



Suicide Prevention Central Coast (SPCC)

RU OK? Small Grants Program

Have you got an idea to promote wellbeing in your community?

SPCC can provide your organisation with a grant to support your RU OK? event.

What is LifeSpan and SPCC?

LifeSpan is a new, evidence-based, community-led approach to suicide prevention. It involves the simultaneous implementation of nine strategies proven to reduce suicide. LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing a suicide crisis.

Suicide Prevention Central Coast (SPCC) is an alliance with representation from local services, organisations and community groups. SPCC is responsible for coordinating the local implementation of LifeSpan, led and supported by the Black Dog Institute. This is an exciting opportunity to have a significant and sustainable impact on suicide on the Central Coast.

Grants

A number of small grants are being offered to assist the staging of RU OK? Day activities or events on or around RU OK? Day.

5 x \$1000 grants	5 x \$500 grants	10 x \$200 grants
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Important Dates

RU OK Day is Thursday 13th September 2018

Grant Applications close Monday 17th July 2018

Notification if successful by Friday 27th July 2018

Eligibility

- Organisations must have an ABN or be supported by an organisation with an ABN, and be undertaking the event on the Central Coast.
- The planned activity must occur on or around RU OK? Day (13th September 2018) and promote the RU OK? messaging and/or suicide prevention.
- Funds are not available for the self-promotion of for-profit organisations or for work that an organisation is already funded to undertake

RU OK? Messaging & Theme

How does your event incorporate the “RU OK?” messaging and theme? Connections and community are proven to increase positive mental wellbeing, so we are definitely looking for events that incorporate this theme. Have a look at the RU OK? website for ideas and information. www.ruok.org.au

What do the judges look for?

Judges welcome applications that are particularly creative, innovative and that connect well with the messaging and the theme. Judges also look for events that work as partnerships between organisations and community groups.

How do I apply?

All grant applications must be submitted via email to info@suicidepreventioncentralcoast.org.au by the **specified date**. You will receive confirmation of receipt of your application.

Please do not post or fax entries.

Who do I contact if I have questions?

Enquiries about the small grants program can be directed to: info@suicidepreventioncentralcoast.org.au



Suicide Prevention Central Coast (SPCC)
RU OK? Small Grants Application 2018

To get this application as a word document that you can type into, email:
info@suicidepreventioncentralcoast.org.au

1. Organisation/Community Group Name: _____

2. Contact Details

Your Name: _____ Phone Number: _____

Address: _____

Suburb: _____ Post Code: _____

Email Address: _____

3. Please provide a brief description of your organisation, community group or school.

(Max 150 words)

4. Please select the grant amount you are applying for:

\$200

\$500

\$1000

NOTE: If you apply for a \$1000 or \$500 grant and are unsuccessful, you will automatically be considered for one of the smaller grants.

Please check this box if you **DO NOT** want to be considered for the smaller grants.

5. Does your event target any one or more of the following? (Please tick)

General Community

Older people

Young people

Aboriginal & Torres Strait Islander people

Culturally And Linguistically Diverse people

Other (please specify): _____

6. Please provide a description of the event you are proposing.

(Max 250 words)

Proposed Event Location: _____

Proposed Event Date: _____

7. Will you be partnering with any other organisations for this event? Please list.



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8. How does your event relate to the "RU OK?" messaging and/or suicide prevention?

(Max 150 words)

9. Please state the aims of the event

(Max 150 words)

10. Please provide details of proposed expenditure for this event. Point form is fine.

Total expected expenses: \$ _____

11. How did you hear about the SPCC RU OK? Small Grants Program? (Please tick)

- | | | |
|--|---|---------------------------------|
| <input type="checkbox"/> CCMHS Communications email | <input type="checkbox"/> Print media | <input type="checkbox"/> Google |
| <input type="checkbox"/> LifeSpan website | <input type="checkbox"/> RU OK? website | |
| <input type="checkbox"/> Social Media (facebook, instagram, etc) | <input type="checkbox"/> Other electronic media (online article, etc) | |
| <input type="checkbox"/> Word of Mouth from other services/organisations | <input type="checkbox"/> Word of Mouth from family/friends | |
| <input type="checkbox"/> Other (please specify): _____ | | |

DISCLAIMER

I confirm that I am authorised to apply for this grant on behalf of the organisation listed.

- By making this application you agree that if you are successful in receiving a small grant but are not able to hold your event you will return the grant funds to the Suicide Prevention Central Coast.
- Grant recipients must also return a brief report on their event. A guide for this report will be provided to successful grant recipients.

I agree

Signature: _____ Date: _____