

Our 2020-23  
plan.

**TINY  
CHANGES**

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A community of tiny  
change makers, working  
together to help young  
minds feel better.

A stylized letter 'H' in blue and red, centered on a yellow square background.A stylized letter 'O' in green and white, centered on a pink square background.A stylized letter 'P' in pink and yellow, centered on a dark blue square background.A stylized letter 'E' in red and black, centered on a yellow square background.

Tiny Changes is a Scottish mental health charity, set up in May 2019 by the family of Frightened Rabbit frontman Scott Hutchison.

Scott John Hutchison was the light from which Tiny Changes was born. He was best known to most as the lead singer and songwriter in the band Frightened Rabbit. Through his music and art Scott made tiny changes that had a big impact. His honesty and openness about his own mental health inspired people from all walks of life.

Following Scott's death in May 2018, his close family were determined that something should carry on. Scott was always honest about his own mental health struggles and they felt sure he would want his voice to continue to be heard. This legacy inspired a bold vision; to make young minds feel better.

75%

of mental health  
problems are  
established by 24.

We believe that young people need our support now more than ever. Early intervention is essential to improve mental health, but our public services are struggling to cope. Tiny Changes was set up to transform young people's mental health in Scotland.

# This is how we can help.

## 1

### **Listen to people with experience**

We don't have all the answers. We don't even yet have a full picture of the problem. So we listen to young people themselves, as well as established experts and those involved in existing work being done to help young minds. This is critical to the success of Tiny Changes in improving mental health services and support for young people.

## 2

### **Raise money to support innovative ideas**

We are incredibly grateful for the generosity of everyone who donates money to support Tiny Changes and we continue to work hard to raise more funds. Every penny donated is hard-earned and very much appreciated. This money will be spent wisely; in part by giving grants to people and groups supporting young people's mental health in Scotland.

## 3

### **Talk to people who can make a difference**

We are raising awareness of the importance of children and young people's mental health. With the general public and at senior levels of government, speaking truth to power so that we can change the path we are on. We will do this as a broad community of like-minded individuals, who want something better for the children and young people of today and tomorrow.

We are

HOPEFUL

BRAVE

HONEST

KIND

in everything we do.



Drumroll please...



With your support, we're working towards three big goals by 2023. We call these our 'strategic outcomes'.



**BUILDING A COMMUNITY.**



**RAISING VOICES.**



**INSPIRING CHANGE.**

# BUILD

## Building a Community.

We are building a community of tiny change makers. People from all walks of life with a shared goal to transform young people's mental health in Scotland. We are joining together to share stories, ideas and to create a better future. As a community we are strong.

This outcome is about being a well-run and sustainable organisation and partner that is ethical and open and that lives its values.

# RAISE

## Raising Voices.

We listen to the views and experiences of young people to influence our learning. We raise our collective voices to improve understanding of young people's mental health, reduce stigma and discrimination and to influence people in power to deliver long-lasting change. Every voice matters and standing together makes us louder.

This outcome is about raising awareness and achieving support for children and young people's mental health issues and valuing and amplifying young voices.

# INSPIRE

Inspiring change.

We raise money to fund ideas that make young people feel better. Ideas that change attitudes, deepen understanding or provide much-needed support to young people in communities all over Scotland.

This outcome is about identifying projects to invest in that align with our values and evaluating impact, so our work continues to improve.

Together, we'll make  
tiny changes to earth.

To find out more about how you can partner with Tiny Changes, please contact:

[info@tinychanges.com](mailto:info@tinychanges.com)

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