



Please ensure you read the following information carefully

Eligibility

1. POD invites applications from:

- Young people aged 17–24 years old, who are New Zealand citizens or permanent residents.

2. Applicants must:

- Submit a complete application and be available by phone or email to answer any questions the selection panel may have.
- Sign an agreement if selected. (You may be asked to provide proof of age.)
- Attend all workshops and one graduation day during the duration of the POD programme –
- Be able to complete the project within the given timeframe (approximately 6 months)
- Have written support from one referee who can vouch for your creative skills and experience (cannot be a family member).
- Be willing to promote themselves and the project using social media and other forms of communication.
- Be available to present the project to agreed audiences during the duration of the grant and upon completion.
- Provide a final project report (including evaluation results).

Guidelines

1. Projects should not require participants to leave their jobs or study.
2. Projects must be carried out in New Zealand and be relevant to New Zealanders.
3. Projects may be the work of more than one person. An idea might be suitable as a group project, however one person must be named as lead applicant.
4. Preference will be given to proposals that are well thought through, clearly demonstrate how the project will contribute to reducing stigma and discrimination associated with mental distress and increase social inclusion.
5. If a project requires funding, applicants must show they have secured this funding.
6. Applications for research projects, service delivery or study costs **will not** be accepted.
7. Projects about suicide, eating disorders, autism, or neurological disorders **are not included** for this incubator.

Selection process

1. Applications must be received by 5pm, on due date listed.
2. Accepted applications will receive a letter of receipt within 5 working days.



3. The selection panel may phone/email applicants with additional questions.
4. The Mental Health Foundation and Affinity Services appoint the selection panel. Panellists comprise of young community leaders with understanding and awareness of stigma and discrimination associated with mental distress, as well as experts in communication and the creative arts.
5. Successful applicants will be notified 2 weeks after the application closing date.
6. The decision of the selection panel is final and no correspondence will be entered into.

Checklist

Your application must include the following:

1. A completed application form.
2. A project proposal up to 900-words. It should:
 - a. Explain your interest in mental health issues and your reasons for applying.
 - b. Describe your project. What is your idea and how will it increase social inclusion and reduce stigma and discrimination for young people with experience of mental distress?
 - c. What you think is innovative or creative about your project.
 - d. Tell us what you are hoping to get out of this experience and what inspires you about it.
 - e. What particular skills/experience do you have that will help make this project a success? (If relevant, also list the skills/experience of your other team members.)
 - f. Discuss any potential obstacles that may be encountered and how you will address these.
 - g. Identify your planned audience (who your project will reach) and explain how the project will be promoted to that audience and the potential impact it will have.
 - h. Explain how you will ensure your project is accessible (large font, wheelchair access, sign language, etc)
 - i. Explain how you intend to measure the success of your project.
3. An indication how much you think the project will cost and how you intend funding it.
4. Up to 3 recent examples of your previous creative and/or social media work.
5. One letter from a referee who is familiar with your creative skills and experience and can comment on your abilities and potential. They could include a current or recent employer, a teacher or a lecturer. They must be aware of the project and be supportive of your application.

We recommend you visit www.pod.org.nz and www.likeminds.org.nz for more information about social inclusion and the issues and challenges of reducing stigma and discrimination associated with mental distress.

If you have any questions or would like additional information, please email pod@mentalhealth.org.nz or call (09) 623 4810.