

Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	Bury St Edmunds Volunteer Centre
Amount Requested	£6,586
Total Project Cost	£6,586
Match Funding	None
Partnerships	Norfolk and Suffolk Foundation Trust as well as a good working relationship with a wide range of local charities
West Suffolk Bid?	Yes

Key Points

- Bury St Edmunds Volunteer Centre undertake charitable activities in Bury and the surrounding area which includes: community transport and programmes to support people with mental ill health, learning disabilities and family carers.
- The BSTVC are seeking funding to deliver a project focusing on adults experiencing mental health issues. Cognitive behaviour therapy programmes as well as support groups would be made available for people living in St Edmundsbury.
- Previous work has been funded by an Awards for All grant which has now ceased and since then there has been no support of this kind in St Edmundsbury.
- Many requests from the Norfolk and Suffolk foundation Trust are received who wish to refer people onto a programme to aid their recovery and support them through difficult times.
- BSEVC is a member of Suffolk Voluntary and Statutory Partnership for Mental Health (VASP) and the Chief Officer is the chairman so has great links across this area of work.

**St Edmundsbury Borough Council
Community Chest Grant Application Form
Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:
richard.baldwin@westsuffolk.gov.uk

1. Name of your organisation(s):

2. Organisation address details

Address Ln1	Southgate Suite,		
Address Ln2	Ask House		
Address Ln3	2 Northgate Avenue		
City/Town	Bury St Edmunds	Postcode	IP32 6BB
Main phone	01284 766126	E-mail	chiefofficer@bsevc.co.uk
Website	www.bsevc.co.uk		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Mrs
Forename	Hazel	Forename	Sue
Surname	Pidsley	Surname	Jay MBE
Role	Chief Officer	Role	Vice chairman
Daytime Tel No.	01284 766126	Daytime Tel No.	██████████
Mobile No.	██████████	Mobile No.	
Email	chiefofficer@bsevc.co.uk	Email	██████████
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

About your organisation

3. What local authority area(s) does your organisation work in?

St Edmundsbury, Forest Heath, Mid Suffolk, Babergh, Ipswich, Suffolk Coastal, Waveney

*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	x	Charity number: 1004198
Applying for charitable status		
Company limited by guarantee	x	Company number: 2636217
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	5	Service users	850
Full Time staff / workers	1	Volunteers and helpers (non-management)	50
Part Time staff / workers	2		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

To undertake charitable activities in Bury St Edmunds and surrounding area including:
 Community transport including transport for frail, elderly and rurally isolated people. We have nearly 900 people who are registered to use the transport services
 Community car service available seven days a week, provides transport for people which includes a sit and wait service.
 Accessible minibuses for hire by voluntary and community groups.
 We offer a programme of excursions for the year to places of interest, thus ensuring people can enjoy activities and keep living independently.
 Programmes to support people with mental ill health, Learning disabilities and family carers across the county
 Recruitment and support of volunteers

7. What was your organisation's total income for last financial year?
8. What was your organisation's total expenditure for last financial year?
9. Does your organisation have more than six months running costs? Yes / No
10. What are your organisation's current unrestricted reserves or savings?
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:

	A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
	People playing a greater role in determining the future of their communities.
x	Improved wellbeing, physical and mental health.
	Accessible countryside and green spaces.

About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

The project focuses on adults experiencing a mental health issues. We would deliver 2 x 6 week cognitive behaviour therapy programmes and 2 support groups offering ongoing support in to people living in St Edmundsbury. We have found the support group to be invaluable to those who are waiting for the 6 week programme or who have been on the programme and looking for some support to continue with their ongoing recovery. However, we have also found the support group to be very valuable to those who need some support whilst they are experiencing stress and anxiety dealing with everyday pressures. The support groups would meet monthly.

To ensure people do not become dependent on the group and therefore do not move on, we have devised a programme of solution focussed therapy which enables clients to identify their current situation, where they want to get to and how they can best be supported to make positive changes in their lives.

This will be a 3 month or 6 month programme devised for each client depending on their presenting need. Clients will be supported and encouraged to make small step changes in their thinking and behaviours which in turn will bring about changes in their feelings and emotions and how they deal with everyday

issues and relationships.

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

National statistics show that one in four people have a mental health issue, and in reality this could actually not include people who have short crises in their lives that lead to a temporary mental health illness. We have run support groups and programmes across the county and what we offer is unique. We have run support groups in Bury St Edmunds and Haverhill, and two programmes in the past funded for one year by Awards for All and these were well received by people attending. Since the funding ended in 2014 there had been no support of this kind in St Edmundsbury.

We receive many requests from the NSFT staff who have people who could be referred onto the programme to aid a person's recovery and support them through difficult times.

From delivering 'What About me' to groups in the past, the feedback we have received includes the following:

- I thought everyone else had the problem
- When starting the group, I thought I would be wasting my time; I have learned so much about myself I now know I had buried in my 'bag'
- If it hadn't been for the group I would never have believed my anger was my own, I always thought it was others winding me up
- I no longer have to carry my guilt
- 'This programme has been fabulously beneficial. I had no idea that life could improve. Thank you both'
- 'I feel that I have really benefited from being part of a small group to discuss problems and resolutions with. The whole atmosphere has been calm and friendly'
- 'as a result of attending the programme I feel calm'
- 'have learned a lot through this course and was pleased at being with other people who are like minded. Thank you very much!'
- 'I seem to be able to deal with my situation better'
- 'I have been given a lot of ideas by the facilitators and people attending the course that will help me. It's good to know you are not alone. The way it was presented was

excellent and I feel I have changed in several ways at the way I approach each day'

- I found it very interesting to learn about new ways to deal with things'
- 'Very good- "could do with more". Programmes like this are needed all over the place. This type of course does not happen or run by anyone else – it is unique.'
- 'I learnt a lot about how to cope.

14. How will the project help local people to support one another?

Feedback we have received from people attending similar groups, is that feeling of not being alone and that many people in our society have mental health issues at some point in their lives. People attending the programmes and support groups establish close bonds with one another and offer support to one another through friendship, experiences and offering empathy and understanding and solutions to each other. The group dynamic is a very important aspect of the delivery and through the groups there is support by the facilitators to encourage peer support to enable participants to move forward from their situation.

15. Are you working with any other organisations on this project? Yes
If yes, please state the names of these groups and the nature of the relationship.

NSFT Integrated delivery teams will identify people who are need this type of support and refer them to us.

BSEVC has a long established relationship with many organisations, including Suffolk Family Carers, Age UK Suffolk, Crossroads Caring for Carers, Disability Resource Centre, Avenues East, The Befriending Scheme, Suffolk Wellbeing Service. BSEVC would work through these organisations by publicising our activities and working with them to identify new beneficiaries who may want to access the programmes or the support groups.

BSEVC is a member of Suffolk Voluntary and Statutory Partnership for Mental Health (VASP) and the Chief Officer is the chairman. This network is made up of over eighty organisations across the county, the Chief Officer also chairs the West Suffolk Locality Voluntary and Statutory Partnership for Mental Health. The project will be promoted through these networks in order to assure maximum reach.

In addition BSEVC is part of West Suffolk Partnership and through twice yearly events the project will be promoted to over 100 organisations working in West Suffolk.

16. When will the project start?

May 2016

17. When will the project finish? or is the project ongoing?

If this is an ongoing project, how will it be funded and continue going when the funding ends?

18. Which years funding are you applying for?

19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

20. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria?

2 x 6 week programmes delivered to 16 people

2 x monthly support groups held in locations in Forest Heath supporting up to 30 people over the year.

40 people having received support for their mental health needs

75% of attendees feeling more positive about themselves

50% of attendees taking up other opportunities including volunteering

100% of attendees given up to date information to support them in making decisions about their future health and wellbeing

21. What is the total cost of the project?

Please provide a full breakdown of the total cost of this project, including VAT if applicable along with any in-kind contributions such as volunteer hours.

Item or activity	Cost (£)
Venue costs for programmes and support groups 36 x 2hrs @£15ph	1080
Facilitators costs Programmes 12 x2 hrs @ £30ph	720
Facilitators costs Support Groups 24x2hrs @ £22ph	1056
Mileage costs 36 sessions x 2 people x 50 miles @0.45	1620
Stationery (resources for programmes, letters/postage etc)	300
Publicity and marketing	300
Administration 50 hours @£10ph	500
Refreshments	150
Management costs inc Overheads	860
Total cost of items listed above:	6586

22. How much funding are you applying to us for?

£ 6586

23. What funds have you raised so far for this project?

Source	Amount (£)
None	
Total fundraising:	

24. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
None		
Total:		

25. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder		Reason for funding
None		
Total:		