**Funding grassroots mental health work**

*How funders can better resource user-led groups working to support the mental health of their communities*

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## **Executive summary**

In the winter of 2021 we carried out a survey of 137 grassroots user-led mental health groups regarding their funding experiences. These small, lived experience-led groups work to support the mental health and wellbeing of their communities. Our research confirmed that these groups and organisations find it very difficult to get the funding they need to sustain themselves. Despite being hugely varied in structure, size, and the activities they carry out, there are shared barriers when it comes to getting funding for their work.

Those who have previously applied for funding reported inaccessible, inflexible and overly-complicated processes. Intensive application processes that demand huge amounts of information and paperwork with no human element are described as a burden on the extremely limited capacities of grassroots groups, which are often run by a small number of volunteers who do the work alongside other commitments.

Over half of the groups surveyed did not feel that funders understood their work or the reality of the conditions they operate under – doing urgent and often deeply emotional work with little capacity, no time for impact measuring procedures to “prove” that what they are doing helps people, and often no fundraising expertise. Many also feel that there is a lack of mutual trust between groups and funders. Applicants want evidence that funders value the work of small, user-led groups through evidence of previously funding similar groups or explicit statements of the funders’ values, so that potential applicants can see an alignment.

Groups who have *not* previously applied for funding have many reasons. They often simply struggle to know what funding opportunities are available, pointing to a need for better communications and outreach from funders. They might be put off applying because their groups were not eligible due to rigid requirements around things like structure. Many have not applied because they are discouraged by extensive application and reporting processes. These were regarded as inaccessible to people with lived experience of mental ill-health, distress, trauma and/or neurodiversity because of their complexity, and to those with a lack of confidence in written English because of the language used.

People told us that they want to see simpler processes where tailored support is on offer. They also want to see more funding pots where money is available for core costs.

The difficulty groups have in trying to secure funding for core costs is an urgent issue. There is a huge amount of need for larger, longer-term amounts of funding that is not just for new projects, so that groups can move towards sustainability rather than constantly chasing small, restricted pots of funding. Funding is needed for core costs such as staff salaries (and other costs, including development and wellbeing) and rent of physical space in order to enable groups to carry on doing what they do well whilst also providing the time and space for them to build their capacity on their own terms.

Funding norms are having a negative impact on the already-difficult working conditions of those in user-led organisations. Burnout, fatigue, and precarious working conditions were prominent themes in this research. The process of applying for funding is exhausting and financial insecurity creates huge amounts of anxiety. This is on top of the work itself already being emotionally taxing and deeply personal, with many user-led organisations being run by a couple of unpaid or underpaid people who must chase funding as another unpaid job.

Funders can and should make changes to their processes in order to increase their accessibility to user-led mental health groups. This can be done through simplifying processes, providing bespoke support to user-led groups, and offering less restricted funding that seeks to make these groups more sustainable, allowing them to continue to do their vital work while also becoming more nourishing places to work and volunteer.

## **Action points for funders**

1. **Increase simplicity, flexibility and transparency**

Making the application and reporting processes as simple and flexible as possible increases their accessibility to user-led groups, which are often run by a small number of volunteers with extremely limited capacity and little fundraising expertise.

Ways to improve funding processes for these groups include:

* Using straightforward language without jargon
* Evaluating whether the requirements in the application are reasonable and proportionate to the amount of funding on offer
* Increasing flexibility in the eligibility criteria and the reporting requirements - not all user-led groups are registered with the Charity Commission or Companies House, have a bank account, or have extensive finance documentation and ‘impact reporting’ paperwork
* Improving clarity on eligibility criteria and greater transparency around how funding is allocated so time is not wasted on applications that are unlikely to be successful
* Working with intermediary funders and infrastructure organisations with deeper roots in the communities you’re aiming to resource

1. **Offer support and interactivity to small, user-led groups**

Providing a way for an applicant representing a user-led group to interact with “an actual person” from your organisation is felt to be hugely valuable in order to allow user-led groups to fully explain their work and what they need. Again, the person writing the applications often has no prior experience of doing so and would benefit from guidance and answers to questions around costing their activities and more broadly what funders want and need to see in applications in order for them to be successful.

Another aspect of support and interactivity is providing feedback to these small and under-funded groups that can help them improve further funding applications.

These conversations shouldn’t be one-way. The opportunity to work through applications alongside small groups often brings up feedback and questions which may help you to reframe your application process and your work in more accessible ways. Treat your engagements as learning opportunities.

1. **Make your offer less project-bound**

The desire for longer-term, unrestricted and stable funding for core costs was the most prominent theme to arise throughout this piece of research. The push for new and innovative projects to fund comes at the cost of allowing groups to continue working on their urgent core activities and what they know is needed (and what they know they do well), hindering the ability for user-led groups to become sustainable and stop constantly chasing funding or run with no funding.

In addition to core funding, or conceptualised as part of core funding, funders should provide funding to support the wellbeing of those working in small user-led groups.

1. **Work towards trust**

Many representatives of user-led groups spoke of the importance of mutual trust between themselves and funders. This includes trust from funders that groups know what is needed in their communities without extensive demands for data and evidence, trust that they will deliver their work with funding without intensive reporting requirements, and trust that funders are aligned with their values.

Funders could provide evidence of previously funding user-led work and articulation of funders’ values, aims and priorities to help groups feel that they stand a chance of being funded by an organisation that understands the nature of and need for their work and so will be a “good fit”.

1. **Reject a one size fits all approach and develop your understanding of the work of user-led groups**

The above recommendations are underpinned by rejecting a one size fits all approach in favour of developing an understanding of the hugely varied work these groups do and the range of constraints they face.

Funders should recognise the deeply personal emotional labour and time cost for user-led groups of searching for funding out of desperation to continue working to support their communities, and build this understanding into how they approach their funding processes. Funders should recognise the gaps in knowledge around the needs of user-led groups and seek to work proactively to fill them by working with and interacting more meaningfully with these groups.

## **Introduction**

“Funding is never as simple as ‘you apply, and then you get the funding’. It’s going through different rounds and different mechanisms. And that for me is quite challenging because we’re quite time-strapped, we’re low on resource, we’re *low on funding*…we’re low on everything you can pretty much imagine you can be low on.”

Taimour Ahmed, of [Expert by Experience](https://www.expertbyexperience.uk/), in “[Tips for funders: red flags for user-led groups](https://www.nsun.org.uk/red-flags-in-funding-for-grassroots-groups-and-how-to-improve/)”

The idea and the motivation for this report came from conversations with recipients of NSUN’s Side By Side small grants fund. Grantees helped us create a [series of videos, blogs and interviews](https://www.nsun.org.uk/news/new-nsun-podcast-funding-user-led-groups/) exploring what funders could do to encourage grassroots groups to apply – and what grassroots groups saw as a red flag, which would put them off applying or asking more questions. The idea was to shift the focus: rather than asking why organisations aren’t meeting the standards of a funder, our questions are about how funders fail to meet the needs of grassroots groups.

Through these conversations, we hit upon the idea of a survey into funding experiences of small user-led organisations in the mental health space, whether or not they had ever applied or been successful in accessing funding. The idea was to broaden our engagement and see whether what we were hearing from our small cohort of grantees and other members was being replicated across the sector.

With support from the [The Fore](https://thefore.org/), we developed and disseminated a survey that asked questions around the following themes: what encourages or puts people off applying for funding, what could be changed to make applying for funding more accessible, and what types and amounts of funding might be most helpful. These questions were for organisations who had and had not received grants funding before, including those who had never applied. Our hope was to understand more about – and then communicate to funders – the experiences small grassroots groups have trying to financially sustain their work and their ideas around how those experiences can be improved by changes to funders’ processes.

This report draws on that survey, the contributions of the Side by Side grantees, and previous research commissioned by NSUN including [What Do User-Led Groups Need?](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/) (Mark Brown & Emma Ormerod, 2020) and [Mapping The Lived Experience Landscape](https://www.nsun.org.uk/news/lived-experience-leadership/) (Rai Waddingham, 2021). We hope this report can support funders to resource small grassroots groups sustainably, while preserving the qualities that make their work effective and powerful, such as their independence and autonomy.

**User-led mental health organisations**

In addition to a relatively small number of bigger national organisations, the mental health voluntary sector includes a rich landscape of small organisations carrying out work which larger, slower, less community-centred organisations can’t or won’t. A section of these organisations are user-led. Broadly, “user-led groups” are groups or organisations led by and for people with lived experience of a particular issue; they are by and for their communities, which may be based on shared experiences, identities, or geographies. These user-led groups are often overlooked due to their size, their specificity and the way they work. Their experiences accessing or not accessing grants funding, are the focus of this report.

Some user-led organisations may not connect with “mental health” as a framework for their work. They may describe themselves first and foremost as specialist community-led projects led by and for their members; for example, there are many user-led groups led by and for migrants and asylum seekers, or LGBTQ+ people, or survivors of domestic violence. Others may find that “mental health” doesn’t resonate with their community, or express the breadth of their activities. It may be that these groups do describe themselves as offering mental health support, but that what they offer is deemed too ad-hoc or non-clinical to count – see Sue’s account from North Tyneside Disability Forum, below. Nonetheless, through their work at the grassroots levels, these groups offer support – emotional, cultural, social, spiritual, material, practical, financial – that seeks to alleviate social conditions and inequalities that drive distress or mental-ill health.

For the purposes of this report, we’re referring to all of this as mental health work. We’re not trying to flatten the specificity and variety of the work carried out in the grassroots: instead we want to show how funding which should be open and responsive to organisations doing mental health work is currently failing to reach organisations who need it and are eligible for it.

**“Informal access”**

**In** [**What Do User Led Groups Need?**](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/) **Sue Adams of North Tyneside Disability Forum describes the challenges of funding ad-hoc and responsive mental health work:** “I don't struggle at all making people understand poverty and hunger. I do struggle to make people understand mental health. When you look at funding pots, we can apply to funding from different groups, but it is only to work with people who have got a diagnosis. The majority of our problematic areas are around people who don't have that diagnosis. Who dip in and out of things. Who want informal access to things. Who need support on an ad-hoc basis.”

**Struggling to survive**

Most of the organisations which responded to our survey were small charities, charitable interest companies, or unregistered groups (with or without a constitution). On the whole, small charities experience funding challenges. This is despite making up the bulk of the voluntary sector: the NCVO estimates that organisations with an income of less than £100,000 make up around 80% of the UK voluntary sector ([NCVO Almanac](https://blogs.ncvo.org.uk/2021/09/29/ncvo-almanac-2021-voluntary-sector-findings/), 2021). Small charities experience a lack of investment from the government and from trusts and foundations, bear the brunt of a challenging funding environment, and often struggle to articulate the difference their work makes in a way that resonates with funders ([IVAR](https://www.ivar.org.uk/the-vital-role-of-small-charities/)).

Grassroots organisations, especially those which are not registered or incorporated in any way, face all the above named challenges plus some extra, such as ineligibility based on structure, or struggling to set up a bank account. Perceptions of risk and lack of professionalism also damage these groups’ abilities to access funding. These small and informal groups are particularly invisible within the mental health voluntary sector due to their small size and often hyperlocal, community-focused work. In 2020, [Local Trust](https://localtrust.org.uk/insights/research/below-the-radar/) mapped some of these small “below the radar” groups through grants data analysis, providing insight into the richness of the sector; however, organisations which have not received or applied for grants often remain invisible.

Organisations led by and for Black people and people of colour are particularly affected by the challenges facing small charities and grassroots community-led organisations. Of an estimated 9,000 to 10,000 charities and community groups led by Black people and people of colour operating nationally, 65% have an average turnover of less than 10k annually ([CharitySoWhite](https://charitysowhite.org/press/open-letter-relief-packages-for-the-charitable-sector), 2020), compared to the wider sector figure of 44% ([NCVO Almanac](https://www.ncvo.org.uk/news-and-insights/news-index/uk-civil-society-almanac-2021/profile/how-many-voluntary-organisations-are-there/#/income-by-size), 2021). Black people’s and people of colour’s informal, unregistered and grassroots organisations are particularly impacted by funder negligence and/or outright hostility. The Baobab Foundation found that “The informal status of many women’s groups meant they were unable to access funding. The same was true for unregistered groups led by Black and minority ethnic people. People from both groups said they experienced greater hostility at a local level in accessing funds especially women with insecure status” ([Digging Deeper](https://static1.squarespace.com/static/61f2a96054d481495a63c373/t/63318066bd6c3f74b32d191c/1664188519135/Baobab+Digging+Deeper+Report.pdf), Baobab Foundation, 2021).

Everything points to a vicious cycle in which small grassroots organisations are kept out of funding opportunities in part because of their size and structure, which means that those who want to grow or develop are under-resourced to do so. However, this doesn’t mean that all grassroots organisations dream of developing into small charities, which then hope to evolve to medium or larger charities. In the mental health sector, small user-led organisations carry out specific, unique and vital work, using shared lived experience, shared culture and deep connections to their communities to shape their work. To quote [What Do User-Led Groups Need?](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/), “User-led groups and organisations are often doing what no other body or service is doing in their community. This direct support is a form of systems change, where local or national systems are currently failing to meet the specific needs of their community.”

**“A bucket of this…”**

**In** [**What Do User-Led Groups Need?**](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/)**, Yetunde Adeola describes the vicious circle of being passed over for funding because of lack of capacity:** “Most of the time, it’s about, “You don’t have enough capacity”, or, “We don’t think you can do it.” I don’t know, maybe we are dreaming too big, but we are always achieving whatever we planned (even without funding). […] Moreover, if you don’t have that funding to make it happen or bigger, we can only do a bucket of this, bucket of that, bucket of this, bucket of that due to limited resources. And then when you present the account, it’s like, “You are not big enough, you cannot manage it, or you don’t have what you need.”

Funders can be part of breaking this vicious cycle of underfunding, but not by asking user-led grassroots groups to be more like the larger organisations which funders are familiar with. This is because these groups are often responding to systemic problems by providing urgent alternatives and doing things other organisations can’t or won’t. The question that funders can ask themselves, and which this report may help to answer, is how to resource these groups urgently, flexibly and in ways that maximise their agency and capacity.

## **About the survey and our respondents**

The survey ran between 30th November 2021 and 13th December 2021. It was open to independent organisations based in England with an annual turnover of up to £100k.

We are hugely grateful to the 137 respondents who filled out our survey during those two weeks. In recognition of the time that people gave to fill out the survey, we offered the chance for respondents to sign up to a raffle to win one of 10 £50 Amazon vouchers.

The survey was anonymous, apart from the optional email address submission for the raffle. We hope that anonymity allowed for greater honesty and a wider range of responses.

The average respondent spent about 40 minutes filling out the survey. The number of respondents, the time commitment they took on to share their experiences (despite time pressure being repeatedly named as a challenge of their work), and the contents of their submissions all indicate that funding and its inaccessibility are huge live issues for small user-led organisations working in the grassroots space. The 137 groups and organisations that our respondents represent differ in terms of turnover, funding experiences, structure and the activities they carry out.

**Turnover and funding experiences**

We had the highest number of responses – 60 – from groups with an annual turnover of £0-25k, which tracks with the kinds of groups that NSUN has been working most closely with over the last few years. We received 36 responses from groups with a turnover of £25-50k, 11 responses from groups with a turnover of £50-75k, and 29 responses from groups with a turnover of £75-100k.

One of the key questions we asked was ‘Have you ever applied for funding?’ Depending on the answer, the survey branched: respondents from organisations who had applied for funding were given a series of statements to agree or disagree with, and some free text questions. Respondents from organisations who had not applied for funding were asked similar free text questions.

The majority of respondents had applied for funding, but the results from those who haven’t are just as important. Our decision to try to reach these groups was built on our research into [what user-led groups need](https://www.nsun.org.uk/news/what-do-user-led-groups-need/#:~:text=User%2Dled%20groups%20and%20organisations%20often%20exist%20at%20the%20hard,of%20reducing%20negative%20social%20determinants.) which suggested that groups were often finding alternative funding streams to traditional grants funding, or were simply working with no or minimal funds. Some previous work on small grassroots community work draws on grants data, such as Local Trust’s [Below the Radar](https://localtrust.org.uk/insights/research/below-the-radar/) report. We wanted to explore some of the experiences of people and groups who have not chosen to apply for funding, in order to understand why and what their alternatives are.

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| --- | --- | --- | --- | --- | --- |
| Turnover breakdown | | | | | |
| Annual Turnover | **£0-£25k** | **£25k-£50k** | **£50k-£75k** | **£75k-£100k** | **Total** |
| Respondents who had previously applied for funding | 45 | 34 | 11 | 25 | 115 |
| Respondents who had not previously applied for funding | 15 | 2 |  | 4 | 22 |
| Total | **60** | **36** | **11** | **29** | **137** |

**Structure**

The most common structures reported were Charitable Incorporated Organisations (CIOs) and Community Interest Companies (CICs), but these still didn’t make up a majority. Over half of the organisations with a >£25k turnover indicated that they were unconstituted or unincorporated.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Structure by turnover |  |  | | |  | |  | |  |
| Annual Turnover | **£0-£25k** | | **£25k-£50k** | **£50k-£75k** | | **£75k-£100k** | | **Total** | |
| An affiliated group (your group is affiliated to another organisation) | 4 | | 1 |  | |  | | 5 | |
| Charitable Incorporated Organisation (CIO) | 10 | | 13 | 3 | | 12 | | 38 | |
| Community Benefit Society (CBS) | 2 | |  |  | |  | | 2 | |
| Community Interest Company (CIC) | 10 | | 13 | 5 | | 5 | | 33 | |
| Company limited by guarantee | 5 | | 5 | 2 | | 6 | | 18 | |
| Cooperative society |  | |  |  | | 1 | | 1 | |
| Other | 4 | | 2 | 1 | | 1 | | 8 | |
| Unconstituted group (no constitution or governing document) | 10 | | 2 |  | | 1 | | 13 | |
| Unincorporated association (with a constitution or governing document) | 15 | |  | 1 | | 3 | | 19 | |
| Grand Total | **60** | | **36** | **12** | | **29** | | **137** | |

**Activities**

The activities that groups reported carrying out were similarly varied. 85% of respondents said that they carried out more than one activity; 41% indicated more than five. This bears out the findings in [What Do User-Led Groups Need?](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/) that “there is diversity in user-led organisations […] because there is diversity in what needs to be done to improve people’s lives and what people are actually prepared to be involved in, support and develop.”

The top five activities were: Community activities/social events; Peer support; Service user/survivor involvement; Training; and Practical Support. Notably, all of these are more strongly reported than “Delivering mental health support” or “Delivering social care support”, despite the survey being specifically targeted towards organisations doing work to support people’s mental health. This suggests that the respondents tended to focus on activities which intentionally brought people together as active members of their communities, not passive recipients of care.

**“A sense of humanness”**

**In** [**What Do User-Led Groups Need?**](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/)**, Jordan Fahy describes the support offered in Bury Engagement Group: “**Everyone noticed that they were getting a different type of support and a support that felt more gratifying to their sense of humanness and also to the needs that they had, because it was being delivered by people who weren't there because they were paid. They were there because they were having their own difficulties and they could understand from a different perspective. The responses from services aren't always the best.”

**Who writes your funding applications?**

**Of 115 respondents who had applied for funding, only 13 said that their funding applications were written by someone with a specific responsibility for fundraising (e.g., a bid writer or fundraising officer).**

Funding bids were more likely to be written by Directors & CEOs, trustees, or staff members with other duties in addition to fundraising. This means that funding applications are predominantly written by people whose main job isn’t fundraising. It is in this context that we see a need for simpler, briefer applications, but also more investment in core costs, so that people working and volunteering in user-led mental health spaces can put their energy towards their work instead of towards multiple small fundraising bids.

**Examples: what might community mental health groups look like?**

The following are examples of what different community mental health groups *might* look like in terms of turnover, structure, people, and activities. They are not based on specific existing individual groups.

1. An informal group with a turnover of £1550 might have: ~15 members, ~3 coordinating volunteers, and might organise peer support, informal advocacy and mutual aid.
2. A group with a turnover of £12,000 might be a CIC and might have: 2 unpaid directors, 1 very part time administrator, ~5 volunteers, occasional sessional workshop facilitators, and might organise group singing sessions, creative peer support spaces & free/low cost lunches.
3. A group with a turnover of £40,000 might be a Charitable Company Limited by Guarantee and might have 4 trustees, 1 manager (founder), ~15 volunteers, occasional sessional workers, and do a range of activities, such as campaigning & advocacy offered by and for Black women around healthcare access and maternal health.
4. A group with a turnover of £80,000 might be a CIO and might have 5 trustees, 1 manager/director, 1 part time admin/finance, ~3 sessional workers, ~6 volunteers, and do peer support, advocacy, occasional contract training work and varied projects by and for LGBTQ+ people.

## **Experiences of organisations who have applied for funding**

115 respondents said that their organisations had previously applied for funding. We asked them to rate their agreement/disagreement with four statements drawn from what we’d heard from grantees of the NSUN [Side by Side fund](https://www.nsun.org.uk/projects/our-grants/side-by-side-fund-grantee-profiles/), and conversations with other user-led groups. We then asked, “What would you most like to change about the funding process?” and “What encourages you to apply?”

The four statements were:

* **Funders usually ask for a proportionate amount of detail**
* **Funders understand our work**
* **I feel confident in what funders ask of me**
* **I find it easy to get funding for core costs**

We broke down responses by turnover to see whether organisations of different size responded differently to these points. Our turnover categories were £0-25k, £25-50k, £50-75k and £75-100k: the table below shows the number of respondents to these questions broken down by turnover. We had notably fewer respondents from the £50-75k turnover bracket, so the data for that bracket is weaker.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Turnover breakdown of organisations which had previously applied for funding | | | | | |
| Annual Turnover | **£0-£25k** | **£25k-£50k** | **£50k-£75k** | **£75k-£100k** | **Total** |
| Number of respondents | **45** | **34** | **11** | **25** | **115** |

The full data can be found in the appendix. We’ve created simplified charts showing overall disagreement (‘somewhat disagree’ + ‘strongly disagree’), agreement (‘somewhat agree + strongly agree’) and ‘neither agree nor disagree’, broken down by turnover, for each question. Percentages have been rounded to the nearest whole number.

**Funders usually ask for a proportionate amount of detail**

|  |
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| ***“Often small pots of funding require an inordinate amount of paperwork and then require a large amount of paperwork on the back end in the reporting process too… This becomes really frustrating and almost has an element of distrust…”*** – survey respondent |

This question sought to understand whether user-led mental health organisations with a turnover under 100k feel that funders want reasonable details in application and reporting processes.

Overall, 45% of respondents – just under half – agreed that funders usually ask for a proportionate amount of detail. 32% disagreed with this statement, while 23% neither agreed nor disagreed. The high rates of neither agreeing nor disagreeing in this question may indicate that the statement wasn’t specific enough, or that ‘proportionate’ was too vague a term.

The free text questions offer some clearer insight into the burdens shouldered by small, user-led organisations. When asked about what they would like to change about the process of applying for funding, the most common wish was for simplicity and flexibility in the application and reporting process. And when asked what encouraged them to apply, ease and flexibility were also key elements.

This included fewer and more straightforward steps in the process, the use of less jargon, and extended to flexibility surrounding stipulated requirements and eligibility criteria, such as financial documents or paperwork that can be obtained from Companies House/Charity Commission websites in some cases, or the “rules” around needing a bank account: “The almost overwhelming requirement for a bank account for small peer led community-based groups like ours. This rules us out of most funding routes.”

The effect of a requirement for extensive financial documentation or the assumption of a bank account is especially acute for smaller groups. A lack of simplicity and clarity can also often make funding processes inaccessible for organisations run by people for whom English is not their first language, becoming yet another barrier to funding for organisations that may be working with people experiencing marginalisation and exclusion.

When applying for small pots of funding, proportionality and accessibility were particularly important:

“Often small pots of funding require an inordinate amount of paperwork and then require a large amount of paperwork on the back end in the reporting process too. When the funding is a small amount initially and we want to maximise this usage for the purposes of the community - it means much of this administration role is done essentially for free - both the bid writing and the reporting process. This becomes really frustrating and almost has an element of distrust/checking that what we have said we will do has been done - uploading receipts for items costing more than £25 for example is such a lengthy process.”

Respondents also expressed that they would greatly appreciate a less intensive way of applying for funding (such as by video application) or a more interactive process such as an interview, which may save time writing applications, and would also give people the chance to explain to an “actual person” what their work was about.

Many groups felt that the passion for their work and communities would be better understood if they could verbalise it in a conversation with someone, which would also provide them with the opportunity to ask questions about anything they were unsure of: “It would be good to have a phone interview or [face to face] as I am much better in person than on paper, our work loses impetus written down…”

Other suggestions from respondents which could help to mitigate disproportionate burdens falling on small, already-underfunded groups included:

* Clearer eligibility criteria alongside greater transparency over how funding is allocated and the likelihood of receiving funding so that time is not wasted on funding that groups are unlikely to get
* Quicker turnarounds, as funds are needed urgently for groups doing this kind of work. Unexpected delays are often encountered, or there are very long timelines between applying and hearing back
* Getting feedback when rejected could help groups to improve future applications
* Knowing and being able to consider the reporting requirements before applying
* Being able to print or save application forms instead of putting data into an online form and not receiving a copy. This means that groups can save time by re-using the information they have supplied. However, other respondents raised that there are inconsistencies across different funders:“Keep reinventing the wheel - each funder asks the same questions but differently so you cannot cut and paste […] although you expect to tweak each application to fit the criteria, to completely rewrite each time takes a lot of time and effort especially for smaller charities and then to be rejected is very deflating.”

**Funders understand our work**

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| ***“We are driven by necessity, which can involve considerable frustration and struggles to restrict the focus of our bids to what is required by funders. I am encouraged to apply to funding sources where the funders demonstrate an understanding of the concerns of people with lived experience, which should be demonstrated by the ease of the processes they use to solicit bids”*** – survey respondent |

|  |
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| ***“Shared language shows they're likely to understand what we do. The hardest part is trying to explain our work to someone who doesn't understand, or often, doesn't try. Being able to talk to someone first to see if there is a shared understanding/language - though that conversation doesn't often relate to the application, and the application often ends up on someone else's desk, which can make the effort of an early conversation pointless…”*** – survey respondent |

Just over half (51%) of all groups surveyed disagreed with the statement ‘Funders understand our work’. Only 4% strongly agreed; 30% somewhat agreed; 15% neither agreed nor disagreed. This suggests that a large number of small user-led mental health organisations feel that their work is misunderstood by funders.

This misunderstanding isn’t spread evenly. **60% of respondents from organisations with turnovers below £25k disagreed that funders understand their work**. This is compared to 48% of groups between £25-50k, 36% of groups between £50-75k and 48% of groups in the highest turnover bracket we surveyed, £75-100k.

This speaks to fundamental miscommunication and huge knowledge gaps in the funding and resourcing sector. When we asked, “What would you most like to change about the funding process?” the second most common response (after simplicity and flexibility in applications) was a wish for a better understanding of the capacity (and other) restraints of small community groups where directors, CEOs, founders, or others responsible for fundraising may be part time, unpaid, and working alongside other commitments, including full time jobs.

These groups may not have “impact measuring” procedures in place to be able to “demonstrate” the impact they have, with all their limited time going towards actually *doing* the work they know makes a difference. They also may need more support to understand what funders are looking for in applications and in the actual costing of activities, since they may not have prior experience that helps them understand exactly how much what they want to do would cost and therefore how much they should ask for, and for what.

In addition to understanding the constraints and capacity of small user-led groups, funders should strive to understand what these groups do well and their reasons for how and why they do what they do.

When asked “What encourages you to apply?” many respondents described the needs they see in their communities as a motivating factor. They expressed that it is the people they help, and a passion for the work as well as the hope - or the desperation, need, necessity, or urgency - of being able to secure money to very simply keep running and keep helping people, where they know there is a need and the there is a belief that funding will help their beneficiaries: “Being passionate about the service we provide, knowing we are helping people (from feedback) means that it is worth the effort.”

For people in grassroots organisations doing work to support the wellbeing of their communities, their work – and being able to continue it – is deeply emotive and connected to their own personal sense of wellbeing. They are not removed from the people they are supporting, and the money is not to help people they do not know – they are embedded in and part of the community they serve and they have often built deep and personal connections within it.

When asked about what encourages and motivates applications to particular funders or programmes, many people said that they would be encouraged to apply if the eligibility criteria shows that they actually stand a chance and the funding aims or priorities fit their own aims: “you have a better chance if you’re both aligned on solving the same societal issue”. This included increased transparency over the likelihood of funding being received, and examples of what has been previously funded may also be helpful: “...how likely we are to receive their funding, the amount of applications they get vs the amount they give money to.”

People want evidence that funders understand the work that small user-led mental health organisations do. Evidence of having previously funded similar organisations was cited as a compelling reason to trust a potential funder. So was a sense of shared purpose, and an understanding and acknowledgment of the work carried out by small grassroots organisations: “Where they understand that activism and campaigning are… a means to enable peoples meaningful voice and influence. Where they understand the value of collective advocacy provided by those the organisation is run by and for.”

It is important to note that while a huge amount of desperation to be able to continue their work was expressed, so was a desire to apply for funding from a funder that is a good fit. Even in the face of urgently needing money for survival, these groups, many grounded in the work of systems change, still want to do things ethically and in many cases, differently.

Interestingly, a desire for people with lived experience to be involved in the process on the funders’ side - such as on decision-making panels (more in line with [participatory grantmaking](https://hannahpatersoncom.files.wordpress.com/2020/11/grassroots-grantmaking-embedding-participatory-approaches-in-funding.pdf) approaches), so that groups feel their mission will be better understood – was only raised a couple of times when we asked about what could change, and what would encourage people to apply. It may be that there is a lack of understanding or knowledge amongst groups about how funding decisions are made within funder organisations due to a lack of transparency over the decision-making process and who is involved.

**I feel confident in what funders ask of me**

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| ***“We need help and support filling in large funding forms for a chance of success, we fail a lot when applying…”*** – survey respondent |

This was the only statement which a majority of respondents (54%) agreed with, with most somewhat agreeing (46%). 29% percent disagreed (19% somewhat, 10% strongly) and 17% neither agreed nor disagreed.

In the turnover breakdown, we can see that £0-25k turnover organisations were the most likely to disagree with this statement, with 37% disagreement compared to 27%, 27% and 16%.

It’s worth comparing the responses to this statement to the ambivalent and negative responses to ‘Funders understand our work’, and the strongly negative responses to ‘I find it easy to access funding for core costs’. If organisations that are struggling to access core funding and don’t feel understood by funders nonetheless describe themselves as confident in knowing what funders want, that suggests that small organisations are trying to match what they perceive funders want, while not feeling like funders are making an effort to respond to their needs.

This speaks to our research into [what user-led groups need](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/). User-led groups described “jumping through hoops [by] developing projects that would secure funding but which did not necessarily strengthen their ability to continue to execute their core mission”. This was echoed by respondents when we asked what they would like to change:“I would like to apply for core funding rather than have to set up special projects. We know what we want to do but it is the expertise, experience and passion of the staff that make the difference. It is hard to find funding for wages, IT and rent that are essential to enabling us to provide more of the services that are valuable all the time.”The push for new and “innovative” projects to fund over core costs leads organisations to feel they are having to divert time and energy away from their key activities and what they know they do well, and comes at the cost of solid organisational structure, policy and procedures, and sustainability.

**I find it easy to find funding for core costs**

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| ***“[We need] core costs for salaries for existing work that is successful, it is very frustrating to hear that funders want new and innovative. What is wrong with what works, with lots of research proving this and tried and tested methods? Also they like new projects, when an organisation has shown commitment to their community for many years, this can be very frustrating”*** – survey respondent |

Probably to no one’s surprise, the overwhelming majority of organisations surveyed (80%) disagreed that funding for core costs is easy to access. Smaller organisations feel this most, with 84% of organisations with turnover between 0 and 25k disagreeing that core costs are easily covered. In comparison, £75-100k turnover organisations still find it difficult, but their disagreement sits at 74%.

**This struggle to find core costs is endemic in the sector, and it’s hitting the smallest organisations hardest.** Many groups expressed the need for longer term funding, and/or funding which is not linked to particular projects. When asked about what needs to change, some organisations named the specific barriers faced by unincorporated or unregistered groups attempting to access sustainable funding: “It’s quite hard to get larger amounts of funding as an unincorporated group but to become incorporated takes time and mental resources that are not easy to find. We’d like help to become a CIC as there are more funding opportunities that open up but the paperwork is a minefield and we’d need to pay someone to help us with it - so it’s a catch 22!”

While we’ve split up responses by theme in this section and in the wider report, it’s important to note that respondents saw all of these concerns as linked. One respondent sums it up as, “We are driven by necessity, which can involve considerable frustration and struggles to restrict the focus of our bids to what is required by funders. I am encouraged to apply to funding sources where the funders demonstrate an understanding of the concerns of people with lived experience, which should be demonstrated by the ease of the processes they use to solicit bids.”

**In summary: experiences of organisations who have applied for funding**

The following graph shows responses (across all organisation turnovers) to all four questions asked of organisations who have applied for funding:

## **Experiences and insights from those who haven’t applied for funding**

**Why had groups not applied for funding?**

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| ***“All funding streams aim at big groups with a constitution and all protocols that we don’t qualify for…”*** – survey respondent |

22 of 137 organisations indicated to us that they had not applied for funding. We asked them why, and what (if anything) would encourage them to apply.

The most common explanation for why groups had not chosen to apply for funding was that **they didn’t know what funding was available and had no way to find this information out.**

This suggests that communication and relationship building between funders and small user-led mental health organisations needs to be better. Proactive outreach and consistent support were named as a key part of encouraging these very grassroots organisations to apply: “Contact us, support us, or assign us a funding adviser, to help us with filling in funding applications and stay with our organisation throughout.”

Amongst groups who had applied for funding, there were some indications that their confidence had been built by hearing from other small groups who had successfully received funding and support. As well as funders providing support to potential applicants, we recognise that people involved in running small user-led groups are uniquely well-placed to support each other. Funders looking to make their funding more accessible to these organisations may want to consider how they can resource spaces for them to come together and share experience/expertise.

The second most common reason for not applying to funding was that **groups were ineligible for most funding due to structure, status or infrastructure**. For instance, not being a registered charity; being hosted by a bigger organisation such as a university; not having a bank account. The barriers to funding experienced by unconstituted or unregistered groups were also noted amongst respondents who had previously applied for funding, and the outlay of time and money required to become a registered charity or CIC was named as a “Catch-22”.

Finally, respondents indicated that they hadn’t applied for funding because **the application process was inaccessible, and they didn’t want the “burden” of reporting**.

*“*Complicated processes” were named as a prohibitive factor. Another respondent stated, “I have such limited capacity to jump through structures and systems set up to cater for neurotypical people, it burns me out. I try not to get caught up in things where the process will take all of my energy.” This is key: when seeking to fund organisations led by and for people with lived experience of mental ill-health, distress, trauma and/or neurodiversity, funders should understand that applicants may find their processes inaccessible and inadequate to their needs, and that they should “support how different brains work and process information”.

Three organisations indicated that a lack of confidence in written English prohibited them from trying to access funding.

**What would encourage groups to apply for funding?**

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| ***“Allow small organisations like us a chance of not being tied up with complex structures surrounding their funding. Just because we are not a large name we should not be discriminated against, or obstacles placed in our way. Talk to us. Attach a funding adviser who will help us… especially when accessing the larger funds or having to speak to funders”*** – survey respondent |

When we asked what would encourage organisations to apply for funding, the most repeated words in answer to this question where “simple” and “support”. This maps across to the responses we saw to the question asked of those who *had* previously applied for funding, “What would you most like to change about the funding process?”. Organisations wanted support and connection with funders and suggested meet the funder events and face to face (instead of written) applications.

Some respondents indicated they had other ways of getting funding. But amongst some others there was a sense of there not really being a point. Respondents didn’t apply because they did not feel like they would ever be successful. For people working in their own communities, trying to respond to urgent need, this sense of not being in with a chance is not just a problem for the sustainability of their organisations; it’s a threat to their own well-being, and carries a huge risk of burnout. When the people holding together networks of community care get burned out, they and their communities experience further isolation and neglect due to not having anywhere else to go.

So what are the alternatives? One respondent who had never applied for funding indicated that they would apply if they could see “chances of success, flexible funding, core cost ability, unrestricted funding”. Unrestricted funding, simpler processes and support were the most prominent response to our question about what would encourage groups to apply for funding. Respondents indicated that “money comes with strings” and if they were given more say over how to spend available funds, then they would be more likely to apply for funding.

## **Understanding amounts, costs, and needs across the sector**

We asked four questions to all respondents, hoping to explore the amounts that would be most useful to small user-led mental health organisations, and to better understand the costs associated with sustaining such organisations – as these costs are often invisible.

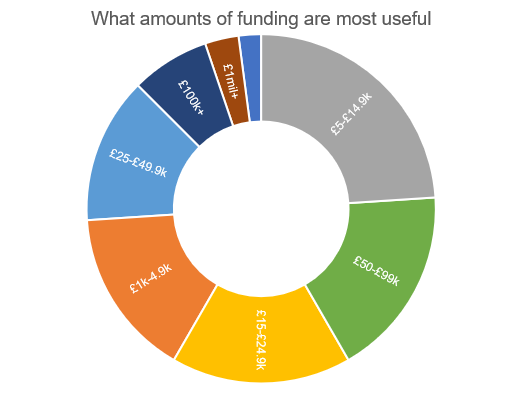
Our questions were:

* **What amounts of and types of funding would be most useful?**
* **If you were given £2000 in unrestricted funding, what would you spend it on? How long do you think it would last you?**
* **What do you most need funding for?**
* **What is hardest to get funding for?**

There was significant and expected overlap in the answers. We’ve explored three recurring themes in the answers below: amounts and reporting requirements, the struggle for core costs and the impact of the funding environment.

**Amounts and reporting requirements**

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| ***“Funding that is for a substantial amount over a year so that the project has longevity, the funds are available to truly make a difference and we have the breathing space to build on projects…”*** – survey respondent |



*Responses to “What amounts of funding would be most useful?”*

When we asked “What amounts of funding would be most useful?”, the answers varied hugely from organisation to organisation, with some respondents stating they wanted more “Small pots, with few strings attached, where you can reapply”, and others wanting much larger amounts. The most popular amounts stated as the most useful were those in the 5-14.9k bracket, followed by the 50-99k bracket and then the 15-24.9k bracket.

Some people did not answer this question with an amount, but a statement about what they would want the amount to cover. Unsurprisingly, core costs were mentioned by 14 people in this context, either without the giving of a specific amount, or alongside a mention of an amount - usually of 20-50k. Many of these named staff salaries, but other notable core costs were office/premises costs and other overheads, insurance, and digital technology.

Many answers included mentions of a desire for larger, longer-term or multi-year grants in order to provide viability and sustainability for the organisation or to enable the delivery of core activities, with one person saying that to them, consistency over 3-5 years mattered more than the amount they got. Again, mentions of multi-year grants were often linked to mentions of core costs and a desire to break free of the cycle of needing to constantly apply for funding, instead being able to plan for the future:

“Funding that is for a substantial amount over a year so that the project has longevity, the funds are available to truly make a difference and we have the breathing space to build on projects, good practice and focus on growing tradeable aspects with the understanding that core costs are covered in a sense by the funding. This would get us quicker out of the funding cycle of constantly applying and thinking money may not be available unless constantly applying and filling in bids. Funding of 50k over a year for the likes of my business would allow us to make a significant long term impact rather than feeling like projects that work so well are constantly being stopped and started due to funds available.”

Four participants simply answered that “any” amount would be beneficial. Several respondents gave large ranging answers, for example from 20-120k, 5-300k, and from 30k-1mil.

Several stated that it hugely varied depending on things like staff time, or what they needed the funding for: “Up to £5,000 for general running costs to sustain us as we are. Bigger sums (e.g. £500,000) to grow considerably”.

Several people found this question hard to answer: “Impossible to answer - depends on the project”, “Very difficult to say. We either need small amounts, e.g. to buy equipment or subscriptions, but in an 'ideal' world core costs - we are all volunteers.”

**The struggle for core costs**

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| ***“It's mostly hard to get sustainable funding that lasts longer than the span of 1 or 2 projects, so there is a constant need to apply for funding rather than funds being able to pay for say a whole year of operations, which would allow orgs to focus on the events rather than regularly applying for funding while doing all other responsibilities”*** – survey respondent |

The most common answer to “what do you most need funding for?” and “what is hardest to get funding for?” was the same: core costs. Not only do core costs this ensure the continuation of group’s work, day-to-day activities and social interaction, but it grants them the space, time and energy to grow, build capacity and reach more people. Groups also mentioned needing funding for guidance and training in things such as governance, strategy and fundraising in order to build infrastructure.

“Core costs” were often placed in opposition to project-based funding: “Core costs for salary for existing work that is successful, it is very frustrating to hear that funders want new and innovative. What is wrong with what works, with lots of research proving this and tried and tested methods? Also they like new projects, when an organisation has shown commitment to their community for many years, this can be very frustrating.”

The work of applying for funding was described as both an organisational chokepoint that limited capacity, and a mental and emotional burden. Several participants noted the need for core costs to be covered so that they could “place efforts elsewhere than repeatedly applying for funding”. The funding process is just the beginning, too: the work of monitoring grants and maintaining relationships with funders also needs to be held in mind. One respondent said that anything under 20k was a “waste of administration time unless there is very light touch monitoring”. The exact amount will differ between organisations, but the experience of trying to figure out what amounts and funding relationships are “worth it”, and to take stock of the invisible work of accessing funding, exists across the sector.

The responses paint a picture of organisations trapped in a complex dance of risk management and best guesses, trying to eke out enough funding without exhausting their workers and volunteers.

**What’s ‘core’ in this context?**

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| ***“Everyone wants to fund new stuff but no-one wants to fund ongoing costs…”*** – survey respondent |

In [Below The Radar](https://localtrust.org.uk/insights/research/below-the-radar/) (2020), Local Trust reports that, “Funders are generally not funding the core costs of organisations, which include items such as running costs and rent. Just 11% of grants to below-the-radar organisations mention these terms, compared with 26% of registered charities’ grants. This reflects the nature of below-the-radar organisations: they are unlikely to have significant core costs that registered organisations incur, such as property, HR and others.” Our research suggests a different story.

While small organisations’ core costs are obviously lesser than those of larger organisations, they are nonetheless extremely important to their ongoing survival, and can be very hard to find.

Specific core costs mentioned by respondents include:

* Staff salaries
* Rent & venue hire
* IT equipment & subscriptions (e.g., zoom)
* Travel expenses
* Administration/overhead costs (e.g., DBS checks, website fees, insurance)
* Advertising

When asked what they would do with £2000 unrestricted funding, the most common answer was paying current or new staff. Many said that they would use this money to pay people who are currently volunteering for their work and time or putting it towards current staff wages or recruiting and hiring additional staff or volunteers, such as group coordinators and facilitators or practitioners like therapists and peer workers. When talking about wages, people generally said it would only last from one to three months, and that was usually for part time wages: “Founder's salary - currently this would last approx. 10 months as I do one day a week, but if I did 5 days a week (which the charity desperately needs!) then it would last 2 months.”

A couple of respondents specified that they would use the money to pay for a fundraiser to help with the work involved with writing funding applications: “I would buy in the services of a fundraiser to assist me in writing up grant applications - not to write it but to help me navigate the language and cut to the chase of what funders want to see.”

Some also said they would put it towards staff expenses such as travel reimbursement, or towards staff training and development.

Across all answers to these questions, a need for investment in salaries, staff development and wellbeing was prominent. In the context of organisations led by and for people with experience of mental ill-health, distress and trauma, we come to questions about the fair recompense for lived experience expertise. One respondent shared, “We want to be able to pay our staff more than just minimum wage, but value equivalent to the work they do.”

In [Mapping the Lived Experience Landscape](https://www.nsun.org.uk/resource/lived-experience-leadership/) (2021), Rai Waddingham’s research found that, “Across sectors, an expectation to work for free (aka volunteer one’s time) or to be paid less than staff/contributors who bring professional expertise is the norm rather than the exception.” Funding streams which do not offer easy access to core costs contribute to this inequitable landscape for people using their lived experience to support others.

**How are funding norms impacting working conditions in the sector?**

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| ***“We want to be able to pay our staff more than just minimum wage, but value equivalent to the work they do - especially for peer staff - so we most need funding for good wages and employee benefits, to have sustainable core services”*** – survey respondent |

Burnout and fatigue were prominent in the responses across these questions. Particular points of exhaustion included: inaccessible applications, a perceived lack of care or interest on the part of funders, and as the effects of financial insecurity on the organisation’s entire network of connected people.

In lived experience-led organisations, those providing support do so from a position of solidarity and common ground. Witnessing a lack of support for others experiencing what you have previously or currently also experiencedleads to feelings of helplessness, anger and exhaustion. If funders want to support lived experienced-led organisations they must understand how their practices affect the mental health of staff and volunteers.

For many people in small grassroots organisations, chasing funding is a second unpaid job, carried out simultaneously with their main role. Very rarely did our respondents indicate that their fundraising was carried out by a specialist. Volunteers were often tasked with fundraising unpaid. Those with paid jobs carrying out fundraising work are often doing it ‘on the side’. For small organisations with paid staff, senior leadership – managers, directors, and CEOs – are often fundraising consistently, alongside their leadership and service delivery roles. When surviving as a small organisation requires skill in bid writing, other experiences and skills vital to leadership and change-making are seen as less important; access to paid leadership roles and decision-making power may be skewed in favour of those with professional backgrounds, strong writing skills and a familiarity with what funders want.

As core costs for salaries are hard to fund, the work is overwhelmingly unpaid. If people have paid roles, they are often part time. The responses to our survey indicated that those in paid roles usually do more than their job description, meaning they are effectively underpaid. And because project specific funding is easier to fund than core, longevity and job security are hard to come by.

## **Conclusions**

The work happening at a grassroots level makes up a huge part of the mental health sector, and much of it isn’t even considered as mental health work. This must make funders, infrastructure organisations and other organisations within the sector question inherited and traditional approaches.

Urgent solutions are needed to the underfunding the community organisations that fill the gaps in their local areas or respond to historic marginalisation and lack of support. While funding smaller, less structured, less familiar organisations often presents risk for funders, there are also huge risks in inaction and in preserving the status quo.

Responding to urgent need with urgent action doesn’t mean rushing in blind. Mobilisation of funds towards historically underfunded sectors, without a proper reckoning with that history of underfunding or the systemic biases underpinning it, can have serious ramifications. Ubele’s [Booksa Paper](https://www.ubele.org/assets/documents/Booska-Paper-2021.pdf) (2021) describes how emergency funding related to both COVID-19 and the resurgence of the Black Lives Matter movement in 2020 impacted previously unfunded groups led by Black people and other people of colour: “For many local Black and minoritised groups, this was the first time that they either applied for or received funding. However, all the groups we spoke with raised serious concerns about the sustainability of both this funding and of the relationships that were established during the extraordinary events of last year. Many spoke of the cliff-edge that will be faced when emergency funding ceases in March 2021.”

These cliff-edges will keep coming up unless funders grapple with the questions of *how* to sustainably resource user-led and grassroots groups, especially those led by and for marginalised and racialised communities.

The Action Points for Funders (page 4) are drawn from specific asks from the cohort of respondents to our survey and can inform the beginnings of a grassroots funding strategy. Below, we’ve included some reflection questions to support the development of better funding practices.

**Self-evaluation questions for funders**

* How does the information provided here by 137 organisations make you evaluate your work? How does it either fit in with or challenge the theories of change that drive your grant-making work?
* How long does it take someone to fill out your application? What information do they need to do so? What level of English fluency do they need?
* What action have you taken in the last few years in response to feedback via groups/organisations and/or research? How do the people you fund and the communities you work with feed into your strategy?
* What is the purpose of your funds, and to what extent can resourcing grassroots user-led mental health work realise that purpose?
* What are the current obstacles to you resourcing more grassroots user-led mental health work?
* What are the skills and processes you would like to build in order to resource more grassroots user-led mental health work?

**Summary action points for funders (for the full version, see page 4)**

* Increase simplicity, flexibility and transparency
* Offer support and interactivity to small, user-led groups
* Make your offer less project-bound
* Work towards trust
* Reject a one size fits all approach and develop your understanding of the work of user-led groups

**Recommended reading**

1. [What Do User-Led Groups Need](https://www.nsun.org.uk/resource/what-do-user-led-groups-need/) – NSUN
2. [Mapping The Lived Experience Landscape in Mental Health](https://www.nsun.org.uk/resource/lived-experience-leadership/) – NSUN
3. [Resourcing Racial Justice](https://tenyearstime.com/what-we-do/racial-justice/) – Ten Years’ Time
4. [Digging Deeper](https://www.baobabfoundation.org.uk/news/digging-deeper-a-call-for-scaled-sustained-and-engaged-investment-into-racial-justice) – Baobab Foundation
5. [Below The Radar](https://localtrust.org.uk/insights/research/below-the-radar/) – Local Trust
6. [Booksa Paper](https://www.ubele.org/our-work/booska-paper) – The Ubele Initiative

## **Appendix**

**Full survey data**

You can find the survey data here: <https://nsun.typeform.com/report/n4P2ReCm/0LJrjSesqNQrnVn1>

We have removed the free text answers as they could contain potentially identifying information.

**Survey questions**

*Introductory text*

“Grassroots groups funding survey

This is a survey about funding for user-led community groups and organisations that support the mental health of their communities, such as peer support and mutual aid groups. These groups may not explicitly call themselves “mental health groups” but often work at the grassroots or community level and offer support – emotional, cultural, social, material, practical, financial, and much more – that seeks to alter or alleviate social conditions and inequalities that drive distress or mental ill-health.

This survey seeks to understand the experiences of small, grassroots groups trying to financially sustain their work, whether or not they have applied for funding and whether or not those applications have been successful. We’re interested in what makes grassroots groups choose to apply or not apply; what types of and amounts of funding are most useful; what funding sources are most accessible for these groups; and what could be done to improve the accessibility and usefulness of funding for grassroots groups.

This survey is for organisations based in England that have an annual turnover of between £0-£100k. It is for independent organisations only (not groups that are affiliated with a larger group or are part of a federation).

Prize draw: at the end of the survey, you have the option to enter into a prize draw for one of 10 Amazon vouchers of £50 each. To enter, you will need to provide an email address. However, these will be processed separately to your survey responses and so responses will be anonymous.

This survey is being run by the [National Survivor User Network](http://www.nsun.org.uk) in collaboration with [The Fore](https://www.thefore.org/). It should take around 10 minutes to complete. The survey closes at 23:00 on the 13th December 2021. We expect to publish survey findings in late Spring, 2022.”

*Section 1*

Question 1: When was your group formed?

Question 2: What is the structure of your group?

Unconstituted group (no constitution or governing document)

Unincorporated association (with a constitution or governing document)

An affiliated group (your group is affiliated to another organisation)

Community Interest Company (CIC)

Charitable Incorporated Organisation (CIO)

Company limited by guarantee

Community Benefit Society (CBS)

Cooperative society

I'm not sure [text box]

Other [text box]

Question 3: What is your annual turnover? (Annual turnover is the total amount of money taken in by an organisation in a year.)

£0-£25k

£25k-£50k

£50k-£75k

£75k-£100k

Question 4: What kinds of work does your group carry out in the area of mental health? Accessibility support/services

Activism

Advocacy

Arts

Campaigning

Community activities/social events

Co-production

Consultancy

Delivering mental health services

Delivering social care support

Distributing small grants

Independent Living support

Link working/signposting

Mutual aid

Peer support

Practical support

Representation

Research

Service user/survivor involvement

Sports/exercise

Training

Other

Question 5: What is the first half of your postcode?

Question 6: What kind of geographical community does your group serve?

Mainly city/urban

Mainly town

Mainly suburban

Mainly rural

A mixture of the above (including online work with national reach)

Not sure/don't know

Question 7: Does you organisation exist to meet the needs of a specific marginalised community?

Question 8: Have you applied for funding before?

*Branch 1 – if yes to question 8 in section 1*

Question 1: Have your funding bids been successful?

Question 2: What kinds of funders have you approached?

Public charity (eg Comic Relief)

Grantmaking foundation (eg, Lankelly Chase)

The National Lottery

Place-based funder (Community Foundation, or other foundations working with people in a specific geographical area)

Central government

Local authority

Issue-based or community-specific funder (eg, LGBT Consortium; Voices 4 Change; NSUN)

Corporate donors

Question 3: Who in your organisation was responsible for writing the bids and what was their role with your organisation?

Question 4: Please indicate how much you agree or disagree with the following statements:

Funders usually ask for a proportionate amount of detail in applications.

I feel confident in what funders ask from me.

Funders understand our work easily.

I find it easy to find funding for core costs, such as staff salaries.

Question 5: What would you most like to change about the process of applying for funding?  
  
Question 6: What encourages you to apply?

*Branch 2 – if no to question 8 in section 1*

Question 1: What has stopped you from applying for funding?

Application form too long

Money comes with strings

Don’t feel like there’s a point

Don’t have time or capacity

Digital exclusion (eg poor internet, can’t fill it out on your phone, don’t have an email address)

Not confident in written English

Don’t have a bank account

Don’t want any funding

Have other ways of acquiring funding (crowdfunding, local fundraising)

Other: [textbox]

Question 2: What would encourage you to apply?

*Section 2 - mutual section (branches re-join)*

Question 1: What amounts of funding would be most useful?

Question 2: If you were given £2000 in unrestricted funding, what would you spend it on? How long do you think it would last you?

Question 3: What do you most need funding for?

Question 4: What is hardest to get funding for?

Question 5: How could funders make their funding more accessible?