

Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	Suffolk Mind
Amount Requested	<i>£4,970.30</i>
Total Project Cost	<i>£6,470.30</i>
Match Funding	Benches and specialist seating: £1,500
Partnerships	Havebury Housing Partnership; The Royal Horticultural Society; Castle Manor Partnership school
West Suffolk Bid?	No

Key Points

- 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.
- We will use the grant to continue to fund our Haverhill Ecotherapy community allotment project, which is an easy access project designed to aid mental, physical and emotional health and wellbeing.
- Project start: **March 2017**
- Project end: **Ongoing**

**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	Heather
Role	Business development Advisor	Role	Volunteer and Ecotherapy Manager
Daytime Tel No.	██████████	Daytime Tel No.	██████████
Mobile No.	██████████	Mobile No.	
Email	Kobe.borich@suffolkmind.org.uk	Email	Sarah.heather@suffolkmind.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	
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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	32	Volunteers and helpers (non-management)	50
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.

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. 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. This September, we are working in collaboration with The Conversation Churches Trust to open Quay Place, a unique venue where individuals can meet, discover and connect, both with themselves and with others. Quay Place brings together Wellbeing and Heritage to create a place that is inclusive and welcoming to all. It will offer a wide range of

complementary therapies, mind body exercise classes, workplace wellbeing, heritage activities, healthy café, meeting rooms and event space.

7. What was your organisation's total income for last financial year? £2,316,680

8. What was your organisation's total expenditure for last financial year? £2,378,11

9. Does your organisation have more than six months running costs? Yes / No

10. What are your organisation's current unrestricted reserves or savings? £1,592,980

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 will use the grant to continue to fund our Haverhill Ecotherapy community allotment project, which is an easy access project designed to aid mental, physical and emotional health and wellbeing.

We know that nature-based interventions and being active outside promotes both physical, emotional and mental recovery and wellbeing. This is called 'Green Care' or 'Ecotherapy'. Ecotherapy improves mental health and wellbeing, positively tackles stress levels and mental health symptoms. It reduces social isolation and gives individuals support and structure to live happier and healthier lives.

This has recently been evidenced in a report commissioned by Natural England (Report number 204) incorporating evidence from National Mind which sets out the need to strengthen the connection between people and nature. The prevalence of mental ill health is on the rise and with the prescription of anti-depressants at a record high, Suffolk Mind believes that nature based interventions such as our Ecotherapy projects provide an alternative and cost effective option to support mental health and wellbeing.

In 2014 Suffolk Mind launched 'Suffolk Mind Allotment Projects. 'Get Up and Grow' is an Ecotherapy project that encourages people to be active outdoors by taking part in horticultural activity on allotments. Our Ecotherapy project sessions run weekly, are

volunteer/peer led but supported by a mental health trained facilitator worker, who lends advice and support when needed. Participants do not need to have horticultural knowledge only an interest in gardening, an interest in being part of a community session and the desire to stay well or improve wellbeing by taking some responsibility for their health and supporting the health of others. Participants do not need to be in secondary mental health care services or have a formal diagnosis by a GP. Anyone can self refer to the project via Suffolk Mind making it truly accessible and open to anyone who would like to take part.

Haverhill is a rural area with limited statutory mental health services and poor public transport facilities. The Haverhill plot provides weekly sessions that allow people to come together in their own localities bringing a sense of community ownership and investment. We often refer to these plots as community allotments so that we can start to overcome and tackle stigma surrounding terminology such as 'mental ill health'. We find this a softer approach to breaking down barriers and challenging the unhelpful language sometimes widely used. We make sure plots are welcoming, engaging, encouraging but fully supported.

We would like to continue to support Haverhill and in particular by securing funds to support:

- **A mental health peer facilitator**
- **volunteer expenses**
- **marketing costs**
- **Training with Thrive – connecting with nature**

Haverhill plot has a facilitator because the plot is in a very exposed and public space along a heavily used footpath and not on an enclosed allotment site. In order to keep everyone safe and provide project consistency we feel it does need a facilitator who encourages and oversees a more peer led group session.

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. This project 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 ill health issues.

This project 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.

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

We realise that peer support is the way forward for local mental health services, people who have lived experience, learning and supporting each other. Sometimes this needs a little facilitation to overcome barriers.

We also 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.

It should be called Get Up and Feel Better!

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.

- Havebury Housing Partnership – providing the plot and one garage. Free of charge for 2016.
- 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.
- Castle Manor Partnership school – together supporting connecting to nature.

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 project is ongoing subject to successful funding applications but this money will support the plot for the growing season 2017.

18. Which years funding are you applying for? 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?

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.

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 (£)
Peer facilitator 4 hours per week at £17 an hour	£2,912
Volunteer expenses capped at £30 a month	£360
Training with Thrive £250	£250
Equipment tools and plants for year etc. £500.00	£500
Marketing – signage, flag, leaflets, promotional seeds £300	£300
Management Fee 15% of total	£648.30
Annual Total for single plot	
Total cost of items listed above:	£4,970.30

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

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

24.

Source	Amount (£)
Benches and specialist seating	1500

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

Funder	Amount (£)	Timescale for decision
MacRobert Trust	5,000	6 months
Total:	5,000	

26. 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		

