address locally



15: Please tell us more about your approach to delivering the PIMH activities that you are seeking funding for.

Question type: Open text up to **500 words**

In this question we are looking for information on:

- your assessment process and criteria for determining how you will support families
- how long you support families for
- once support is complete, the process for supporting families to exit your service
- other organisations you might work with or refer people to
- if you are applying in partnership with another organisation, please tell us more information about how you and your partner organisations will work together
- if your proposal is to provide training, consultancy or supervision, please give more information on the type of training or support you offer and how you will deliver this

If relevant to your organisation, your answer may include:

- how you take a whole family approach to delivering support
- how you take a strengths-based approach when delivering activities
- how your activities take a holistic view to tackling barriers caused by inequality of income and poverty
- how you deliver support in line with Getting it Right for Every Child

16: How do you ensure that your service is accessible? 300 words

Please tell us:

- The demographics of your current service users
- How you monitor who is using your service
- What you do to proactively address barriers to your service for people from different communities and marginalised groups, and those with additional vulnerabilities (including neurodiversity)

17: How many people do you estimate will be supported through this funding across the 18-month duration?

Question type: text boxes

Year 1: October 2024 – March 2025 (6 months)

Year 2: April 2025 – March 2026 (12 months)

Please note that the figure is to reflect the number of people impacted by the PIMH 2024 Funding you are seeking, and not by your service or organisation in full. For example, if you are applying for core funding and the application request represents is 20% of your total revenue, the anticipated number of people supported can be 20% of your total organisational beneficiaries

18a. What Local Authority area(s) will you provide the activities you are requesting funding for?

18b. What NHS Health Board area(s) will you provide the activities you are requesting funding for?

19: Please describe your training, accreditation and supervision arrangements for all staff and volunteers delivering activities

Question type: Open text up to **400 words**

In your answer, please tell us:

- about your training and supervision arrangements
- how potential risks are managed and mitigated
- how your organisation operates with a trauma-informed approach and any trauma-informed levels staff are working at
- if relevant, how organisational training is in line with NHS Education for Scotland Psychological Therapies Matrix and Perinatal Mental Health Curricular Framework



20: How do you ensure your activities take account of the views of people with lived experience of perinatal and infant mental health issues?

Question type: Open text up to **200 words**

In your answer, please tell us:

- what you do to ensure your activities are informed by people who are accessing them

21: Tell us about how you work collaboratively with other organisations and services

Question type: Open text up to **200 words**

In your answer, please tell us:

- how you appropriately signpost and refer to other local organisations
- how you work jointly with others
- what local groups, collaborations, membership bodies you are part of and what strategic groups you contribute to
- how you are linked in with local advisory groups

Only answer Q22 if you selected Counselling and Psychological support in Q12.

22: If you provide counselling or psychological support for parents experiencing perinatal mental health issues and/or therapeutic support for infants, please tell us a bit more about the therapies you engage.

Question type: Open text up to **400 words**

In your answer, please tell us:

- what the evidence base is for your therapeutic work
- the rationale for why those therapies have been chosen for the people you work with
- what specific training, qualifications or accreditation staff who deliver these therapies have

23: The PIMH 2024 Fund will measure the difference this funding makes for parents, carers and babies across three Fund Outcomes.

Please tell us which of the outcomes this activity will contribute to (you can select more than one)

Question type: Select all relevant checkboxes from:

- Parents and carers with perinatal mental health concerns have **improved wellbeing, feel less isolated, and better able to seek support**
- Parents and carers **feel better able to meet the needs of their infants and children** (physical, social, emotional and cognitive)
- Parents and carers whose infants are at higher risk of mental health problems, are **better able to support their babies through warm, secure and interactive relationships**

24: How will you measure the difference that your activities are making for parents, carers and babies?

Question type: Open text up to **750 words**

In your answer, **please refer to the fund outcomes and potential indicators**, and tell us:

- the methods or tools you use to collect information about the impact your activities is having? e.g. Survey, observations, interviews
- what you will measure or what information you will gather (indicators)
- how often you will gather feedback and evaluation information and
- how you will analyse and act on your findings



PART 3: Tell us about the budget and funding request

25: How much are you applying for? Please select which band your total funding request fits in:

Question type: Select the relevant checkboxes from:

- Band 1: between £100,000 – £132,000
- Band 2: between £50,000 – £99,999
- Band 3: Up to £49,999

Total amount of funding you are requesting across the 18-month period

Please note applicants can apply for a maximum amount of £132,000 for the duration of the 18-month fund.

26: Are the total costs of delivering your proposed activities more than the amount you are requesting from PIMH 2024?

Question type: Yes or No checkbox

If yes is selected, please answer

26a. What other funding will contribute to delivering proposed activities?

Question type: Open text

In your answer, tell us:

- the funding source
- whether that funding is already secured
- how much funding this will contribute
- what it will pay for

27: Activity budget

Please upload a full budget that outlines all expenditure that you are requesting PIMH 2024 Funds for. Please use the budget template provided.

- Please make the budget as detailed as possible
- Please provide a rationale for how any contribution to overheads has been determined
- Please provide a break-down for any budget line over £5,000 (apart from staff salaries)
- Please factor in any salary uplifts required for the financial year 2025–2026 in line with the Fair Work requirements
- Please show how proposed expenditure is split across organisations working in partnership

28: Are you seeking funding to pay for staff?

Question type: Yes or No checkbox

If you are, please tell us about the staff roles you are requesting funding for.

28a: What staff are you seeking funding for?

Question type: Text boxes

Complete a new line for each individual member of staff, even if there will be more than one doing the same role

Job title

FTE salary (£)

Hours pw to be funded through PIMH 2024

Funding requested for role

28b: Please confirm by ticking the box that the above salaries meet at least the National Living Wage

Question type: check box

28c: Are you an accredited living wage employer?

Question type: check box



PART 4: Authorisation

I/we apply on behalf of the organisation named above for a grant as proposed in the application in respect of expenditure to be incurred over the proposed funding period on the activities described above.

I certify that, to the best of my knowledge and belief, the statements made by me in this application are true and the information provided is correct.

The PIMH 2024 Fund is a Scottish Government programme with the application process managed by Inspiring Scotland. By submitting this application, I, give consent that information in this application form can be shared in confidence with the Scottish Government for the purposes of assessment, decision making, publicity, or promotion of any award.

The Scottish Government is subject to the provisions of the Freedom of Information (Scotland) Act 2002 please therefore note that information provided may be disclosed in accordance with this legislation.

Name of authorised person:

Position of authorised person:

A note on privacy and personal data:

Inspiring Scotland recognises its obligation to handle personal data it collects and uses in accordance with data protection legislation and best data protection practices. We will only collect personal data which is necessary for us to do our job and where we have a legitimate interest in doing this. By completing this form, you are agreeing to the terms of Inspiring Scotland's privacy statement found here <https://www.inspiringscotland.org.uk/privacy-statement/> . Any questions regarding this Policy and our privacy practices should be sent by email to enquiries@inspiringscotland.org.uk

Use of Artificial Intelligence:

Inspiring Scotland may make use of Artificial Intelligence (AI) tools to support the administration and management of the application process. This would be limited to using AI supported processes to assist with the coding, analysing and summarising funding proposals. It will not be used to store or analyse any personal or commercially sensitive data. Where AI is used, any decisions or recommendations suggested by the AI will be checked and validated by fund staff prior to being acted on.

If you do not want information you provide in your application to be used in AI technology, please opt out by ticking this box.





SECTION

03

**Technical guidance for
completing the online
application form**



Using the online application form

Before you apply online, we recommend that you download and draft your answers on the [Microsoft Word template](#). This will let you plan and prepare your answers offline before you copy and paste them into the online form.

Please note that the online application will not recognise text formatting (including bold text and bullet points) when you copy and paste your answers into the online form. It will recognise new paragraphs but we recommend checking you are happy with your formatting before you submit online.

At the time of submitting your application online, please also have ready copies of the following documents ready to upload:

- The latest set of accounts for all organisations who will deliver the activities detailed in the application form
- A copy of your constitution
- A [budget](#) detailing costs of the work subject of the application

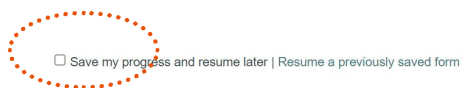
If you have any problems with uploading these documents please email:

PIMHenquiries@inspiringscotland.org.uk

Save as you go

You can **save** your progress by ticking the box at the top of the form

Perinatal and Infant Mental Health 2024 Fund Application Form

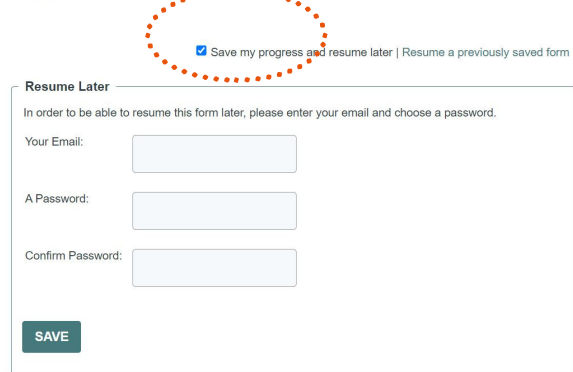


☒ Save my progress and resume later | Resume a previously saved form

For technical support with the online form please refer to our Technical Guidance Notes.

You will be asked to enter your email address and to make a password.

Perinatal and Infant Mental Health 2024 Fund Application Form



☒ Save my progress and resume later | Resume a previously saved form

Resume Later

In order to be able to resume this form later, please enter your email and choose a password.

Your Email:

A Password:

Confirm Password:

SAVE

The system will then send you an email with a link to return to your work. Depending on the security settings your organisation uses, this email may be blocked or marked as spam.

If you do not receive an email within a few minutes, check your spam/junk folders. If you don't receive an email at all contact Inspiring Scotland on

PIMHenquiries@inspiringscotland.org.uk and we can send you the link to access your application.

Make sure to always use the same email address when using the 'save and continue later' function, i.e. do not use one address to save at first and then another later in the form.

After answering the final section of the form, there is an option to review all your answers. You can also download a PDF of your completed form.

Once you have submitted your form, you will receive an email confirming it has been received. The email will contain a PDF of the completed form. As with the save and continue function, this email may be blocked or marked as spam, depending on your security settings. If you do not receive a confirmation email with a copy of your application, do not panic – we can check the system for you and provide this.



Endnotes

1. Estimates suggest that around 20% of mothers ([Prevatt et al., 2018](#); [Geller et al., 2018](#)) and up to 10% of fathers ([Cameron et al., 2016](#)) experience poor mental health in the perinatal period
2. Royal College of Psychiatrists Council Report: [Infant and early childhood mental health: the case for action \(CR238\), October 2023](#)
3. Vasileva M, Graf RK, Reinelt T, Petermann, U and Petermann F (2020) Research review: A meta-analysis of the international prevalence and comorbidity of mental disorders in children between 1 and 7 years. Journal of Child Psychology and Psychiatry: <https://doi.org/10.1111/jcpp.13261>
4. [The Robertson Trust Maternal Mental Health Research Briefing](#)
5. For more information on legal structures for third sector organisations, please see [The Resource Centre](#) or [SCVO](#) (<https://scvo.scot/support/setting-up/structure>). Unincorporated voluntary groups such as associations and trusts have no legal personality and are not eligible to apply. If you have any questions, please speak to Inspiring Scotland directly (pimhenquiries@inspiringscotland.org.uk)

Resources and Links

[Perinatal and Infant Mental Health Fund Update Report](#)
[Mental Health and Wellbeing Strategy](#)
[Mental Health and Wellbeing Strategy Delivery Plan](#)
[National Performance Framework](#)
[Women and Families Maternal Mental Health Pledge](#)
[Infant Pledge and Voice of the Infant Best Practice Guidelines](#)
[Getting it Right for Every Child](#)
[Parent Club](#)



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