

Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	Suffolk Mind
Amount Requested	<i>Yr1 - £8,854.72 / Yr2 - £8,854.72 £17,709.44 over two years</i>
Total Project Cost	£22,709.44
Match Funding	£9,230.73
Partnerships	Havebury Housing, RHS, One Haverhill, Castle Manor Partnership, Norfolk and Suffolk Foundation Trust
West Suffolk Bid?	Yes

Key Points

- Suffolk Mind continues to play an integral part in building mental wellbeing resilience for everyone in Suffolk. Services include; Healthy Mind Counselling, Dementia Counselling, Supported Mental Health Housing, Courses and Workshops, Peer Support Networks.
- Funding is being sought to further develop the 'Get up and Grow' Project which was piloted in Bury St Edmunds and Haverhill during 2015. The project encourages people to be active outdoors in the fresh air by taking part in weekly gardening sessions on Suffolk Mid allotments. This is called 'Ecotherapy'.
- Ecotherapy significantly improves mental health and wellbeing, reducing stress and mental health symptoms, reducing social isolation and giving individuals support and structure to live happier and healthier lives.

**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	Hyntle Barn, Hill Farm, Silver Hill		
Address Ln2			
Address Ln3			
City/Town	Hintlesham	Postcode	IP8 3NJ
Main phone	0300 111 6000	E-mail	info@suffolkmind.org.uk
Website	www.suffolkmind.org.uk		

Main Contact Person		Second Contact Person	
Title	Miss	Title	Ms
Forename	Kobe	Forename	Sarah
Surname	Borich	Surname	Savine
Role	Business development Advisor	Role	Volunteer and Ecotherapy Manager
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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?

Suffolk CC

*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: 1003061
Applying for charitable status		
Company limited by guarantee		Company number:
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	10	Service users	
Full Time staff / workers	33	Volunteers and helpers (non-management)	51
Part Time staff / workers	24		

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.

Mental health and wellbeing are increasingly talked about in our everyday lives and there is wider recognition that they are relevant to all of us. Suffolk Mind continues to play an integral part in building mental wellbeing resilience for everyone in Suffolk. We strive to deliver high quality services and to develop new ones that address unmet needs. We have a range of services including: Healthy Mind Counselling (HMC), Dementia Counselling, Supported Mental Health Housing, Courses and Workshops, Peer Support Network (PSN), and the Waves Service. Suffolk Mind's mission statement is 'Mental wellbeing for all'. Our vision is to be a forward thinking, needs -led, evidence driven sustainable charity that promotes and protects mental wellbeing for all, providing a range of innovative services and programmes.

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? £1791129

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:

X	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.
X	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 know that being active outside in the fresh air promotes both physical and mental health and wellbeing. With this knowledge, we have been running a pilot project during 2015 called 'Get up and Grow' in Bury St Edmunds and Haverhill that encourages people to be active outdoors in the fresh air by taking part in weekly gardening sessions on our allotments. This is called 'Ecotherapy'.

Ecotherapy significantly improves mental health and wellbeing, reducing stress and mental health symptoms, reducing social isolation and giving individuals support and structure to live happier and healthier lives. We actively participate in social media to help the project grow and reach more people in the community; Our Facebook page has over 300 followers. We would use the Community Chest fund to continue these two Ecotherapy projects in 2016 and 2017. In addition, there is some scope (subject to funds) at the Haverhill project to benefit the wider community working in partnership with The Royal Horticultural Society and One Haverhill. We can only do this if we continue to tend our Haverhill plot.

The Haverhill plot (Team Haverhill)

After conducting our own ethnographic research, we became aware that Haverhill had a specific need to support mild to moderate mental ill health in its own community. Knowing that there was a need for wellbeing services, we teamed up with the local housing association Havebury, who provided a plot and garage for us to begin Get up and Grow in Haverhill. We have funded the initial set up costs and now have six participants each week supported by one session

worker and one volunteer.

We have the opportunity to develop a much larger area next to our plot (at present overgrown with bramble) into a useable physical space that could be enjoyed by the whole community. The RHS have funded a brush cutter to make a start on the area and we hope to forge pathways through the bramble to the mature fruit trees and soft fruit bushes together with a seating area. Local charity 'One Haverhill' will be helping by supplying some young volunteers who are NEEP (Not in Education or Employment). With funds and advice from RHS, we could develop this into a useable green space to be enjoyed by everyone in the community.

Bury St Edmunds (Team Bury)

We worked together with the local mental health partnership (NSFT) and Haverbury to provide a plot for men only. This was following the success of men only mental health support group with mild to moderate mental health problems. We have six men registered to this plot but the sessions have not been able to take place so far as the NSFT session worker has been moved and not replaced. This meant that there was no sessional worker in place to attend weekly and the men stopped attending. NSFT have no further funding to support this and their existing men's group closed due to lack of resources. We know that there is need, as our waiting list for the men's plot is growing. We recognise that there is a gap in services for men with mild to moderate mental health issues, hence why we would like to use Community Chest funding to keep Haverhill running for two years. We will use funds to develop the land next to the plot and also to relaunch the Bury men's allotment group with a sessional support worker ready for the next growing season.

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.

We took part in extensive ethnographic research in Haverhill and also consulted with the men attending the existing men's mental health support group run by the local mental health team (NSFT; this group has now closed due to lack of resources).

Views from Haverhill residents, professionals and community representatives were obtained during 121 meetings and through separate email communications. Two main themes emerged; the desire for more locally based services and facilities, and improved access to local and non-local services. Volunteer-led mental health support was identified as a service that was needed. 'Get up and Grow' provides this easy access, free community service within walking distance of the town centre, which aims to improve the wellbeing of local people with mild to moderate mental health issues.

'Get up and Grow' targets Haverhill's need for improved volunteer supported mental health services in the area. According to the West Suffolk Clinical Commissioning Group's 2013 report, Haverhill is one of the more deprived communities in Suffolk; Haverhill South, North and East are ranked amongst the

20% most deprived wards in Suffolk. Haverhill South is the most deprived ward in St. Edmundsbury. Given the known association between social and economic inequalities, and health inequalities, this deprivation increases the risk of poor health amongst the residents of Haverhill.

We know that men are less likely to access mental health services in comparison to women from our own research on service take up at Suffolk Mind. Below are statistics in relation to this:

- Men have measurably lower access to the social support of friends, relatives and community (References: R. Boreham and D. Pevalin).
- Almost three quarters of people who kill themselves are men (Reference: ONS).
- 73% of adults who 'go missing' are men (Reference: University of York).
- Men are nearly three times more likely than women to become alcohol dependent (8.7% of men are alcohol dependent compared to 3.3% of women) (Reference: HSCIC).
- Men are three times as likely to report frequent drug use than women (4.2% and 1.4% respectively) and more than two thirds of drug-related deaths occur in men (Reference: Information Centre).
- Men are nearly 50% more likely than women to be detained and treated compulsorily as psychiatric inpatients (Reference: Information Centre).

The Mental Health Foundation suggests that these statistics indicate that male emotional and psychological distress may sometimes emerge in ways that do not fit comfortably within conventional approaches to treatment and diagnosis that currently exist. They also show that men may be more likely to lack some of the known precursors of good mental health, such as a positive engagement with education or the emotional support of friends and family.

These men may fail to recognise or act on warning signs, and may be unable or unwilling to seek help from support services. At the further end of the spectrum they may rely on unwise, unsustainable self-management strategies that are damaging not only to themselves but also to those around them.

The information above is why we feel that it is so important to create a 'Men's only' group in Bury St Edmunds, but also support men to access 'Get up and Grow' in Haverhill. The benefit of a project like 'Get up and Grow' is that it is not a conventional approach, which historically does not work for men (as statistics above suggested). Ecotherapy is a great and unique way to engage men in wellbeing services in Suffolk.

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

We have asked the participants at Team Haverhill what this project has meant to them. Their replies are as follows;

It's about bringing people together - I am enjoying it.

It's a good opportunity to get out and socialise with people and I've learned more about how to be a nurturing kind of gardener. (Rather than the slash it and burn it kind!)

Taking responsibility for a piece of land and being proud of my achievements. I feel that I am achieving a goal. I like making decisions together.

I really look forward to my weekly visit and I always go home feeling much brighter. Thank you for a wonderful service in Haverhill.

Local residents living nearby have also taken a keen interest in our project and regularly come and chat to us about their memories of the land and they also keep an eye on our plot during the days when we are not there and help water crops mid week.

15. Are you working with any other organisations on this project? **Yes** / No

If yes, please state the names of these groups and the nature of the relationship.

- Havebury Housing Partnership – providing two plots and one garage. Free of charge for 2015.
- The Royal Horticultural Society – providing on going advice with regards to the ground and growing and developing the bramble land next to the plot. Their community adviser donates her time to our project as part of her work.
- One Haverhill – a project with young NEEP people, supporting them to become engaged with volunteering and community work.
- Castle Manor Partnership (local school) – providing community engagement assistance.
- Norfolk and Suffolk Partnership (NSFT) – local mental health partners

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?

Originally we anticipated that these projects would be volunteer led only. We have learnt over the past six months that this might not be possible, certainly in the early development stages of setting up new plots and engagement with the local community. The Haverhill plot has thrived due to a sessional worker being on site and being consistent. The Men's Group did not thrive without a sessional worker and the men (most in secondary mental health care) could not lead the project without support due to the nature of their mental health illness. We now hold a waiting list for the men's plot.

Unless after two years we have developed a peer lead or volunteer led group that is truly sustainable, we will continue to work together with other charities and local partners and write funding bids to support a sessional worker on plot. We will consult with the participants about their views on this.

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

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

10 People a week- 12 a year
with leavers and joiners
per plot.

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?

Get up and Grow will directly benefit individuals by:

- Providing activities which will increase individuals' motivation through by giving hope, inspiration and meaning as well as reducing mental and physical inactivity.
- Encouraging individuals to be physically active through structured horticultural activity.
- Supporting individuals to connect with new skills and abilities they may not be aware they have, thus giving a sense of pride and achievement, improving mental wellbeing as well as increasing self-belief, beyond being defined by their mental ill health issues.
- Providing individuals support with their personal mental health and wellbeing through volunteer, staff and the allotment community support.
- Provide a supportive environment that will enable individuals to connect with each other in new activities with others thus decreasing social isolation and increasing confidence and self-esteem.
- Provide physical spaces, which can be cultivated by individuals for the enjoyment of the wider community regardless of the season.
- Helping them give back to the wider community through the cultivation of

physical spaces.

- Help participants to build resilience and use ecotherapy to help themselves stay and keep mentally well all year.

We would like 8 participants a week per plot, one volunteer, and one sessional worker. 10 per week on each plot.

We would estimate that 12 people in a growing season would benefit plus any young NEEP people if we extend Haverhill project.

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 (£)
For a two year project in Haverhill and Bury Men's Group	
Two sessional facilitators 3 hours a week 46 weeks @ £17 an hour. Mileage to max of £30 a month.	£10824.00
3 volunteers 3 hours each per week each (time is donated but out of pocket expenses included) travel expenses paid to a maximum of £30 a month	£2160.00
Project Manager time and supervision of volunteers @ 2 hours per week 46 weeks @ £15.37 an hour	£2828.00
Central costs contribution (insurance, HR, Administration etc) @12%	
Total cost of items listed above:	£17709.44

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

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

Source	Amount (£)
Suffolk County Council Underspend 2014-15	£3650
Suffolk Community Foundation	£4780.73
The Royal Horticultural Society has purchased a good quality Brush cutter and are funding a live willow bench with demonstration on November the 5th. We will be inviting the public to join us for this. Their community adviser donates her time to our project.	£800
Total fundraising:	9230.73

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

Funder	Amount (£)	Timescale for decision
The Ganzoni Charitable Trust (to develop bramble land, skip hire, fencing, pond, seating, signage etc)	£5,000	Four month decision
Total:	£5,000	

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	Amount (£)	Reason for funding
Total:		