



Action Project Reference: 21-01

Organisation: Fiji Alliance for Mental Health

Action Project Proposal:

“Highlight funding opportunities and Write Grant Proposals”

Who Are Fiji Alliance for Mental Health?

FAMH was established in 2010 as the peak mental health NGO in Fiji for advocacy, education and destigmatization. Its membership consists of mental health professionals, survivors, carers, academics, Ministry of Health staff and relevant NGOs such as PSA, YC4MH, FSNet, Lifeline, Empower Pacific and Fiji Women’s Crisis Centre. FAMH’s patron is the former first lady Adi Koila Mara Nailatikau.

Mission:

To promote mental health through education, advocacy, capacity building, to support research and service delivery, combat stigma and discrimination about mental illness in Fiji

Our Values:

- Empowerment
- Dignity
- Knowledge
- Leadership
- Advocacy
- FAMH will be a leader in advocating for survivors and carers, people working in mental health, and for mental health promotion in Fiji.

Long Term Aims & Vision:

To develop and maintain a strong and sustainable organisation.

Become an organization at the heart of leading the way to a new way of thinking towards mental health in Fiji.

Our Future Fiji:

- To promote mental health and combat stigma and barriers in the community for people experiencing mental illness and related disability
- To improve mental health care through capacity building, advocacy, awareness raising, education, research and policy development
- To advocate for the integration of mental health care in general health and community based settings including facilities to support welfare and community participation

Current Challenges:

- Funding and finding donors
- No full time office manager and projects manager

Further Information:

Any funding received would be used to hire a full-time office manager as this is the most urgent need for FA4MH.

Key Research & Discussion Areas:

Plan and deliver ...

- What are the key areas that need to be covered in the proposal?
 - How are you going to gain the information that you need?
- Can you find examples of other proposals from charities either in Fiji or elsewhere?
 - What is good about these?
 - How could they be improved?
 - In what ways are the charities aims/operations similar?

Tip: Have a tangible aim which is SMART (specific, measurable, achievable, realistic, and timely)

- What funding opportunities are available?
 - What sources have other charities used?
- How will the proposal be presented?
 - Will you need to complete a number of proposals depending on whether you are

applying for local or overseas support?

- What resources are available to you as you plan and deliver this proposal?
 - What will they be using the money for? - how can you sell this to potential donors to show the importance of the organisation's work?
- How will you ensure that the proposal is sustainable in the long-term?

Create content ...

- What makes this charity unique? - why would people want to invest in it - think about its mission, values and ethics and successes
- What time period should this proposal be covering? - is it for funds for set up or is it to help with long term expansion?

Barriers to success ...

- What barriers are there to the creation of your proposal? How could these be overcome?
 - Can you find any examples of how other organisations have overcome similar issues?
 - What progress has been made to destigmatize mental health in Fiji?
- Why has it been hard to find donors in the past? - identify the barriers and issues and think of ways to overcome these e.g. have all previous attempts been focused in Fiji? - could you think about looking abroad?
- How could you overcome the following types of barriers to the success of your proposal?:
 - Practical (e.g. lack of time for staff to spend on this, how will you distribute your proposal?, will the proposal need to be in English or translated to other languages for overseas investors?)
 - Social (e.g. what are the current attitudes to mental health in Fiji - may these attitudes help or act as barriers when searching for funding? If there is a stigma, how can you challenge these attitudes?)
 - Information and Knowledge (e.g. lack of knowledge about mental health among potential investors? what do you need to know about this sector in order to complete the plan?)

Evaluate ...

- Come back to your original aim - has your proposal achieved the original purpose?
- What method of evaluation will you use/recommend to evaluate the success of the proposal?
 - When should this evaluation take place?
- How can these results be used to continue to improve the proposal?
- How will you ensure that the proposal can be adapted as the organisation grows?

Useful Links:

- Organisation Page: <https://thinkpacific.com/action-project-fiji-alliance-for-mental-health>
- Facebook Page: <https://www.facebook.com/fijiallianceformentalhealth/>
- Government Website on MH: <http://www.health.gov.fj/mental-health/>

Further Questions

Are there any questions you would like to ask Fiji Alliance for Mental Health to assist in completing this project?

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