

# Community Chest Application Summary 2018/2019

Forest Heath & St Edmundsbury councils



Local Authority	SEBC
Organisation	Suffolk Family Carers
Amount Requested	<b>£18,005.00</b> (2018-2019)
Total Project Cost	£19,255
Match Funding	£250 - 100% Charity £1,000 - Music Sales Charitable Trust £848.88 - volunteer contribution (not included in costs)
Partnerships	Referral arrangements with Wellbeing Suffolk, Turning Point, OneLife Suffolk
West Suffolk Bid?	No

## **Overview**

Suffolk Family Carers provide a range of support to family carers and young carers. Seeking funding to provide the following programme opportunities to parent carers living in St Edmundsbury;

- Youth MHFA programmes
- Autism Carer programmes
- Who's in Charge? Programmes

Who's in Charge? (WIC?) is a group work programme, supporting parents to understand Child to Parent Violence, to work towards more healthy family relationships, increase family resilience and the cessation of violence.

The Autism Carers Programme is a three week programme, which aims to provide specialist support to parents caring for a child with an Autistic Spectrum Condition.

Youth Mental Health First Aid (MHFA) courses teach the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need.

## **Outputs**

Short-term interventions for up to 160 families. Four full, two day, Youth MHFA programmes, Three Autism Carer programmes, Three Who's in Charge? Programmes.

## **Outcomes**

Primary outcomes include;

- increased confidence and resilience in order to stay emotionally healthy
- improved emotionally literacy aligned with positive mental health
- Families will feel more equipped to support the their family members
- Increased self-awareness including the recognition of feelings
- Increased emotional control to self-manage emotional reactions
- Increased motivation, perseverance and determination to overcome challenges
- Empathy for other people's feelings (particularly prevalent within carer communities)
- Stronger, healthier relationships
- Increased self confidence

• Development of pro-social skills  
Evidence will be collected through methods including; client database, analysis and evaluation quantitative results.

**Finances**

Income for last financial year – £2,118,478  
Expenditure for last financial year – £2,267,718

**Reserves**

£368,058

**Request breakdown**

Facilitator hours @£12.56p.h.  
Administration @£7.86p.h.  
Management @£16.00p.h.  
Travel  
Office costs & IT  
Support and development  
Publications  
Stationery

**Previous Community Chest funding**

None.

**Officer comments**

Not supported by 2 Families and Communities Officers



**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 01284 757077. 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: [polly.kane@westsuffolk.gov.uk](mailto:polly.kane@westsuffolk.gov.uk).

**Please note:** This form is for applications to the St Edmundsbury Borough Council Community Chest grants scheme. If you wish to apply to Forest Heath District Council the form can be found on the Community Grants page above. [If you wish to apply to both councils, you will need to complete a separate form for each, clearly stating how your activity will benefit the area.](#)

## 1. Contact details

Organisation/lead partner name	Suffolk Family Carers
Organisation Address	Unit 6&8 Hill View Business Park, Old Ipswich Road, Claydon
Postcode	IP6 0AJ

Organisation main email	enquiries@suffolkfamilycarers.org
Organisation main tel.	01473 835420
Organisation website	<a href="http://www.suffolkfamilycarers.org">www.suffolkfamilycarers.org</a>
Organisation Twitter	<a href="https://twitter.com/suffolkcarers">https://twitter.com/suffolkcarers</a>
Organisation Facebook	<a href="https://www.facebook.com/SuffolkFamilyCarers/">https://www.facebook.com/SuffolkFamilyCarers/</a>

Contact person 1 (main contact)		Contact person 2	
Name	Daniel Richards	Name	Sarah Potter
Position in organisation	Wellbeing Facilitator	Position in organisation	Mental Health & Wellbeing Service Manager
Daytime tel.no	01473 835415	Daytime tel.no	01473 835424
Mobile	07748 932208	Mobile	07748 932216
email	Daniel.richards@suffolkfamilycarers.org	email	Sarah.potter@suffolkfamilycarers.org
Address if different to organisation's		Address if different to organisation's	
Postcode		Postcode	

## 2. About your organisation

2.1. Which local authority area(s) does your organisation currently work in?

Across Suffolk

2.2. What type of organisation are you? (please check the relevant box)

Registered charity	<input checked="" type="checkbox"/>	Charity number: 1069937
Applying for charitable status	<input type="checkbox"/>	
Company limited by guarantee	<input checked="" type="checkbox"/>	Company number:
Community interest company	<input type="checkbox"/>	
Part of a larger regional or national charity (Please state which one)	<input type="checkbox"/>	
Constituted community group	<input type="checkbox"/>	
Social Enterprise	<input type="checkbox"/>	What type?:
Other (Please specify)	<input type="checkbox"/>	

2.3. How many people are currently involved in your organisation?

Trustees	10	Management board	10
Management team	8	Service users	17540
Full time paid staff/workers	25	Volunteers and helpers (non-management)	110
Part time paid staff/workers	49		

2.4. When did your organisation start?  Year

2.5. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives, what activities it carries out and who primarily benefits.

A family carer is someone of any age whose life is restricted because they are looking after another person who cannot manage without help because of illness, age related frailty, mental health need, substance misuse or disability. Family carers are not paid for their caring role and do not always live with the person they care for. Suffolk Family Carers provide a range of support to family carers and young carers and use our knowledge and experience to help people make informed choices. This support is delivered in a variety of ways, including one to one and telephone support, information sessions and short programmes. Family carers influence and direct our work and we are able to respond to their needs when they arise. Approximately half of the family carers we support experience mental health illness themselves, often due to

the demands of their caring role. We also support a high number of family carers who themselves support someone with a mental illness.

- 2.6. What was your organisation's total income for last financial year? (your branch if part of a larger organisation) £2,118,478
- 2.7. What was your organisation's total expenditure for last financial year? (your branch if part of a larger organisation) £2,267,718
- 2.8. Does your organisation have more than six months running costs?  
Yes/No  
(your branch if part of a larger organisation)
- 2.9. What are your organisation's current unrestricted reserves or savings? (your branch if part of a larger organisation) £368,058

### 3. About Your project

- 3.1. 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. Please include outputs (what you will deliver).

We are seeking funding to provide the following programme opportunities to parent carers living in St Edmundsbury;

Four full, two day, Youth MHFA programmes  
Three Autism Carer programmes  
Three Who's in Charge? Programmes

Each programme has up to 16 attendees.

Who's in Charge? (WIC?) is a group work programme, supporting parents to understand Child to Parent Violence, to work towards more healthy family relationships, increase family resilience and the cessation of violence. It uses a mixture of approaches including narrative and solution focused therapies and CBT.

Suffolk Family Carers have piloted two family carer specific Who's in Charge? programmes, which has remarkable feedback and outcomes due to it being carer specific.

The Autism Carers Programme is a three week programme, which aims to provide specialist support to parents caring for a child with an Autistic Spectrum Condition.

Youth Mental Health First Aid (MHFA) courses teach the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, it can speed up a

young person's recovery and stop a mental health issue from getting worse. Just like physical first aid, the programme teaches participants to listen, reassure and respond, even in a crisis. But more than that, it gives participants the information and skills to look after their own mental health to create a mentally healthy, supportive environment in their family and community.

Maximum 300 words

- 3.2. How does your project contribute towards the council's Families and Communities Strategy and Families and Communities Approach? Please refer to guidance and reference both in your answer.

### **Safe place**

The main aim of Who's in Charge? is to support the reduction in child to parent violence in the home. Many parent carers have had to call for Police attendance to incidences, where children are becoming violent or escalating to a point where they are at risk to themselves or others. After attending Who's in Charge? parent carers report requiring less or no police presence as incidences of violence become fewer and less severe.

### **Recognising individuals**

It is widely acknowledged that violence causes long term physical and mental health problems to victims. The programme will provide participants with the skills to become considerably more assertive and in control, which has a positive impact on the wellbeing of parent carers. As a partner service to Wellbeing Suffolk we can cross-refer parent carers into the wellbeing service, for further support around their own wellbeing.

### **Understanding relationships**

The Youth MHFA programme focusses on the importance of relationships in the context of mental health and the neurobiology surrounding this. The programme supports the underpinning principles of healthy relationships with others.

### **Encouraging agency**

Each of the three programmes we are looking to deliver are solution focused and work around an empowerment model. The programmes equip attendees to make choices to improve their situation, within the safety of having guidance and support of the group.

### **Developing vision**

Realistic goals are set by programme attendees at various stages the programmes, with the vital support of the group.

This proposal supports various elements of the Families and Communities strategy. For example, programmes support a preventative approach in terms

of the development/worsening of conditions and situations, bringing together people in similar situations, forming long lasting connections which provides vital peer support and developing a community and legacy of support.

Maximum 300 words

- 3.3. How many people will benefit from your project (on a weekly, monthly or annual basis) and how? Please include outcomes (how your project will benefit the people who are involved in it) and how you will collect evidence of this.

We will provide short-term intervention for up to 160 families with an aim to provide long-term outcomes. End results are far reaching and transformational in terms of the family unit and wider community.

Primary outcomes include;

Families will report increased confidence and resilience in order to stay emotionally healthy

Families will have improved emotionally literacy aligned with positive mental health

Families will feel more equipped to support the their family members

Increased self-awareness including the recognition of feelings

Increased emotional control to self-manage emotional reactions

Increased motivation, perseverance and determination to overcome challenges

Empathy for other people's feelings (particularly prevalent within carer communities)

Stronger, healthier relationships

Increased self confidence

Development of pro-social skills

All three programmes provide tools and strategies to support the wellbeing of the family. A bi-product of group environments, particularly with parent carers, is the generation of peer support and the immense, reassuring value this provides to parent carers. Peer support is highly valued to parent carers, especially mental health parent carers who may be experiencing a level of stigma from within the wider family or indeed their community.

There are various other outcomes related to the specific needs of the family, according to which programmes they attend. For example, by providing parent carers with the tools and support, Who's in Charge? attendees can start readdressing boundaries and realign control in the home, to facilitate the reduction of violence in the home.

We will use our existing methodology to evidence the difference made. These include; client database, analysis and evaluation quantitative results.

Each family will undertake a measure of wellbeing pre and post intervention, in order to identify needs, monitor trends and demonstrate service impact/success. This measure will capture families responses in terms of being better informed, better able to cope and better connected.

Maximum 300 words

3.4. Are you working with any other organisations/groups on this project? Yes / ~~No~~

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

Wellbeing Suffolk

Focussed work will be built within our existing partnership with Wellbeing Suffolk, the commissioned Primary Care Mental Health service in Suffolk. Carers are prioritised by Wellbeing Suffolk to receive NICE interventions for common mental health conditions, as part of the IAPT programme.

Turning Point

This commissioned network provides Substance Misuse treatment services in Suffolk consisting of Turning Point, Iceni and Suffolk Family Carers. If someone presents with Substance Misuse difficulties, we can inter-refer to treatment services.

OneLife Suffolk

This commissioned service provides support to individuals who have neglected/not considered their own physical health needs. Their services include weight management, smoking cessation and healthy lifestyle.

3.5. What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation and research you have carried out.

Over the past five years, Suffolk Family Carers has been developing the support offered to parent carers, based on feedback from the local parent carer community. There is currently a void in terms of support offered to parent carers supporting a child with a mental health condition or Autism. We currently have 212 parent carers actively registered with Suffolk Family Carers, who live in the borough of St Edmundsbury and care for a child aged under 25 with a mental health issue or Autism.

With one in ten young people requiring support for mental health problems, we also know 70% of children and young people who experience a mental



health problem have not had appropriate interventions at a sufficiently early age.

Feedback from parent carers tell us that other 'parenting' type programmes assume children are cooperative and compliant, requiring only encouragement and positivity. These approaches are often unsuccessful with the oppositional children of Who's in Charge? parent carers. These parent carers require specialist intervention to regain control in the home, including discovering meaningful consequences for children who care about little and do not wish to cooperate.

Maximum 200 words

- 3.6. How has the project been developed out of the community's desire to improve the lives of local people? What role have users and/or the community had in developing this project?

Our services within Suffolk Family Carers are 'family carer led'. That means consultation with family carers is ongoing and services are based on local need.

We would be delivering our project within the St Edmundsbury area and part of our project delivery plan will be around community development and networking. If successful, we will seek to engage existing community groups, businesses and local voluntary and statutory service providers. Our experience has shown us that a project is far more successful if you are able to work with and alongside the community rather than pure delivery of services.

Also importantly following the delivery of our programmes, we will gather feedback, experiences and ideas from those attending in order that we can present these identified issues as learning points for the local community to consider but also we would like to feed those points back as part of our strategic feedback to service providers, West Suffolk CCG, Suffolk County Council etc.

We hope that following our delivery of services that the local community is able to understand the need for emotional health in a way that enables its inclusion to be considered in forward planning for the local community.

Maximum 200 words

## 4. Timescales and sustainability

- 4.1. When will your project start and end? (the period for which you are asking the council for funding)

Start date

End date

4.2. If this is an ongoing project, how will it be funded and supported after the end of the grant period?

Our project will focus on awareness raising, educating and equipping people to deal with the early signs of poor emotional health in young people also equipping families with tools and techniques to help manage difficult behavior in the family. This will leave a legacy of a community that better understands the emotional health needs of young people and understands what can be done to better support them.

The learning obtained within the sessions can be shared with other family and community members and this encourages an environment where stigma can be challenged.

Having completed programmes, attendees form self support groups which could continue after our project finishes, and would offer ongoing support.

Finally the experiences and issues identified will be taken forward to influence future service planning and delivery in a variety of forums.

Maximum 150 words

## 5. Funding request and budget

5.1. Which years are you applying for funding for? Please delete as applicable

2018/2019	2019/2020
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5.2. What is the total cost of the project? (project costs only, not for your whole organisation and not just the funding you are requesting)

£19,255

5.3. Please provide a full breakdown of the total cost of this project, including VAT if applicable. Please only include direct expenditure for this project.

Item	Amount
<b>Staff and volunteers</b> (including roles, hourly rates and NI/tax contributions where applicable)	Salaries total £6237.30
Facilitator hours @ £12.56/hour:	Employer NI £549
Who's in Charge? 5 hours per session, per facilitator (requires 2)	Pension £437

<p>Each programme 90 hours total 3 programmes</p> <p>Youth MHFA 25 hours total 4 programmes</p> <p>Autism Carers Programme 15 hours total 3 programmes</p> <p>Administration: 10 hours per Whos in Charge? 5 hours per Youth MHFA 5 hours per Autism Carers Programme £7.86/hour (total 65 hours- £510.90)</p> <p>Management: £16.00/hour (total 32 hours total- £512)</p>	
<p><b>Overheads</b> (including items such as venue/office costs, utilities, back office services, insurance)</p> <p>Travel for volunteers- 150 miles @ £0.45/mile £67.50 Sundries / contingency £28.20 Meetings/Refreshments £520 Postage £300 Printing/Copying £150 Respite support £4000 Training (Carers) venue hire etc £500 Transport to groups £750 Travel £271 Accommodation £50 Audit fees £200 IT Support £65 Insurance £150 Telephone £2,600 Support &amp; development</p>	
<p><b>Equipment and resources</b></p> <p>Publications (programme manuals) £1600 Stationery £250</p>	
<p><b>Other</b></p> <p>Specialist physical de escalation training input £500</p>	
<p><b>Total</b></p>	<p><b>£19,255</b></p>

5.4. Please provide a full breakdown of all other funding and in-kind support\* you have secured for this project.

<b>Item</b>	<b>Amount</b>
<b>Funding already secured</b> (please detail funders, amounts and funding periods individually)	
Funding towards Youth MHFA manuals from 100% Charity-one off donation	£250.00
Music Sales Charitable Trust- one off donation	£1000.00
<b>Volunteer contributions</b> (including estimated hours given and roles)	
Volunteer administration support (programme calls) 18 hours Volunteer programme support (group support) 90 hours - approximate £7.86 per hour	£848.88
<b>Equipment and resources</b> (please itemize)	
<b>Other</b>	
<b>Total</b>	<b>£2,098.88</b>

\*In-kind support is assistance and items you would normally expect to pay for, but which you are getting for free, such as volunteer hours or a free venue. You might find it useful to give volunteer hours a value, such as the minimum wage, or higher if you have volunteers with particular expertise it would be expensive to pay for.

5.5. What other funders have you applied to for this project but have not yet had a decision from?

Funder	Amount requested	Decision timescale
	£	
	£	
	£	

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

**2018/19**

**2019/20**

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

<b>Funding source</b>	<b>Amount (£)</b>	<b>Reason for funding</b>
<b>Total:</b>		