

# Grant Making Policy

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## Purpose

The purpose of this policy is to outline the principles and procedures by which Two Little Birds - The Riley and Trey Foundation allocates grant funding to local youth mental health therapy charities and organisations in our local area. Our goal when making grants is to provide funds for sessions with local organisations who provide activities or therapy sessions to promote mental health well-being in young people but do not display problematic behaviours or school attendance issues.

## Grant Objectives

- To provide funding for young people to access sessions run by local charities or organisations who offer activities which are proven to help improve mental health and well being. Specifically aimed at young people experiencing silent or hidden struggles (e.g., anxiety, depression, trauma) that are not outwardly expressed through disruptive behaviour or poor school attendance.
- To display information about the signs of mental health struggles, how many young people are affected and how they are not alone in their challenges.
- To provide funding to enhance local community resources available for youth mental health by granting funding to these local registered organisations.

## Eligibility Criteria

Applicants must:

- Be a registered charity or non-profit organisation operating within the Weymouth, Portland and Dorchester areas.
- Provide services which are proved to help improve mental health in young people.
- Demonstrate a clear commitment to supporting young people who are silently suffering, as opposed to those with behavioural or school attendance issues.
- Use funding specifically for sessions, therapy or counselling programs for young people aged between 14 and 21 years old.
- Schools applying for funding for specific students to attend activity sessions must be able to provide, when asked, their reasoning for their selection and be able to assure the committee the student is eligible.

## Exclusion Criteria

Funding will not be provided to:

- Programs primarily addressing youth behavioural problems, disciplinary issues, or school attendance interventions that do not show clear mental health benefits.

## Application Process

- Applications must be submitted using the official grant application form available on the Two Little Birds website or by contacting the nominated person. Details can be found on our website.
- Organisations applying must provide a detailed description of the therapy services offered, how they identify and support silently suffering youth, and how funds will be used.
- A budget breakdown and evidence of the organisation's governance and financial health must be included.
- References or testimonials from previous beneficiaries or community partners may be requested.
- Schools applying must detail why they believe the applicant they are supporting needs the help and provide detail of how they have been selected. The committee will not request any personal information about the applicant.

## **Assessment and Decision-Making**

- Grants will be assessed by the Two Little Birds - The Riley and Trey Foundation Grant Committee, comprising trustees and local mental health experts.
- Assessment criteria will include alignment with our mission, clarity of project goals, evidence of need, and sustainability.
- Priority will be given to sessions demonstrating innovative, compassionate, and confidential therapeutic approaches or organisations that provide activities proven to help with depression and anxiety in young people.
- Decisions will be communicated within 4 weeks of application submission.

## **Monitoring and Reporting**

- Funded organisations must provide regular progress reports every 6 months, detailing:
  - Number of young people served.
  - Outcomes and impact of the therapy services or sessions delivered directly due to the funding received.
  - Financial accounting of the funds used.
  - Two Little Birds - The Riley and Trey Foundation reserves the right to request site visits by nominated mental health care specialists or further information to ensure proper use of funds.

## **Confidentiality and Safeguarding**

- All funded projects must adhere to strict confidentiality policies protecting the identities and privacy of young people served.

- Funded organisations must have safeguarding policies in place to protect youth from harm and must be able to produce this when asked by specialist mental health professionals working in partnership with our foundation.

## **Review of Policy**

- In the five years of the Foundation's conception, this policy will be reviewed every year or sooner if required to reflect changes in community needs or legal regulations.
- This time scale will then be reviewed and if deemed appropriate change to every 2 years.