

# cavamh Small Groups Grant

## Supporting Mental Health & Wellbeing in Cardiff & Vale

### Who can apply:

New and existing mental health wellbeing groups with an annual income of £25,000 or less and run by people with lived experience of

- emotional & mental health Issues
- neurodiversity
- dementia & minor cognitive impairment

Carers Groups are also welcome to apply

**How much you can apply for:** Up to £500

### What you can apply for

Activities, equipment, projects that improve mental health & wellbeing.

Groups will need to show they:

- Actively welcome and include people from diverse backgrounds
- Provide support over a long period
- Listen to and involve people in deciding activities/equipment needed

**Closing date for applications: Friday 24th January 2025, 12 noon**  
**We will respond in the week of 17th February 2025**

**The grant must be spent by 27th June 2025**

### Further information, application form & guidance

[Download from the cavamh website here](#)

Phone: 029 2022 2000 (you may need to leave a voicemail message)

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Small Group  
Development  
**Project**



**cavamh**

Gweithredu dros Iechyd Meddwl Caerdydd a'r Fro  
Cardiff and Vale Action for Mental Health

Registered Charity No. 1148312 / Company No. 8000094