



## MBCT Accessibility Fund 2017

The Oxford Mindfulness Centre's (OMC) mission is to reduce suffering, promote resilience and realise human potential across the lifespan through mindfulness. Our mission is realised through our research, training and MBCT teaching. As a not for profit charity, our objectives are to ***work actively to make the benefits of mindfulness attainable for all who might benefit***, through building collaborations, partnerships and networks. In line with our charitable aims we are making available **£25,000** to support applications for training, activities or initiatives which widen access to, and participation in, mindfulness-based cognitive therapy and practices.

### Funding Policy

The OMC runs courses, classes and other training, any surplus funds from these activities contribute to our charitable fund, which is dedicated to projects that have demonstrated their contribution to achieving the OMC's charitable objectives. All activities are carefully reviewed in an ongoing way against our mission, impact and effectiveness, risks and sustainability.

Our grants would normally be given on the expectation of:

- o Clear impact, outcomes and/or key learnings
- o Evaluation of impact and/or outcomes, including a brief interim report.
- o Production of a short report at the end of the funding.

### Selection criteria

Priority will be given to those applicants who demonstrate:

1. Evidence of a commitment to promoting widening access to mindfulness to populations and in contexts where there are barriers to access.
2. Suitable training for, or experience of working with, this population/context.
3. A funding need without which the training, activity or initiative could not take place.
4. Ability to meet the [UK Network Good Practice Guidelines](#) for MBCT teachers and trainers

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5. Willingness to work with the OMC post-project on widening access and working with diverse and/or vulnerable populations. This could include communicating through OMC media/social media about the work as an exemplar of good practice in this area.
6. The OMC will prioritise match-funded bids and or show evidence of potential funding to ensure sustainability.
7. Commitment to providing value for money
8. Track record in delivering projects, ideally of a similar innovative nature
9. A letter of support about the applicant(s) and proposal would strengthen an application.

### **Amount of award**

The OMC will consider applications of any amount up to £25,000. However it will prioritise applications of under £4000 as it is particularly keen to utilise this fund to support a number of smaller bids in the first instance. Larger bids will still be considered.

### **Application process**

Applications should be submitted by **9<sup>th</sup> June 2017** by email to [omcadmin@psych.ox.ac.uk](mailto:omcadmin@psych.ox.ac.uk)

The application should set out in **no more than 1,000 words**:

1. The work you and/or your organisation undertake
2. Details of the project - training, activity or initiative
3. Your track record and evidence that your work is effective
4. The measurable impact, objectives and outcomes of the project
5. A detailed breakdown of the costs applied for including: a budget, setting out costings for the lifetime of the project and provide totals for each area of expenditure. The size of the grant requested must be mirrored in the level of budgetary detail provided.
6. If appropriate, any other sources of funding identified, applied for or already secured.

Please keep your application as simple as possible and avoid the use of technical jargon; the review panel will include non-specialists.

### **Information for applicants**

If appropriate it is important that you demonstrate an awareness of, and engagement with, any legislation or policy which affect your field of work. We welcome partnership

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working and collaboration where this is appropriate. If the proposal involves such partnerships please provide evidence of effective partnership working and matched funding as appropriate.

### **Exclusions – what we don't fund**

1. **Capital costs** including building work, renovations, and equipment.
2. **Research projects not specifically related to access and diversity issues**
3. **Retrospective funding**, meaning support for work that has already taken place.

### **Contract**

If successful in your application you will be asked to sign a Grant Agreement with the OMC. This will cover the following areas:

1. Responsibilities
2. Payment
3. Publication/ Dissemination
4. Limitation of liability
5. Governing law, jurisdiction and compliance

### **How is my application assessed?**

<b>Activity</b>	<b>Date</b>
Deadline for applications	12.00pm 9th June 2017
Review of applications by OMC Accessibility Group	23rd June 2017
Recommendations to Oxford Mindfulness Foundation Board	29 <sup>th</sup> June 2017
Applicants informed of result	10 <sup>th</sup> July 2017

We will email you within one week of receiving an application to acknowledge receipt.

### **OMC's Accessibility Group**

All eligible applications are reviewed by the OMC's Accessibility Group. This group is made up of Oxford Mindfulness Foundation Board members, OMC staff and external advisors.

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