WESTERN POWER
DISTRIBUTION
Serving the Midlands, South West and Wales
a nationalgrid company

WPD - Community Matters - Loneliness and Social Isolation- FAQs

What is loneliness and social isolation?

We define loneliness as the feelings resulting from a lack of fulfilling social contact. It does not necessarily stem from being alone although this can be a contributing factor.

Social Isolation can be seen as the absence of regular social contact and can contribute to feelings of loneliness.

Loneliness and social isolation are not mental health problems but the two are strongly linked. Having a mental health problem can increase the likelihood of feeling lonely and conversely feeling lonely can increase the risk of developing mental health problems, including depression, anxiety and increased stress.

Why are you focusing on loneliness and social isolation this year?

COVID-19 has had a significant impact on people's mental health over the last two years. Physical distancing, shielding and lockdown measures, first introduced in March 2020, have further increased loneliness and social isolation not just for older people but for people who have been prevented from taking part in their normal social activities due to shielding, public health warnings, heightened anxiety and closure of schools and community services. The risks of pandemic-related mental health problems caused through loneliness are real and early signs are worrying.

We would like to stand in solidarity with communities working to tackle loneliness and social isolation by providing funds to referral partners to help those most in need.

How does loneliness and/or social isolation contribute towards mental health problems?

Loneliness can affect people's mental health in a variety of ways particularly if the feelings have lasted for a prolonged period of time. Feeling lonely can affect people's mood, ability to cope and trigger conditions such as depression which may in the longer term, require medical intervention.

Social isolation can also have a profound effect on mood. Research has shown that strong and regular social connections can improve mood, lower anxiety and help people to manage their emotions whilst social isolation may result in the opposite effect.

Social isolation from necessary government imposed safety measures during the pandemic also

contributed to feelings of frustration and boredom during lockdown and the ongoing anxiety of contracting COVID-19 has resulted in some people being fearful of social connection. We therefore feel that the importance of projects which are building people's confidence in this area cannot be underestimated.

Why can organisations only apply for projects working to combat mental health issues?

We select themes for the Community Matters Fund which reflect prominent issues highlighted in the community. This theme targets loneliness and isolation and its effects on mental health recovery exclusively so that funding is directed to those most in need. We want people to regain their confidence in making connections with others; reducing their feelings of isolation and improving their mental health.

How can I make sure that my project is based in an eligible area?

To be eligible for funding, your project must be based in an area where Western Power Distribution distributes electricity. Please double check you are eligible by entering your address via this link: https://www.westernpower.co.uk/our-network/distribution-area-search

Our charity covers multiple regions served by Western Power Distribution. Can we apply multiple times?

No. We are only able to fund an organisation once; however, your application can deliver activities and benefits across multiple regions, provided that they are all served by Western Power Distribution.

We are based outside of a region served by Western Power Distribution; however, we deliver services in an eligible region. Can we apply?

Yes, as long as you can clearly demonstrate that the project you are applying for is fully delivering benefits within the region served by Western Power Distribution. Please double check you are eligible by entering your address via this link: https://www.westernpower.co.uk/our-network/distribution-area-search

We are supporting people who are struggling with loneliness and isolation, how can I check whether our project meets your criteria?

You can find out about the eligibility criteria and funding themes within this document. Further information is available on the Localgiving website here. If you have further questions please

contact the Localgiving Help Desk on help@localgiving.org.

Is there a limit on what annual income an organisation can have to be eligible?

There is no limit to the annual income an organisation must have to be eligible to receive funding.

When can I apply for funding?

Organisations will be able to apply for funding between 29th March and 24th April 2022.

When does my project need to start and end?

There is no defined date that your project needs to start by; however, your project must be completed by Saturday 31st December 2022.

What date do I need to spend the funding by?

All funding is required to be spent by Saturday 31st December 2022.

When will I find out about the outcome of my application?

You will hear the outcome of your application by Wednesday, 4th May 2022.

When do I need to return monitoring?

You will be required to complete our monitoring form by Tuesday, 31 January 2023   to inform us about the delivery and success of your project.

Can I use funding from other sources to deliver my project?

No. For this funding round, we are looking at funding whole projects exclusively so the money must be used for an independent project, however, we may be able to fund pilot projects on a case by case basis. The funding cannot be used for larger projects.

What do you mean by a larger project?

A larger project is a project that either does not completely focus on combating loneliness and social isolation or that has a project budget over the maximum amount of funding your organisation is eligible to receive through the Community Matters Fund.

To receive funding from the Community Matters Fund, you will need to show how the funding request you are making covers specific activities and outcomes relating to the funding themes.

Can I apply for funding for core costs?

This fund is looking to deliver project funding. Therefore, applications looking solely for funding for core costs are not eligible. Please note, we are happy to fund running costs related to project delivery, such as management, staff and utilities.

How do I get help with my application if I have a question?

You can contact the Localgiving Help Desk on help@localgiving.org. Our office hours are Monday to Friday between 9:30am and 5:30pm.

How does the free membership with Localgiving work?

If you are not an existing or past member of Localgiving and you are successful with your funding application then you will be provided with a complimentary annual membership with Localgiving. This will provide you with access to Localgiving's suite of online fundraising and crowdfunding tools, along with access to other funding opportunities. Unfortunately, Localgiving is not able to work with support statutory organisations through its platform.