

BUILDING POSITIVE RELATIONS – REGIONAL LEVEL PROJECTS

Building PEACE through Emotional Resilience for Today and the Future

1. The Peace IV Programme

The EU Programme for Peace and Reconciliation is a unique Structural Funds programme aimed at reinforcing progress towards a peaceful and stable society in Northern Ireland and the Border Region of Ireland. It represents the European Union's commitment to supporting the peace process across the region and was initially launched in 1995.

The PEACE IV Programme 2014-2020 represents a European Regional Development Fund (ERDF) investment of €229m and will provide support to projects that contribute towards the promotion of greater levels of peace and reconciliation. The Programme will also place a strong emphasis on promoting cross-community relationships and understanding in order to create a more cohesive society.

The core objectives of PEACE IV will be to support actions that will develop and deepen reconciliation between divided communities; increase tolerance and respect, promote increased community cohesion and contact, enhance cross-border cooperation and address the legacy of the past.

2. Summary of call – Building PEACE through Emotional Resilience for Today and the Future

The PEACE IV Programme is making a call for applications for a regional project under the specific objective:

To promote positive relations, characterised by respect, and where cultural diversity is celebrated and people can live, learn and socialise together, free from prejudice, hate and intolerance.

The output indicator (to be achieved by 2021):

- **Regional level projects that result in meaningful, purposeful and sustained contact between persons from different communities.**

Three indicators have been identified that will indicate progress towards increased good relations and respect:

- An increase in the percentage of people who think relations between Protestants and Catholics are better than they were five years ago from 45% to 52%.
- An increase in the percentage of people who think relations between Protestants and Catholics will be better in five years' time from 40% to 48%.
- An increase in the percentage of people who know quite a bit about the culture of some minority ethnic communities from 30% to 38%.

These result indicators will be monitored from information collected by the Northern Ireland Life and Times Survey.*

Although the Northern Ireland Life and Times Survey relates to Northern Ireland only we anticipate the successful project to collect attitudinal evidence of progress towards good relations.

A maximum value of €6.4M (ERDF / Accountable Department match) has been allocated to this call. The SEUPB is seeking to award funds to **one project** that will impact on a regional basis i.e. across the eligible area of Northern Ireland and the Border Region of Ireland.

The timeframe is as follows:

- Opening Date: 22nd March 2019
- Closing Date: 24th May 2019
- Steering Committee 25th October 2019
- Workshop Date: 10th April 2019

There has been a significant and sustained reduction in the overall level of violence directly related to the conflict. However, there is evidence of continued high levels of sectarianism, racism and division. The increasing levels of ethnic diversity alongside relatively high levels of socio-economic deprivation, the continued legacy of the conflict and ongoing presence of paramilitary influences in some areas presents new challenges for individuals in terms of their well-being and ability to engage on a wider level both within their communities and with other communities. This manifests itself in disengaged, disconnected communities where there are

significant barriers to integration and individuals do not feel equipped and empowered to play a full and meaningful role within society. Due to the history of division in Northern Ireland and the Border Region, some sections of society have not yet developed the capacity to deal positively with diversity, difference and the concept of ‘other.’ This impacts on well-being at an individual level, which we see manifested through high levels of mental health issues, reliance on alcohol and substance misuse. This also has wider implications for communities that exhibit the symptoms of inter-generational trauma, continue to live under the shadow of paramilitary influence and coercive control and cannot fully reap the benefits of peace because of lack of confidence and resilience.

This call seeks applications for a project which will provide **meaningful, purposeful and sustained contact between persons from different communities** to support the development of confident, resilient, self-sustaining communities. It is envisaged this will be established through the establishment of cross-community and cross-border partnerships based on developing Emotional Resilience and promoting Well-Being within the eligible region to support community cohesion.

The Project will address and support the development of Emotional Resilience to combat the impact of trauma arising from conflict through new innovative ideas which tackle the challenges that prevent proper and effective development of community cohesion. It has been cited in a number of publications on conflict (Conflict, Peace and Mental Health (David Bolton, September 2017)) that more than 200,000 people in Northern Ireland are struggling daily to cope with ‘Troubles-Related Trauma’ and that Northern Ireland has the world’s highest rates of post-traumatic stress disorder ahead of regions that have experienced conflict like Israel, South Africa and Lebanon. The cross-border study of Muldoon et al (2008) noted that residents of border counties on either side of the border experienced mental health difficulties which they directly associate with their experience of trauma and violence.

Thoits (2010) states that traumatic experiences and stressful life events can increase our risk of developing mental health problems. The Royal College of Psychiatrists (2013) identified serious accidents, military combat, violent assault, terrorist attacks, natural or man-made disasters or being diagnosed with a life-threatening illness as being significant traumas that increase the risk of mental health. Kessler, McLaughlin and Green (2011) state that those who are likely to have experienced traumatic events have increased risk of mental health problems, including looked after children who have a fivefold increased risk of any childhood mental health problem. The importance of trauma and its impact is emphasised by the Department of Health (2011) in their report entitled “No health without mental health: A cross-Government mental health outcomes

strategy for people of all ages” that traumatic and stressful life events can be accumulative – the more adverse childhood experiences the increased likelihood of suicide attempts in adulthood. The legacy of the conflict is not restricted to those immediately affected in political and civic society, it is clearly manifesting itself in a younger generation – while they are too young to have experienced the conflict first hand they can present issues comparable to those who have. The University of Ulster in their report on the trans- generational legacy of the troubles¹ concluded that there is ongoing impact of trans- generational trauma. They stated that children born after the Good Friday Agreement continued to suffer the consequences of poor mental health associated with conflict trauma but also as they are living under the present, ongoing threat of paramilitaries. The report also reported that a significant number of individuals who directly experienced decades of violence and social deprivation have gone on to develop serious mental health and substance disorders. A report published by the Queen’s University of Belfast in 2016 noted the ultimate societal impact of this by stating that ‘if the emotional consequences of conflict (e.g. suspicion, fear and anger) continue to be transmitted to future generations, intergenerational trauma is likely to ‘freeze’ people and groups in the past, and make transformation to a more just, equal and peaceful society less possible.²

Mental Health and Communities

Mental health for each person is affected by individual factors and experiences, social interactions, societal structures and resources, and cultural values. It is influenced by experiences in everyday life, in families and schools, on streets, and at work (Lehtinen, Riikonen & Lahtinen 1997; Lahtinen et al. 1999). The mental health of each person in turn affects life in each of these domains and hence the health of a community or population. The World Health Organisation in their Mental Health Action Plan (2013-2020) report that the determinants of mental health and mental disorders include not only individual attributes such as the ability to manage one’s thoughts, emotions, behaviours and interactions with others, but also social, cultural, economic, political and environmental factors such as national policies, social protection, living standards, working conditions, and community social supports. Mental Health Action Plan 2013–2020, WHO.

The focus of Building PEACE through Emotional Resilience for Today and the Future is on building good relations and reconciliation through investing in community mental well-being

¹ https://docs.wixstatic.com/ugd/198ed6_87e9d0a63623423497f4d0693ac7314d.pdf

² http://pure.qub.ac.uk/portal/files/16704114/Fargas_Dillenburger.pdf , p.3.

and the capacity of local communities to address mental health issues attributed to trauma based issues either through the legacy of the conflict, anti-social behaviours through paramilitary influences/peer pressure, isolation, marginalisation, witnessing of events i.e. punishment beatings etc. particularly for their young people. These challenges are preventing young people in these communities from fully engaging with their peers from other areas and impacting on their ability to fully embrace the benefits of a more peaceful society and to play a more meaningful role in the life of their community.

The Project will act as a vehicle in facilitating the avoidance of traumatisation and through this can promote peace building, create the environment for peace and thus address entrenched social / community cohesion problems that will help to deliver positive change to our communities and societies.

The project will enable a greater understanding and awareness of trauma and its impact on communities and will enable opportunities for sustained, meaningful and purposeful contact between individuals and groups of different backgrounds and on a cross border basis. Through this contact the activities supported will result in a reduction in isolation, polarisation, division, prejudice, sectarianism, racism and stereotypes between / among groups. The project will also pay particular attention to minority groups and groups who traditionally have been marginalised in society by trauma on an inter-generational basis so that opportunities will be created that allow for a greater degree of participation and integration in society. It is expected that the confidence and resilience that will be grown at an individual level, will also be manifested through stronger capacity at a group and organisational level within communities. This will result in stronger, more confident, outward-facing communities that are more cohesive, which will facilitate more positive relations with other communities on both a cross- border and cross-community basis.

Building PEACE through Emotional Resilience for Today and the Future offers a pathway demonstrating how segregation and intolerance can be challenged within both a trauma informed care and cross community engagement framework. Focusing on the determinants of mental well-being and how these can be addressed through a project supporting mental health interventions will help improve the well-being of communities which will in turn enable and facilitate the enhancement of cross community contact and more sustainable relationships. This will be achieved through a greater awareness and understanding of the impact of the conflict, the conflict itself and opportunities to engage and share experiences and how communities have improved. The project will take positive action to address barriers impacting on community relations, as well as providing access to appropriate support such as attitudes to mental health,

maladaptive coping skills, and poor knowledge of available services and myths about professional help.

3. Essential information

The call for applications should be read in conjunction with the following:

- Cooperation Programme and associated Citizens' Summary
- The Programme Rules
- Guide for Applicants
- European Commission Guidance for the Simplified Cost Options (including unit costs)
- PEACE Output Indicator Guidance

Please consult these documents before completing the application form as they contain essential information to assist you in making the best application possible.

Applicants may also find it useful to consult the 'Impact Assessment Toolkit for Cross Border Cooperation'. This toolkit has been developed by the Centre for Cross Border Studies, as part of an INTERREG IVA funded project and is intended to be a practical guide to assist with planning cross-border projects. A copy of the toolkit can be downloaded from our website: www.seupb.eu

4. Project Selection Criteria

The following selection criteria will be used:

(a) Each operation will have to demonstrate how they contribute to the results and outputs of the themes.

- Particular focus will be given to the direct contribution to peace and reconciliation.
- Projects will have to demonstrate that they are creating opportunities for sustained meaningful and purposeful contact between people and groups of different backgrounds and in so doing contribute to the result and outputs of the call.
- Projects have to demonstrate their essential regional characteristics, including the rationale for regional implementation and regional impact (as opposed to local implementation and local impact). It should be noted that the project is expected to have a programme of activity within targeted areas across the eligible region, however,

this activity must ultimately lead to a an impact at the regional level, through the sharing of learning and guidance;

- Projects should address strategic and policy issues of relevance to the region and should not be engaged in widespread service delivery at the local level.
- Projects will be required to work alongside and through local community infrastructure to ensure transfer of learning and building of capacity.

(b) Quality of the project design

- Projects will have to demonstrate a direct link between their proposed activities and the proposed impact of the project.
- Particular attention will be given to measures to ensure the inclusion of the marginalised or other target groups.

(c) Quality of the project team, partnership and implementation arrangements

- Projects will have to demonstrate that the project team have the right skills and experience to lead the project, and that the project structures will be able to deliver on the peace and reconciliation outputs.

(d) Value for money

(e) Quality of cross community and cross-border co-operation with demonstrable added value

- It is expected that regional projects should impact on the programme area. Cross border co-operation is necessary through the development of appropriate partnerships and implementation arrangements where these add value to the delivery of the Programme. The project will have to demonstrate how it will effectively ensure participation from all communities in their activities.

(f) Contribution towards sustainable development

- Projects will be required to consider how their activity can be designed to positively contribute towards this horizontal principle.

(g) Contribution towards equality.

- Projects will be required to consider how their activity can be designed to positively contribute towards this horizontal principle.

5. Eligible Region

The proposed targeted area for the activities are:

- Northern Ireland - The Urban Village initiative has significant potential to be a focal point for a comprehensive and joined up approach by departments and wider stakeholders in support of the strategy's overarching priorities and commitments.

The Five Urban Villages are located at:

- Greater Ardoyne and Ballysillan (North Belfast)
- Colin (West Belfast)
- Newtownards Road – known as Eastside (East Belfast)
- Sandy Row, Donegall Pass and the Markets areas (South Belfast)
- The Bogside and Fountain (Derry~Londonderry)

In the Border Region of Ireland the following counties (Counties Cavan, Donegal, Leitrim, Monaghan and Sligo).

There will be no duplication with statutory health or social service provision in either Northern Ireland or the Border Region of Ireland, and this theme will not fund statutory service provision.

6. What is the theme “Building Positive Relations at a Local level – Regional Level Projects” going to achieve?

Some issues and target groups can be better accommodated through regional level initiatives that transcend local authority boundaries. These regional initiatives will also facilitate cross-border co-operation. The project will pay particular attention to minority groups and groups who traditionally have been marginalised in society so that opportunities will be created that allow for a greater degree of participation in society.

The project should support groups particularly the significant mental health requirements of children, adolescents and young adults, thus demonstrating the need for a community based response to mental health prevention, early intervention and recovery for young people.

The 3 year project should be designed to insure it is inclusive in nature and will ensure meaningful, purposeful and sustained contact between people of different backgrounds, and which have the capacity to change attitudes and behaviour. Initiatives should evidence a direct

commitment to tackling real and complex issues, such as sectarianism and racism through the promotion, prevention and early intervention and recovery relating to mental health and Emotional Resilience within communities.

7. Anticipated Actions

It is anticipated that the Programme will fund a project with the following types of actions:

- Reinforce progress towards a peaceful and stable society through the promotion of reconciliation amongst all communities;
- Builds, improves and sustains relationships between communities by addressing issues of trust, prejudice and intolerance through a programme of activity addressing the capacity of communities in relation to Emotional Resilience;
- Improves the mental resilience of Children & Young People by building their confidence and ability to get involved and engaged through shared learning and activities within their own local community (through the medium of mental health) on a cross-community and cross-border basis, thus promoting a sense of inclusiveness, tolerance and respect;
- Challenging Children and Young People stereotypes of one's own and other communities/identities through improving and building mental resilience and developing adaptive and positive coping strategies.
- Improves the confidence and ability of Children & Young People to integrate within their community and engage with wider communities on a cross-community / cross-border basis through speaking openly about their trauma conflict and behavioural health related problems and reduce the negative impact of stigma through education, dialogue, cultural activities.
- Develops cross-border / cross-community solution focused approaches to resolving the identified barriers and challenges to cross-community and cross-border service delivery which exacerbates the social isolation of young people and heightens the increased risk of community tensions and mental health problems; and
- Develops a model of good practice which can be replicated in other cross-border regions and/or in the EU.

The programme represents an inclusive, participatory approach and aims:

“To enable Children & Young People to understand, feel empowered and have confidence to act and participate fully in their own community and wider communities where they can encourage and build positive relationships to develop their role in peace building within their own community and in other areas on a cross-community / cross-border basis.”

It must deliver on the above activities and outputs through an array of activity which uses Emotional Resilience as a driver for Community Cohesion. The project will seek to create a space to test models via Emotional Resilience which stimulates promotion, prevention, early intervention and recovery thus fostering sustained cross community and cross border contact around Emotional Resilience which should ultimately lead to improved good relations and more robust, sustainable communities.

Activities may include, but are not limited, to the following:

- Training Programmes Designed and Delivered focusing on Parents / Guardians / Grandparents, Youth Leaders, Teachers, Young People and Children through professionals within the field of Emotional Resilience and Good Relations;
- Regional Based Themed Programmes eg.(sports, dance, music, arts, drama etc.) events, activities, workshops;
- Shared Integrated Best Practice Guidelines developed and implemented for community based organisations on Emotional Resilience;
- Shared Spaces/Emotional Recovery Colleges* in each geographic targeted area;
- Peer Mentoring Programmes; and

Design and development of a Social Media App. (Not including ongoing running costs)

*the Shared Space/Emotional Recovery Colleges will not be new capital build projects funded under this call but are likely to be existing spaces. It is envisaged that this will be programmed activity in existing infrastructure.

The delivery model consists of the following key components:

- Co-design, implementation and sharing within and across the geographic areas through the development of training resources, delivery of training, delivery of programme activities, development and implementation of policies and communication

strategies;

- An integrated approach to building good community relations and promoting reconciliation through Emotional Resilience interventions and capacity building;
- Managed, planned, designed and implemented through a partnership approach – both in terms of Emotional Resilience and good relations provision and with broader community partners including young people and children;
- A coherent approach through the child or young person's educational/social youth provision pathway from the age of 3-24 years;
- Shared resources within the geographic areas i.e. learning materials, digital communications;
- Shared contact between children and young people and stakeholders from different community backgrounds within the geographic areas;
- Shared Children and Young Peoples Emotional Resilience Colleges within the geographic areas.

It is anticipated the project will be delivered in a 3 year timeframe.

The SEUPB will establish a **Consultative Advisory Panel of key stakeholders from relevant Programme areas** to advise and assist with regional cross-community and cross-border sharing of learning. The Advisory Panel will be responsible for ensuring that the PEACE cross community and cross border impact of the Programme is maximised by developing and nurturing a strong outputs and results focus. The Panel will also include key personnel from existing projects within INTERREG, PEACE and National Programmes to avoid duplication and promote complementarity.

SEUPB will commission an evaluation of the Project as agreed by the evaluation steering group and published in the evaluation plan. The evaluation activity will include a Conference showcasing regional, national and international best practice in the area of Community Cohesion and Emotional Resilience.

The project should seek to create a space to test models which stimulate and develop ideas which lead to the creation of new and/or the development of existing trauma based informed approaches through Building PEACE through Emotional Resilience for Today and the Future.

The fostering of sustained cross-community and cross-border contact and relationships around the Emotional Resilience should ultimately lead to improved good relations and more confident, resilient and sustainable communities.

8. Budget and co-financing rate

A maximum value of €6.4m (ERDF / Accountable Department match) has been allocated to this call.

The level of grant aid may also be adjusted to take due account of state aid and/or anticipated future revenue streams. Please consult the Programme rules for further details.

Grants and payments may take any of the following forms:

- (a) Reimbursement of eligible costs actually incurred and paid;
- (b) Standard scales of unit costs;
- (c) Flat-rate financing, available for overhead costs or salary costs.

The above options may be combined only where each option covers different categories of costs or where they are used for different projects forming a part of an operation or for successive phases of an operation.

For planning purposes applicants are to use an exchange rate of £1 = €1.18.

A successful project, where there are cross-border partners, will be issued with a Letter of Offer in Euro. A successful project that has Northern Ireland partner(s) only, may request a Letter of Offer in Sterling.

8.1 Simplified Cost Options (SCO)

In order to simplify the administration of grant aid, the SEUPB would propose to use simplified costs options for the administration of this theme. It is envisaged that the relevant simplified cost options will include both flat rates and unit costs, as outlined in the Programme Rules.

8.2 Flat Rate

Office and administration costs (overheads) will be funded at a flat rate of 15% of direct salary costs. No justification is required.

8.3 Unit Costs

The use of unit costs, where applicable, is desirable in this area of the programme and, accordingly, applicants are encouraged to present unit costs. Where applicants take this opportunity, unit costs are to be presented and evidenced in accordance with the European Commission's guidance for the preparation on unit costs.

Unit costs must be:

- Fair – based on reality, not excessive or extreme
- Equitable – it does not favour some beneficiaries or projects over others
- Verifiable – determination of flat rates, standard scales of unit costs or lump sums should be based on documentary evidence which can be verified.

Applicants must document as a minimum:

- The description of the calculation method, including key steps of the calculation
- The sources of data used for the analysis and the calculations, including an assessment of the relevance of the data to the project(s), and an assessment of the quality of the data
- The calculation itself to determine the value of the Simplified Cost Option (unit cost).

The Common Provisions Regulation (CPR) specifies that the following may be used in evidence to support Simplified Cost Options:

- 'Statistical' data or other objective information
- The verified historical data of individual beneficiaries
- The application of the usual cost accounting practices of individual beneficiaries.

When providing calculations of unit costs, applicants must provide accounting data over at least three years so as to identify any potential exceptional circumstance which would have affected costs in a specific year as well as the tendencies in the cost amounts.

Where unit costs are presented, applicants will be able to suggest modifications to the overall financial allocations.

9. Application process

A one stage application process will be in place for this call. Full details of the assessment process, including admissibility criteria is also available in the Guide for Applicants.

You can apply on line through the SEUPB website, for further information please see www.seupb.eu

10. Contact Us

For general enquiries about this call please contact the SEUPB on: Tel: + 44 2890 266660

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