



MBCT Accessibility Fund 2018

The OMC's mission is to reduce suffering, promote resilience and realise human potential across the lifespan through mindfulness. **We work actively to make the benefits of mindfulness attainable for all who might benefit.** 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 mindfulness practices.

Selection criteria

Priority will be given to those applicants who demonstrate they have:

1. Suitable training for working with and experience of this population/context.
2. A commitment to promoting widening access to mindfulness to populations and in contexts where there are barriers to access because of race, ethnicity, culture, sexual orientation, gender, socio-economic status, religion, age and/or ability, ideally evidenced with a track record.
3. Suitable training for, or experience of, working with this population / in this context.
4. A funding need without which the training, activity or initiative could not take place.
5. The ability to meet the Good Practice Guidelines
mindfulnessteachersuk.org.uk/pdf/teacher-guidelines.pdf to be listed on [ACCESSMBCT](#) or the [UK Teachers Listing](#) as an MBCT teacher, or are eligible to be listed, and are considering applying.
6. A commitment to working 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.

Amount of award

The OMC will consider applications of any amount up to £25,000. However, it will prioritise applications of under £4,000 as it is particularly keen to utilise this fund to support a number of smaller bids in the first instance.

Application process

Applications should be submitted by 21st July 2018 via the electronic application which can be accessed here: <https://www.surveymonkey.co.uk/r/MBCTAccessibility2018>
Outcomes will be communicated to applicants on 1st August 2018

If funding is awarded the applicant would be expected to produce a short report at the end of the funding term.