

# How will you turn your ideas for improving mental health into action?

## Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

Supported by an education grant from Wyeth

### Previous Bursary Winners

**2003**

Book Prescription (Bibliotherapy)  
Project  
Cardiff and Vale NHS Trust

**2004**

Flintshire Young Persons Mental  
Health Promotion Project

**2006**

Computerised Cognitive Behavioural  
Therapy for the Treatment of  
Depression and Bulimia



**Wyeth**



Royal College of  
General Practitioners

### Bursary categories

#### Core categories

1. Enabling recovery and social inclusion
2. Progressing service design
3. Progressing service delivery
4. Supporting collaboration and innovation

#### Additional category

5. Promoting mental health and well-being in primary care

Further information, guidance, entry criteria and  
application form enclosed...



# Announcement from Wales Mental Health in Primary Care (WaMH in PC)

## Welsh Declaration for Mental Health and Well-being

“Mental ill health is a major and growing problem at all ages and in all cultures which causes early death and general ill health. This has an adverse impact on our society and economy, affecting us all either directly or indirectly.

Wales has eight out of the ten poorest and most deprived health areas in the UK and some of the poorest health in Europe. The connection between poor physical health and poor mental health cannot be ignored. Mental health is therefore a major economic issue in Wales”

### ***What is the Wales Mental Health in Primary Care Network going to do?***

## **Gold Standards of Care for Primary Care Mental Health in Wales**

In response to this call for action, the Wales Mental Health in Primary Care (WaMH in PC) Network is developing a Gold Standards Project for Primary Care Mental Health in Wales. The initiative at this stage is unique to Wales and its primary care mental health services; the motivation behind its development is to halt the current poor profile of mental health and thus enable general practices and primary care services to have a sound and effective framework for commissioning and providing services. The Gold Standards Project is about achieving consistent standards of care and it is committed to leading the continuous improvement in health and wellbeing through prevention, support and treatment to ensure recovery and the maintenance of wellbeing.

### **We call upon others to work with us (WaMH in PC) to promote:**

- The mental health and general wellbeing of all the people of Wales (Gold Standard 1)
- Recovery through services that have the appropriate values and evidence base (Gold Standard 2)
- Research and development that will be directed towards providing the evidence base for mental health and wellbeing (Gold Standard 3)
- Good practice by engaging with individuals and their carers, as they are central to the relationship between service providers and themselves in setting and shaping the services they require. This will be achieved through partnership, empowerment and personal responsibility (Gold Standard 4)
- Person-centred approaches that acknowledge and value individuals as people and give proper recognition to the therapeutic potential of these interactions and relationships (Gold Standard 5)

This information is taken from the Welsh Declaration for Mental Health and Well-being. For a complete copy of the declaration please email [lhills@rcgp.org.uk](mailto:lhills@rcgp.org.uk) and find out how you can contribute to this initiative

# Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

## INFORMATION

**“I am delighted to announce WaMH in PC bursaries of up to £5,000, per applicant, for 2008. By supporting innovation in Primary Care since 2003, WaMH in PC bursaries have helped fund numerous projects that have made a real difference to the well-being of people in Wales.”**

**Dr Huw LLOYD, Chair of WaMH in PC**

### About WaMH in PC Bursaries

The aim of WaMH in PC bursaries is to encourage innovation and support delivery of the National Service Framework (NSF) for Mental Health in Wales, the Welsh Declaration for Mental Health and Gold Standards of Care for Primary Care Mental Health in Wales. Since 2003 the bursary scheme has provided funding of up to £5000 to ten successful applicants for implementing projects, such as:

- **Cardiff book prescription scheme**
- **New mothers support group**
- **Volunteering on prescription —an action research pilot**

### Why apply?

A WaMH in PC bursary could enable you to deliver a project that makes a significant difference to the people you work with. The bursary scheme also forms part of WaMH in PC's commitment to support and disseminate best practice - providing the opportunity for participants to contribute more widely to developing primary care mental health.

### What is involved?

- Prepare your application for the appropriate category / categories
- Submit your application to the judging panel
- If successful you will be notified
- If successful your application will be published on the WaMH in PC website
- Successful applications will receive bursary funding
- Projects will then be implemented in accordance with the bursary application
- Findings and learning for projects that receive bursary funding are then disseminated for the benefit of others working in the field of primary care mental health (this might involve a presentation or poster display at a future WaMH in PC conference)

# Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

## APPLICATION CATEGORIES

Categories 1 to 4 are open to individuals and/or organisations working within, or associated with, the provision of primary care mental health services in Wales and subject to the standards and requirements of the National Service Framework for Mental Health in Wales (NSF).

### CATEGORY 1

#### Enabling recovery and social inclusion

Applicants should aim to demonstrate:

- A focus on service users and/or carers
- Planned outcomes that contribute to a 'normal' pattern of daily life
- Recovery based values and evidence base
- Linkage to NSF Standards 1,2 & 3 and WaMH in PC Gold Standards 2,3 & 4

### CATEGORY 2

#### Progressing service design

Applicants should aim to demonstrate:

- A focus on equitable, accessible, responsive and comprehensive services
- Planned engagement of service users and carers in service design and continued development
- Linkage to NSF Standards 4,5 & 6 and WaMH in PC Gold Standards 2 & 3

### CATEGORY 3

#### Progressing service delivery

Applicants should aim to demonstrate:

- A focus on collaborative care with users and carers
- Planned improvements in assessment and care pathways
- Linkage to NSF Standard 7 and WaMH in PC Gold Standard 5

### CATEGORY 4

#### Supporting collaboration and innovation

Applicants should aim to demonstrate:

- A focus on developing collaboration across staff/users and/or carers with the aim of innovation
- Planned provision of training and /or development of systems to support collaboration
- Collaboration that aims to have a positive impact on innovations within the service
- Linkage to NSF Standard 8 and WaMH in PC Gold Standard 4



## Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

### APPLICATION CATEGORIES

Applications for category 5 are invited from services and organisations from both within and outside the NHS where there is a demonstrable link and benefit to primary care mental health in Wales.

#### CATEGORY 5

##### Promoting mental health and wellbeing

Applicants should aim to demonstrate:

- Planned outcomes for developing understanding and/or promoting awareness of mental health and wellbeing among a specific group or community
- How the project links to/ benefits/ supports primary care
- Linkage to WaMH in PC Gold Standard 1
- Linkage to the Welsh Declaration for Mental Health and Wellbeing

### APPLICATION PROCESS

- Applicants for the bursary must state clearly the category for which their application for a bursary is directed
- The application form must be completed
- Applications should be concise with clear links to the criteria that judges are looking for under the respective category
- Evidence can be presented in any medium that is deemed to be appropriate by the applicant
- Applications should be made by post with covering application form and must also be submitted in electronic format
- The deadline for applications is **31st October 2008**
- Successful applicants will be notified by **3rd December 2008**
- Successful applicants will be invited to present an outline of their work at a future WaMH in PC event; this could be a presentation or poster display
- **Details of successful applications are posted in the WaMH in PC website**

**TO SEE EXAMPLES OF SUCCESSFUL APPLICATIONS SINCE 2003 VISIT:**

**[www.wamhipc.org.uk](http://www.wamhipc.org.uk)**



## Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

### CONDITIONS OF ENTRY

- Applications for categories 1 to 4 must be from individuals or organisations working within, or associated with the provision of mental health services in Wales and be subject to the standards and requirements of the National Mental Health Service Framework for Wales
- Applications for category 5 can be from individuals or organisations within or outside the NHS, but applicants must be able to demonstrate a link and benefit to primary care mental health in Wales
- Applications must include a financial statement of exact costings (or where exact costings are not available, approximate costings) for the planned project
- Applications must include a statement of desired outcomes of the planned project
- Where the application is made on behalf of a service the application must have support from the appropriate manager
- Successful applications will be profiled on the WaMH In PC website, in making an application you are agreeing to this
- All applications must be submitted by post and electronically
- All applicants must include a completed application form

### JUDGING PANEL

- The judging panel is appointed by the Core Group of Wales Mental Health in Primary Care (WaMH in PC), on behalf of the network for a period of one year
- The judging panel will include, as a minimum: someone who uses primary care services/a carer, General Practitioner, mental health professional and a policy maker
- The Core Group may appoint additional judges to the panel as necessary and there will be an appointed Chair (from the Core Group) of the judging panel who will have the casting vote in any split decision on awarding bursaries
- The examining judges will be particularly interested in novel and creative but effective ways of helping people who use primary care services
- The first judging panel will sit in **November 2008**

### APPLICATION CHECKLIST

Please ensure that your application satisfies and includes the following:

- ✓ Complete application form
- ✓ Financial statement outlining funding sought and how this funding would be spent
- ✓ Statement of how the project meets criteria of the category under which the application is being made
- ✓ Statement of planned and desired outcomes
- ✓ Any other supporting evidence

**DEADLINE FOR APPLICATIONS: 31st October 2008**



# Bursaries available from Wales Mental Health in Primary Care (WaMH in PC)

## APPLICATION FORM

Name of individual/ service/ organisation applying for the bursary:

Contact Person:

Address:

Telephone Number:

Fax Number:

Email Address:

Category for which the bursary is sought:

Is the individual/ service/ organisation subject to the standards of the National Service Framework for mental health in Wales? YES/NO  
(Delete as appropriate — note category 5 if answering NO)

If the application is on behalf of an organisation, does the appropriate manager within the organisation approve this application? YES/NO  
(Delete as appropriate)

I declare that to the best of my knowledge all information provided in relation to this application is correct

Signed

Date



## Previous Bursary Winners

**2004**

Volunteering on Prescription:  
an Action Research Pilot  
(Powys Mental Health Alliance)

**2006**

Exploration of Women's Emotional  
Experiences up to Ten Years after  
Induced Abortion

### CONTACT DETAILS & FURTHER INFORMATION

For enquiries about the Bursary Scheme or to submit your entry contact Lesley Hills at  
the Royal College of General Practitioners, Wales

E: [lhills@rcgp.org.uk](mailto:lhills@rcgp.org.uk)

T: 02920 504516

For more information about WaMH in PC visit:

[www.wamhipc.org.uk](http://www.wamhipc.org.uk)

To find out more about WaMH in PC Gold Standards and the Declaration

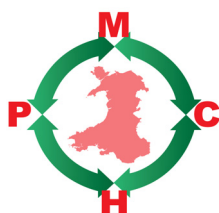
E: [lhills@rcgp.org.uk](mailto:lhills@rcgp.org.uk)

T: 02920 504516

For a copy of the National Service Framework for Mental health in Wales

[www.wamhipc.org.uk](http://www.wamhipc.org.uk)

**\*\*\*Please note all applications received will be acknowledged\*\*\***



**Wyeth**



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