CENTRAL COAST COUNCIL

Relationships Australia TASMANIA

LifeSpan Integrated Suicide Prevention

Doing Better Together Grants

A Community Suicide Prevention & Wellbeing Initiative for the Burnie, Central Coast and Devonport municipalities

Application Form

Applications to be forwarded to:	Jackie Merchant Community Development Officer **Central Coast Council**
Phone:	(03) 6429 8955
Email:	Jackie.merchant@centralcoast.tas.gov.au
Round 2 Closing Date:	**Friday, 31 May 19**

Background Information

Tasmania is 1 of 12 sites around Australia participating in the National Suicide Prevention Trial which will run until 30 June 2020. Funded by the Australian Government, the National Suicide Prevention trial is learning about the role local communities can play in helping to reduce suicide through knowing more about the life factors that contribute to someone taking their own life or attempting suicide.

Tasmania is using the Black Dog Institute's LifeSpan model, which uses nine evidenced-based strategies aimed at building a community's ability to help recognise the life situations which put people in crisis and at risk of suicide, and confidence to know how to help someone in crisis and connect them to help and support within the community.

The local government areas participating in the North West Suicide Prevention Trial in North West Tasmania are:

- Burnie
- Central Coast
- Devonport

The North West Suicide Prevention trial will focus on 2 target population groups:

- Men aged 40-64, and
- People aged 65 and over.

Community Suicide Prevention & Wellbeing Initiative

The North West Suicide Prevention Trial Site recognises and supports the efforts of community organisations, clubs and community groups in hosting, supporting and participating in suicide prevention and wellbeing initiatives. This is valuable community work undoubtedly increasing knowledge and understanding about mental health issues and suicide in North West Tasmania.

The aim of the *Community Suicide Prevention & Wellbeing Initiative* is to support this work, and to assist with fostering collaboration and innovation at all community levels to continue to improve mental health and wellbeing outcomes for individuals, families and communities.

• Doing Better Together Grants

It is our hope that the *Doing Better Together Grants* encourage, engage and empower community organisations to start or continue to take steps to implement actions which are important to them to safeguard against the risk of suicide within their communities and to ensure the ongoing wellbeing of their members.

Partnering with Local Government Council

Burnie City Council, Central Coast Council and Devonport City Council are members of the North West Suicide Prevention Working Group who is overseeing and supporting the implementation of the North West Suicide Prevention Trial Site.

To support the North West Suicide Prevention Trial and the implementation of the *Community Suicide Prevention & Wellbeing Initiative*, each council is working with the North West Suicide Prevention Working Group to facilitate the funding of local community ideas to safeguard against suicide and strengthen wellbeing.

Funding will be provided to local community groups and organisations to implement activities and/or events which target men 40-64 and people aged 65 and over, and support either (or both) of the below LifeSpan strategies:

- Engage the community and provide opportunities **to be part of change**
- Training the community **to recognise and respond** to suicidality

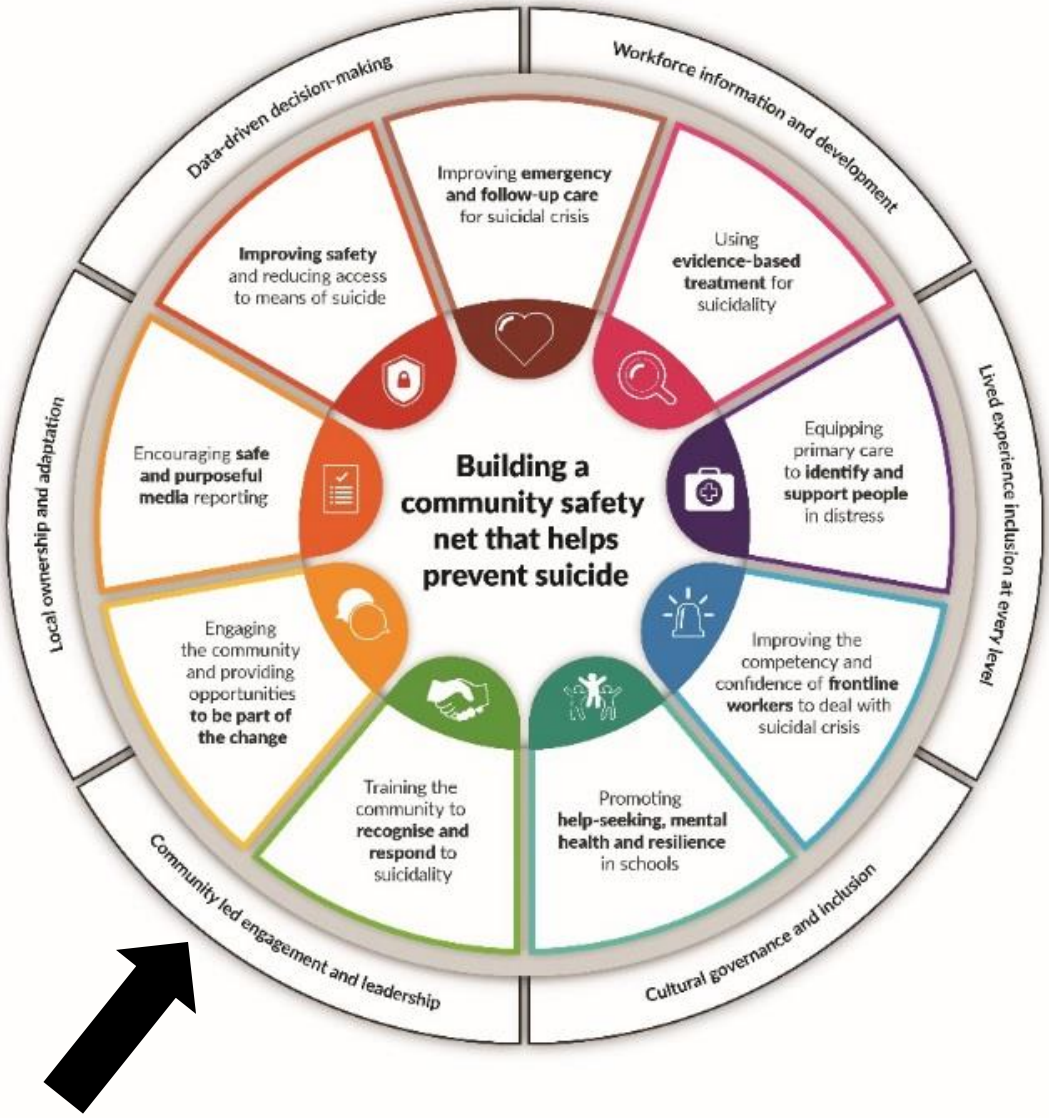
The North West Suicide Prevention Working Group will be responsible for selecting successful grant applications and all funding allocation decisions, after careful consideration of local knowledge and local context provided by each council.

You may like to talk your idea over

If you or your community group have an idea for a Doing Better Together grant and would like to talk your idea over before submitting an application, please feel welcome to call or email your community contact listed below.

Council	Person	Email
Burnie City Council	Allison Daley	ADaley@burnie.net (03) 6430 5706
Central Coast Council	Jackie Merchant	jackie.merchant@centralcoast.tas.gov.au Phone: (03) 6429 8900
Devonport City Council	Karen Hampton	KHampton@devonport.tas.gov.au (03) 6424 0527

The LifeSpan Framework



*Grants are available for these activities

More information on LifeSpan can be found at:
https://www.blackdoginstitute.org.au/research/lifespan

CENTRAL COAST COUNCIL

Relationships Australia TASMANIA

LifeSpan Integrated Suicide Prevention

Doing Better Together Grants

A Community Suicide Prevention & Wellbeing Initative - Application Form (Round 2)

Name of Organisation: .....

Address of Organisation (Postal): .....

Australian Business Number (if applicable): .....

Event / Activity Coordinator Name: .....

Position (if applicable): .....

Event / Activity Coordinator(s) Telephone number(s): .....

Event / Activity Coordinator's email: .....

About the organisation (e.g. purpose, services provided, activities):

.....

.....

.....

Event / Activity Details (Please attach supporting documents if available)

Event / Activity Title (What): .....

.....

.....

Event / Activity Purpose (Why): .....

.....

.....

.....

Priority Population (Who):

☐ Men 40 – 64 years

☐ People 65 years and over

Event / Activity Outline (How): .....

.....

.....

.....

Time and location of event / activity (When and Where): .....

.....

.....

.....

How will men 40-64 / people 65+ benefit from your event / activity? .....

.....

.....

.....

Which LifeSpan strategy does your event / activity support, and how? .....

.....

.....

Provide a breakdown of the events/activities/actions to be implemented and how you will measure or know what impact they have had.

No.	**Events / Activities / Actions to be implemented and when**	**Current knowledge** *(What is currently happening/not happening? How do we know this for sure?)*	**Outcome of Event / Activity / Action** *(How will we know if it worked? How will we know if it didn't work?)*
1			
2			
3			
4			

5			

Please add more rows if needed

Is there any 'free' assistance being provided for the events/activities/actions proposed? Yes / No
(e.g. assistance such as support from other organisation, e.g. free venue hire, printing, etc.)

Please describe assistance available to implement your Event / Activity (if applicable): .....

.....

.....

.....

Event/Activity/Action proposed expenditure

Item / Service	**Quote supplied by**	**Estimated Cost ($)**
i.e. printing of educational materials	i.e. Smith Printing	
	Total estimated expenditure:	

Please add more rows if needed

Please indicate the grant funding requested for the event/activity/action to proceed: $ .....

Please indicate the minimum funding necessary for the event/activity/action to proceed: $ .....

Helpful information to assist with filling in the Doing Better Together Grants - Application Form

• Funding key dates

The North West Suicide Prevention Trial Site is working in partnership with the Burnie City Council, Central Coast and Devonport City Council to implement the Community Suicide Prevention & Wellbeing Initiative.

The local working group overseeing the North West Suicide Prevention Trial Site will support each council to host 2 funding rounds for applications for *Doing Better Together Grants*, which support the LifeSpan strategies of -

- **Engage the community and provide opportunities to be part of change, and**
- **Training the community to recognise and respond to suicidality.**

The key dates of these funding Rounds are –

~~Round 1 Opens~~	~~Friday, 8 March 19~~
Round 1 Closed	Friday, 5 April 19
Round 1 Successful grant applications announced	Monday, 6 May 19
Round 2 Opens	Monday, 8 April 19
Round 2 Closes	Friday, 31 May 19
Round 2 Successful grant applications announced	Friday, 28 June 19

Late grant applications past the closing dates listed above **will not be accepted** by any council or the North West Suicide Prevention Working Group for consideration.

Please ensure grant applications are submitted by:

- 5pm on Friday, 31 May 19 (Round 2)

• Funding criteria

To be eligible to apply for Doing Better Together Grant funding, applicants must:

- **be located in** Burnie, the Central Coast and/or Devonport, and/or
- have a membership/client base **comprised of** Burnie, the Central Coast and/or Devonport residents, staff, volunteers and members, and/or
- have a workforce/volunteer base **which interact with** Burnie, the Central Coast and/or Devonport residents, and/or
- **offer services, events and/or support** to men 40-64 / people 65+ who live, or seek services and support, in Burnie, the Central Coast and/or Devonport.

Please note, grant applications **will also be considered** which are submitted from organisations/clubs and associations which surround Burnie, the Central Coast and Devonport local government areas.

Grant applications must be made on the application form provided and detail the specific event/activity the grant funding will be used to implement.

An applicant's willingness to financially contribute (if required) to an event or activity, and partner with a relevent suicide prevention/mental health organisation (if required) will also be taken into consideration.

All grant applications will be submitted to each respective local government council for review and council endorsement, before being submitted for final review and approval by the North West Suicide Prevention Trial Site Working Group.

The North West Suicide Prevention Trial Site Working Group's decision is final.

• Doing Better Together available grant funding

Grant applications can be up to $3,000 and details of expenditure need to be detailed in the 'proposed expenditure' section of the grant application form.

Grant applications over $3,000 will be assessed on an application-by-application basis by respective Councils, and tabled for discussion and any subserquent decision by the North West Suicide Prevention Trial Site Working Group. The North West Suicide Prevention Trial Site Working Group's decision on grant applications over $3,000 is final.

Please note: all discretion to allocate grant funding is held **solely** by the North West Suicide Prevention Trial Site.

• Essential Criteria

1. Grant events and activities must be community focused and be relevent to men 40-64 and/or people 65+.
2. Grant events and activities supported by the Community suicide prevention and wellbeing initiative must demonstrate how they are going to be planned and implemented to achieve their desired outcomes.
3. Grant events and activities supported by the Community suicide prevention and wellbeing initiative must outline all financial costs for match funding requested.
4. Grants applicants are requested to outline the experience they have to conduct the community suicide prevention and wellbeing event / activity for which they are seeking grants funding.
5. Grant events and activities funded through the Community suicide prevention and wellbeing initiative must be completed by its specified completion date, unless a time extension is granted in writing by the North West Suicide Prevention Working Group.
6. Financial quotes must accompany the grants application form where possible.

• Ineligible Initatives

1. Grant applications requesting funding to support salaries and operating costs of running a community group, or reimbursement of expenses which have already incurred, will not be considered.
2. Grant applications requesting funding for events and activities which have already commenced, or finished, will not be considered.
3. Grant applications requesting funding to support events and activities which have been funded as part of an organisation's core business will not be funded.

• Advantageous Criteria

Events and activities that:

- have a high level of member support and willingness to be involved, and/or
- generate an information resource for men 40-64 / people 65+, and/or
- distribute help-seeking information (e.g. information on help-lines, information on community services available), and/or
- bring people together to contribute positively to the wellbeing of their community which can be sustained over time.

Events and activities that are able to use print communications (e.g newsletters), radio programs, and/or social media (e.g Facebook) to promote key messages about one (or more) of the below:

- how everyone can play a role in suicide prevention and mental wellbeing
- information on how and where people can seek help locally
- information about community service providers in your local area
- supportive and encouraging messages about mental health and wellbeing.

• Further information

If you are interested in submitting a grant application, please feel welcome to call or email your local government council representative listed below who will be able to provide you with more information about the Doing Better Together - Community Suicide Prevention & Wellbeing Initiative.

If you would like to discuss your idea please call or email your community contact listed below.			
Council	**Person**	**Email**	**Phone**
Burnie City Council	Allison Daley	adaley@burnie.net	(03) 6430 5700
Central Coast Council	Jackie Merchant	Jackie.merchant@centralcoast.tas.gov.au	(03) 6429 8900
Devonport City Council	Karen Hampton	khampton@devonport.tas.gov.au	(03) 6424 0527

Community Suicide Prevention & Wellbeing Initiative **Conditions**

The community organisation/individual agrees to:

1. Use allocated funding to implement events/activities/actions directly related to, and listed in, this application form;
2. Not use allocated grant funding to pay for expenses that would normally be paid with existing funding streams or other community organisation funding;
3. Request approval from the North West Suicide Prevention Trial Working Group if the nature of the events/activities/actions for which the grant funding has been allocated changes from what is detailed in this application form;
4. Submit a summary of how the events/activities/actions were received by the intended audience and outcomes realised within one month of completing the events/activities/actions listed in this grant application to the relevant council representative. As part of this summary, a financial summary is to be included detailing funding expenditure with copies of receipts.
5. Repay any grant funding not spent (according to condition 1) unless prior approval is given by North West Suicide Prevention Trial Working Group for the organisation/individual to retain the remaining funding to support future Community Suicide Prevention & Wellbeing initiatives.

The community organisation/individual agrees that:

1. The North West Suicide Prevention Trial Working Group, Relationships Australia Tasmania and Primary Health Tasmania are not liable for any accident, incident or negligence resulting in any claim or damage arising from events/activities/actions undertaken as part of the Community Suicide Prevention & Wellbeing Initiative; and
2. This arrangement may be terminated at any time by the North West Suicide Prevention Trial Working Group if there is a breach of any of the above conditions.

Declaration:

Please sign and date the form below.

I have read, and agree, to be bound by the conditions relating to the Community Suicide Prevention & Wellbeing Initiative.

Organisation/Individual to manage funds: .....

Project Coordinator: .....

Signature:..... Date: .....

Information about suicide and deteriation in someones wellbeing

A diagnosed mental health issues is not always the reason why people die by suicide or attempt suicide.

Many difficult, stressful, upsetting and challenging life situations can put ordinary Australians at risk of suicide. These can include, but are not limited to:

1. Relationship breakdown and divorce
2. Difficulties seeing children and loved ones
3. Unemployment, redundancy and difficulties finding or keeping a job
4. Debt worries, financial difficulties and financial stress
5. Homelessness, or the risk of becoming homeless
6. The experience of family violence or being in an abusive relationship
7. Drug, alcohol and gambling problems
8. Death or loss of a close friend or family member
9. Feelings of hopelessness at situations and not being able to see any way forward
10. Feelings of rejection, sadness
11. Social and geographical isolation – making it difficult to make or keep friends
12. Feelings of loneliness and hope for the future
13. The experience of childhood or adulthood abuse
14. Problems with the law, imprisonment
15. Feelings of guilt, shame or embarrassment
16. Members of the Armed Forces and veterans; post-traumatic stress
17. People who have a family history of suicide
18. People who are ill, physically frail, or disabled and need help to carry out daily functions
19. Physical dependency – being dependent on others for personal care and daily activities
20. People with a health condition, such as dementia, or with illnesses who can see little, or no improvement
21. Social exclusion because one's age, such as being considered 'too old' for a job
22. Forced relocation into assisted living and having to leave or sell the family home
23. Loss or selling of personal items
24. Loss of independence, such as driver's licence
25. Loss of a sense of purpose for one's life, loss of a sense of usefulness

It can often be a combination of these situations listed above which put people at risk of suicide and declined wellbeing.