

# Community Chest Application Summary 2016/2017

Local Authority	St Edmundsbury Borough Council
Organisation	<b>Suffolk Young People's Health Project (4YP)</b>
Amount Requested	<i>Yr1 - £23,670 / Yr2 - £24,140 / Yr3 - £24,600 £72,410 over three years</i>
Total Project Cost	£72,410
Match Funding	None
Partnerships	SCC Integrated Team and Norfolk and Suffolk Foundation Trust (Mental Health)
West Suffolk Bid?	No

## Key Points

- 4YP provide and coordinate services that improve the social, emotional and physical health and wellbeing of 12 – 25 year olds in Suffolk. They aim to equip vulnerable young people with the knowledge, skills, confidence, resilience and aspirations they require to lead healthier, safer, happier lives.
- This project will see their established counselling service rolled out in schools and other venues where young people aged 12 – 25 years of age will have access to specialist short-term therapeutic services in order to intervene in and prevent poor emotional health.
- The project responds to the needs of young people and demand from community networks which include GPs, families and other professionals who guide young people in making referrals to 4YP.

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



*St Edmundsbury*  
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils

**West Suffolk**  
working together

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): Suffolk Young People's Health Project (4YP)

2. Organisation address details

Address Ln1	14 Lower Brook Street		
Address Ln2			
Address Ln3			
City/Town	Ipswich	Postcode	IP4 1AP
Main phone	01473 252607	E-mail	enquiries@syphp.org.uk
Website	www.4yp.org.uk		

Main Contact Person		Second Contact Person	
Title	Ms	Title	Miss
Forename	Dawn	Forename	Cherry
Surname	Henry	Surname	Finch
Role	Chief Executive	Role	Operational Manager
Daytime Tel No.	01473 252607	Daytime Tel No.	01473 252607
Mobile No.	07795237730	Mobile No.	N/A
Email	dawn.henry@syphp.org.uk	Email	cherry.finch@syphp.org.uk
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1	N/A	Ln1	N/A
Ln2		Ln2	
Town		Town	
Post Code		Post Code	

## About your organisation

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

Operational in St Edmundsbury (based in Ipswich Borough Council)

\*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: 1084286
Applying for charitable status		
Company limited by guarantee	✓	Company number: 3954918
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	9	Service users (varies; approx. at any one time:)	25
Full Time staff / workers	9	Volunteers and helpers (non-management)	15
Part Time staff / workers	13		

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.

We provide and co-ordinate services that improve the social, emotional, and physical health and wellbeing of 12-25 year olds in Suffolk. Filling gaps in local provision, we address needs identified by beneficiaries – vulnerable young people (YP) disadvantaged by health inequalities. They told us at a conference with health professionals in 1996 the need for a one-stop-shop of wide-ranging holistic intervention and prevention services in environments suited to young people. 4YP was set up in response.

We aim to equip young people with the knowledge, skills, confidence, resilience, aspirations, and coping mechanisms they require to lead healthier, safer, happier lives, engage in positive relationships, make informed choices, move away from exploitation, and (re)enter pathways to education, employment, and volunteering to better fulfil their potential.

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? £11,417
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.

This project will see our established counselling service rolled out in young person-focussed venues (e.g. schools) accessible to YP from St Edmundsbury. We'll provide an accessible, specialist short-term therapeutic service for YP aged 12-25, to intervene in and prevent poor emotional health. We will offer 1,974 sessions over three years, supporting at least 246 YP in this locality. The principle of prevention is embedded in this project, which is designed to empower YP, equipping them with the emotional resilience and tools required to improve and take responsibility for their health and wellbeing. As a young person-focussed project, number of sessions offered is flexible, responsive to individuals' needs, averaging 6-8. Location-specific, this will provide much more timely interventions for St Eds' YP, where as they may currently wait up to 4-6 months for an appointment, because of such high demand (appointments are offered in chronological order of referral). The service is confidential, non-judgemental, delivered in safe, comfortable environments. One-to-one appointments are a clinical hour, offered at a suitable, regular time each week. They're delivered by Counsellors impartial, qualified, experienced in working with young people, and following British Association of Counselling & Psychotherapy (BACP) guidelines.

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.



The West Suffolk Families and Communities Strategy (2013) highlights a need for communities to be better skilled, more resilient, and to take the lead in reducing health inequalities. These stronger communities start with healthier individuals, able to help themselves and one another, for which a basis of emotional wellbeing is pivotal.

This is a community-led project, responding to the needs of YP and demand from community networks, inc. the YP, GPs, families, and other professionals, who guide YP from St Edmundsbury in making referrals to 4YP.

We experience high demand for counselling support from St Eds; from Bury, Haverhill, and Ixworth alone, 20 YP are currently attending appointments and another 16 are on the waiting list. This local demand is increasing; since October 2009 we have received 231 referrals, 51% within the last year.

YP repeatedly tell us they want emotional health support available in their community; including 100+ YP from the National Citizen Service we spoke with just this week at a local community event, including many from West Suffolk.

"Three quarters of adult mental illness begins before the age of 18" (Children & Young People Now, 2015). Almost half of our St Eds referrals are aged 15 and 16, evidencing the need for local interventions at a young age.

We know from the diversity of the YP we support that poor emotional health transcends culture, demographics, and income brackets. However, the economic strain, caused by high levels of local deprivation (Hidden Needs, 2011), exacerbates poor mental and emotional health (DfE, 2014). This "can disrupt learning, underpin truancy, increase rates of school exclusion, and lead to the abuse of alcohol and drugs" (BACP, 2014), poor physical health (MindEd, 2014), and an increase in anti-social and risk-taking behaviour (Public Health Suffolk, 2013). With less than 20% achievement of 5 A\*-C GCSEs in Haverhill, and at 4%+ Bury having the highest benefit claimant rates (State of West Suffolk, 2013), there is a need for preventing poor emotional health to address and reduce barriers to achievement and engagement in education.

Volunteer Counsellors and youth workers regularly help and enquire about supporting our charity, identifying a need and presenting a desire to improve the lives of those in their community (and beyond).

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

We utilise our assets – passionate and experienced staff, strong management, robust evaluation methods, skills and expertise – to support the local community. This is a service communities cannot provide themselves. It requires valid training, qualifications, experience. However, positive emotional health provides a framework from which YP can support themselves, their families, and communities.

These YP are less likely to engage in poor/anti-social behaviours, instead feeling a sense of citizenship and pride in their locale; both socially and the built/natural environment. Improved communication leads to stronger, more supportive family units, more reliant on each other than public services.

More confident, resilient YP are more active members of the community and build supportive social networks. Often passionate to help others, beneficiaries engage in volunteering. YP are equipped to independently face challenges, and can therefore support others to do the same; even a listening ear can make all the difference, with people feeling respected and less isolated. Benefits of improved emotional health are therefore exponential.

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.

We partner with Integrated Teams, the Norfolk and Suffolk Foundation Trust (mental health), and have developed working relationships with a number of schools to target counselling in the west of the county. This enables us to access buildings for gratis to provide support in response to referrals and need in the locality. This is, however, built upon flexibility. With support from St Edmundsbury Borough Council, we will offer a more permanent 4YP counselling presence in the locality. This will build upon the westwards development of a counselling service we have been able to establish in 2015, which so far has reached to central Bury (specific work with Suffolk Wellbeing Service), Hadleigh, and Sudbury. This has proven to generate more referrals from the YP that require such a service, supporting those in need.

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?

The support of St Edmundsbury would enable us to create a highly robust provision. We plan for this project, once established, to become a reliable and ever-present service in St Eds, ensuring YP have support in place when and where they need it. Positive outcomes from the first two years of this (pilot) project will facilitate continuation funding.

As such, we will aim to secure ongoing funding utilising grants on a local and wider scale, but also involving the communities supported in fundraising.

This generates income through the coordination of events, volunteers, corporate sponsorship, and online/text donations. YP in particular will be eager to volunteer their time to support, organise, and participate in events as a result of improved confidence and social skills gained from counselling.

As in other parts of Suffolk, we will endeavour to build further partnerships with schools in the locale, some of whom may fund support for vulnerable YP from their catchment.

18. Which years funding are you applying for? 2016/17, 2017/18, 2018/19 (March-April)
19. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis? 82 per year
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?

As a result of early intervening and preventative support for their emotional health, over the course of the three year grant:

82 YP (min) will benefit from improved levels of confidence, self-esteem, emotional resilience, and ability to cope with difficult situations;

82 YP (min) will lead healthier, safer lives, decreasing engagement in harmful, risk-taking, anti-social behaviour;

82 YP (min) will know what makes, and engage in, relationships of trust and care (e.g. friends, family).

These outcomes compliment the Community Chest targets and Families and Communities Strategy, underpinning more resilient, cohesive, supportive communities. YP will be more accountable for their health, reducing demand on crisis-response/dependency on public sector services for acute health matters at a later stage, reducing associated costs, e.g. £2148 per person per year average cost of service provision for people suffering from all mental health disorders, including young people, and the £222 average cost of ambulance call out, per incident (Source: New Economy, 2015). On the contrary, young people will better engage with and attain in education, and as YP and as adults later in life will be better equipped with the resilience and skills to enter the job market, combating worklessness and economic deprivation in West Suffolk.

21. What is the total cost of the project? £72,410

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 (£)		
	Year 1	Year 2	Year 3
Item			
Salary costs	19,080	19,460	19,850
Clinical supervision	650	660	670
Travel	500	510	520
Phone & IT	325	340	340
Training, CPD	250	250	250
Stationery & postage	150	150	150
Materials	75	80	80
Publicity	100	100	100
Management	2,540	2,590	2,640
	<b>23,670</b>	<b>24,140</b>	<b>24,600</b>
<b>Total cost of items listed above:</b>	<b>72,410</b>		

22. How much funding are you applying to us for? £72,410

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

Source	Amount (£)
N/A	N/A
<b>Total fundraising:</b>	<b>0</b>

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

Funder	Amount (£)	Timescale for decision
N/A	N/A	N/A
<b>Total:</b>	<b>0</b>	<b>0</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?

Funder	Amount (£)	Reason for funding
N/A	N/A	N/A
<b>Total:</b>	<b>0</b>	<b>0</b>



