

Community Chest Application Summary 2018/2019

Forest Heath & St Edmundsbury councils



| | |
|--------------------|--|
| Local Authority | SEBC |
| Organisation | Mentis Tree CIC |
| Amount Requested | £9,000.00 (2018-2019) |
| Total Project Cost | £25,200.00 |
| Match Funding | £5,400 - 300 sessions funded by clients able to pay the £18 per session £1,800 - St Edmunds Trust £9,000 - 900 hours of volunteering @ £10 per hour (lowest paid counsellors salary) |
| Partnerships | Informal relationships with referring organisations |
| West Suffolk Bid? | Yes |

Overview

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 the Acorn Counselling Service, a service provided by volunteer counsellors working towards accreditation. The cost to provide this service is £18 + VAT per session.

Outputs

The grant would allow 500 sessions to be given to clients free of charge. This would allow around 35 people minimum to access the service that would not have been able to due to being in hardship for up to 15 sessions.

Outcomes

Expected outcomes are:

- 100% increased well-being and a reduction of mental distress.
- >60% Improvement of interpersonal relationships
- >50% reduction in anxiety
- >50% reduction in depression

Finances

Income last financial year – £388,097

Expenditure last financial year - £389,015

Reserves

£5171

Request breakdown

Volunteer travel expenses @£0.35 p.m.

Volunteer supervision

Room rental @£7 p.h.

Administrative/overhead charge @ 19%

Previous Community Chest funding

2016-2017 - £9,000.00 - SEBC Community Chest for free therapy sessions for people in hardship. Met grant agreement.

Officer comments

None.



St Edmundsbury
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils

West Suffolk
working together

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.

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 | Mentis Tree CIC T/as MTCIC |
| Organisation Address | Acorn House 8A Looms Lane Bury St Edmunds Suffolk |

| | |
|----------|----------|
| Postcode | IP33 1HE |
|----------|----------|

| | |
|-------------------------|--------------------------|
| Organisation main email | info@mtcic.org.uk |
| Organisation main tel. | 01284 750096 |
| Organisation website | http://www.mtcic.org.uk/ |
| Organisation Twitter | sue_jay1 |
| Organisation Facebook | facebook@mtreecic |

| Contact person 1 (main contact) | | Contact person 2 | |
|--|--------------------------|--|----------------------|
| Name | Mrs Jane Walden | Name | Mrs Sue Jay MBE |
| Position in organisation | Director | Position in organisation | Managing Director |
| Daytime tel.no | 01284 750096 | Daytime tel.no | 01284 750096 |
| Mobile | | Mobile | 07930273807 |
| email | Jane.walden@mtcic.org.uk | email | sue.jay@mtcic.org.uk |
| 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?

St Edmundsbury

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

| | | |
|--|-------------------------------------|-----------------|
| Registered charity | <input type="checkbox"/> | Charity number: |
| Applying for charitable status | <input type="checkbox"/> | |
| Company limited by guarantee | <input type="checkbox"/> | Company number: |
| Community interest company | <input checked="" 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 | | Management board | 4 |
| Management team | | Service users | 160 |

| | | | |
|------------------------------|---|---|----|
| Full time paid staff/workers | 2 | Volunteers and helpers (non-management) | 18 |
| Part time paid staff/workers | 6 | | |

When did your organisation start? Year

2.4. 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.

MTCIC's interest is in Mental health and Wellbeing
 The company's aims and activities are for the benefit to people within East Anglia needing low cost psychological therapies to improve their mental wellbeing. The company provides opportunities for therapists to volunteer so they can 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 private, public and voluntary sector. This includes one to one sessions delivered by safe to face, phone, Skype or live chat and commercial mental health consultancy
 Maximum 300 words

2.5. What was your organisation's total income for last financial year?
 (your branch if part of a larger organisation)

2.6. What was your organisation's total expenditure for last financial year?
 (your branch if part of a larger organisation)

2.7. Does your organisation have more than six months running costs?
 (your branch if part of a larger organisation)

2.8. What are your organisation's current unrestricted reserves or savings?
 (your branch if part of a larger organisation)

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 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 cost to

provide this service is £18 + Vat per session. The grant would allow 500 sessions to be given to clients free of charge. This would allow around 35 people minimum to access the service that would not have been able to due to being in hardship.

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.

Element 1: A Safe Place – This project enhances the emotional and physical safety of some clients that come to therapy with issues of abuse, anger management or self-harm. By working on these issues the client's safety is improved.

Element 2: Recognising Individuals – Counselling supports people to recognise their individuality and the importance this has when addressing issues of self-identity, self-esteem and self-worth. Counselling helps people take back control of their lives building on their strengths to provide positive outcomes.

Element 3: Understanding Relationships – This is a key to factor within counselling. Counselling works by building positive relationships and connections. Recognising the importance this has in a person's mental wellbeing, and how ruptured and unresolved relationships impact on their lives.

Element 4: Encouraging Agency – When a person comes for counselling they have already taken the step to try to help themselves. MTCIC also has links with a wide range of organisations so that we can also signpost our clients to a wider network of support. Building their capacity to take back control of their lives.

Element 5: Developing Vision – Counselling is about working together through the relationship that has been built with the client to, identifying goals that have a positive outcome not only for the client but for the community they live in

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.

35 + people will receive one to one counselling with a volunteer therapist for up to 15 sessions. Allowing 500 sessions to be delivered per year
100% increased well-being and a reduction of mental distress.

>60% Improvement of interpersonal relationships

>50% reduction in anxiety

>50% reduction in depression

Maximum 300 words

3.4. Are you working with any other organisations/groups on this project? Yes

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

We have informal relationships with many of the organisations working within St Edmundsbury. These organisations come in contact with people who could benefit from this service. These organisations currently directly refer and support people to access Acorn Counselling. The service does have an open door referral process that can be accessed by people without a professional referral.

Currently we receive referrals from Suffolk Wellbeing, local GP's, CAB, Survivors in Transition for sexual abuse and many other third sector organisations.

Maximum 150 words

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.

Since the set up of Acorn Counselling Service in 2012 we have in the past had to turn people away who have not been able to fund the low cost service. MTCIC has supported these clients, when possible, from our own funds or from applying for grants. In 2016 we received a grant from St Edmundsbury Borough Council for this project. The 500 sessions granted then, were used within the year time scale meaning that this provision was sufficient for the needs in St Edmundsbury. We did not turn anyone away.

The current year, 2017, has been supported by St Edmunds Trust money for support across the whole of Suffolk.

With the NHS narrowing their criteria within counselling to only provide IAPT NICE approved modalities. More and more people are looking for low cost or free counselling as they fall outside of this criteria.

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?

Since the set up of Acorn Counselling Service in 2012 the financial position of many families has not improved and the communities needs for free counselling have increased. The project conception was to help those who could not help themselves to provide a means of improving their mental wellbeing if excluded from NHS services. Over the years we have used the

clients experiences to inform how and when we run our services. We have used the client experience to inform us on training needed for our volunteers so that people accessing the service receive the best opportunities to recover from their mental distress.

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?

As this is an ongoing project we will continue to apply to grant making organisation's for ongoing funding.
As this funding is linked to a client treatment they are all time limited pieces of work. The free sessions can stop at any time when funding comes to an end. The project will restart when funds become available either from our own reinvestment into the social aim, Acorn Counselling Service, or when pots of money have been identified and become available.

Maximum 150 words

5. Funding request and budget

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

- 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)

- 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 |
|---|---------------|
| Staff and volunteers (including roles, hourly rates and NI/tax contributions where applicable) | |
| Volunteer expenses @ 35p per mile | £2700 |
| Supervision | £2400 |
| Overheads (including items such as venue/office costs, utilities, back office services, insurance) | |
| Room rental @£7.00 per hour | £6300 |
| Administration nominal charge to cover admin and management | £4800 |
| Equipment and resources | 0 |
| Other | |
| Total | £16200 |

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

| Item | Amount |
|--|---------------|
| Funding already secured (please detail funders, amounts and funding periods individually) | |
| 300 sessions funded by clients able to pay the £18 per session | £5,400 |
| St Edmunds Trust (St Eds only) | £1,800 |
| Volunteer contributions (including estimated hours given and roles) | |
| 900 hours of volunteering @ £10 per hour (lowest paid counsellors salary) £9000 | £9000 |
| Equipment and resources (please itemize) | |
| Other | |
| Total | £25200 |

*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?

| Funding source | Amount (£) | Reason for funding |
|--|------------|---|
| 2016 St Edmundsbury Borough Council | £9000 | Acorn Counselling Service free sessions |
| Total: | £9000 | |