

# Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	<b>Mentis Tree</b>
Amount Requested	£9,000
Total Project Cost	£16,200
Match Funding	7,200
Partnerships	Suffolk Wellbeing Service, local GPs, CAB
West Suffolk Bid?	No

## Key Points

- Mentis Tree are a Community Interest Company who offer low cost psychological therapies to improve mental health and wellbeing.
- Funding is being sought to allow clients that are in hardship within St Edmundsbury to access free longer term therapy which is not available on the NHS.
- The services would be delivered by Acord Counselling which is provided by volunteer counsellors working towards accreditation.
- The project aims to improve the mental wellbeing of the client receiving therapy. This in turn has a positive impact on their close relationships, friends and work colleagues.
- The service has an open door referral process that can be accessed by people without a professional referral although referrals are received from a number of statutory and voluntary organisations.

**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](mailto:richard.baldwin@westsuffolk.gov.uk)

1. Name of your organisation(s):

2. Organisation address details

Address Ln1	Ask House Cornhill Suite		
Address Ln2	2 Northgate Ave		
Address Ln3			
City/Town	Bury St Edmunds	Postcode	IP32 6BB
Main phone	01284 750096	E-mail	info@mtcic.org.uk
Website	<a href="http://www.mtcic.org.uk">http://www.mtcic.org.uk</a>		

Main Contact Person		Second Contact Person	
Title	Mrs	Title	Mrs
Forename	Jane	Forename	Sue
Surname	Walden	Surname	Jay MBE
Role	Director	Role	Managing Director
Daytime Tel No.	██████████	Daytime Tel No.	██████████
Mobile No.		Mobile No.	██████████
Email	Jane.walden@mtcic.org.uk	Email	Sue.jay@mtcic.org.uk
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

\*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		Charity number:
Applying for charitable status		
Company limited by guarantee		Company number:7601041
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	4	Service users	152
Full Time staff / workers	2	Volunteers and helpers (non-management)	16
Part Time staff / workers	5		

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.

MTCIC interest is in mental health and wellbeing.

The company's activities provide benefit to people within East Anglia needing low cost psychological therapies to improve their mental well-being. The company also provides opportunities for therapists to achieve professional accreditation. This is done via our low cost counselling service Acorn.

To meet these aims we generate funds by offering a wide range of services to the private, public, and voluntary sector and commercial mental health consultancy.

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.
√	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.

**We are asking for funding to allow clients that are in hardship within St Edmundsbury to access free longer term therapy which is not available on the NHS. This would be delivered by our Acorn Counselling Service. A service provided by volunteer counsellors working towards accreditation. The current cost to provide this service is £18+ Vat per session. The grant would allow 500 sessions to be given to clients. This would allow around 35 people to access the service that would not have been able to due to being in hardship.**

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.

Since the set-up of Acorn Counselling Service in 2012 we have in the past had to turn away people who have not been able to fund the low cost of £18+VAT per session for therapy. MTCIC has supported these clients, when possible, from our own funds and by applying for grants.

With the financial position of many families not improving and the change in NHS provision over the years to short term solution focused counselling only being offered in primary care, the need for longer term counselling has increased. Longer term therapy is needed to address more complex needs such as clients that have experienced abuse, difficult relationship issues, trauma or bereavement. Nationally there has been an increase in clients coming forward to address abuse issues. These are the clients that this funding will support.

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

This project will improve the mental wellbeing of the client receiving the therapy. This in turn will have a positive impact on their close relationships, friends and work colleagues.

The client will have a better understanding of how therapy can help them and how they can get positive support from their family and friends.

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.

We have a relationship with many organisations that come in contact with people who could benefit from our service. These organisations support people by referring them to us directly. The service does have an open door referral process that can be accessed by people without a professional referral.

We receive referrals from Suffolk Wellbeing Service, local GPs, CAB, Survivors in Transition for sexual abuse and other third sector organisations.

16. When will the project start?

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?

As this is an ongoing project we will continue to apply to grant making organisations for ongoing funding.

As this funding is linked to a client and a time limited piece of work, the project can be stopped at any time when funding comes to an end by not offering a course of free therapy.

The project can then be restarted again when funds become available either from our own reinvestment into our social aim, Acorn Counselling Service, or when other pots of money have been identified and become available.

18. Which years funding are you applying for? April 2016-2017

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?

100% increased well-being and a reduction of mental distress

60% Improvement of interpersonal relationships

50% reduction in anxiety

50% reduction in depression

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.

<b>Item or activity</b>	<b>Cost (£)</b>
Room Rental @ £7 per hour	6300
Volunteer expenses travel @35p	2700
Supervision	2400
Administration nominal charge to cover admin and management	4800
This project also will have 900 volunteer hours with an in-kind value of £9,000	
<b>Total cost of items listed above:</b>	16200

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

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

<b>Source</b>	<b>Amount (£)</b>
From the Big Lottery £6,500 and Safer Suffolk Fund £15800 for 2015/ to March 2016 and £2500 from the Big Lottery for April 2016	£2,500
225 sessions from Clients that can fund the £18 per session	£4,050
Contribution from MTCIC funds	£650
<b>Total fundraising:</b>	£7200

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

<b>Funder</b>	<b>Amount (£)</b>	<b>Timescale for decision</b>
<b>Total:</b>		

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?

<b>Funder</b>	<b>Amount (£)</b>	<b>Reason for funding</b>
None		
<b>Total:</b>		