



## Grants - FAQs

### Frequently Asked Questions – Grants & Support

#### Who can apply for a grant?

We currently support individuals in the UK who are facing hardship due to:

- Mental or physical ill health
- Trauma or loss
- Life-changing events or sudden financial crisis

You do not need to be receiving benefits to apply — we understand that hardship looks different for everyone 🧡

#### What can the grant be used for?

We offer small, one-off grants that can help with:

- Emergency food or clothing
- Transport to attend therapy or important appointments
- Costs related to bereavement or domestic crisis
- Short-term relief while waiting for other support

We're here to offer immediate, practical help when it's most needed.

#### How much can I apply for?

Our grants are usually between £25 and £150, depending on your situation and our available funds. Every application is considered individually.

#### How do I apply?

You can:

- Fill in our short online application form [\[link\]](#)
- Or email us at [\[your email address\]](#) with a few details about your situation

If you need help filling in the form, we're happy to assist.

#### Do I need to send evidence?

We don't ask for a lot of paperwork — we trust you. But we might ask for basic information like:


- A short description of your circumstances
- What the grant would help with
- Details of someone who can support your application (could be a support worker, carer or medical professional)
- Proof of bank details and / or email and phone number, for payment

All information is kept confidential.

**How quickly will I hear back?**

We aim to respond to all applications within 14 days. If it's urgent, let us know and we'll do our best to help sooner.

**Will I need to pay the money back?**

No. Our grants are gifts, not loans. We give them with no strings attached, to help you through a difficult time 


**Can I apply more than once?**

We may be able to help again in the future, but our grants are mainly for one-off emergency support. If you've already received a grant, you're welcome to contact us again and we'll review it case by case.

**I'm applying on behalf of someone else — is that OK?**

Yes, we do accept referrals from professionals, charities, or support workers with the person's permission. Please contact us for more details.

**I'm not sure if I'm eligible — what should I do?**

Reach out. If we can't help directly, we'll try our best to signpost you to someone who can  You deserve support, even if you're unsure how to ask for it.