

# Community Chest Application Summary 2018/2019

Forest Heath & St Edmundsbury councils



Local Authority	SEBC
Organisation	The Restoration Trust
Amount Requested	<b>£3,542</b> (2018-2019) <b>£3,611</b> (2019-2020)
Total Project Cost	£13,310.00 (2018/19 - £6,620. 2019/20 - £6,690)
Match Funding	Over two years: £3,364 – Julian Support staff costs £1,200 – volunteer contributions £480 – 50% discount on venue hire £825 – equipment provided by Restoration Trust £288 – refreshments paid for by participants
Partnerships	Julian Support are delivery partners, and participants will be their clients. JS Manager Rachel Omori will oversee the project from the JS perspective, and JS staff will support all interested clients to attend. JS are the sole provider of mental health support in West Suffolk under the pooled fund contract from Suffolk County Council and have 2 supported housing schemes in Bury St Edmunds. The outreach (Pathway and Recovery) team are located in St Andrews St South, serving clients in Bury St Edmunds, Haverhill and rural locations.
West Suffolk Bid?	Yes

## **Overview**

The Restoration Trust wish to run fortnightly sessions of their Culture Quest Music Appreciation Group (CQ Suffolk) for up to 15 people with complex mental health needs who are clients of Julian Support (JS) in St Edmundsbury, plus support workers, volunteers, and JS clients from Forest Heath.

CQ Suffolk will be facilitated by Dave Pullin, a music and mental health professional, and held in The Hunter Club in Bury St Edmunds. SEBC participants will be supported to attend by their support workers. At each CQ session everyone shares a piece of music. People actively listen while music is played; music is not a background to conversation. Participants do not need to sing or play an instrument or have musical knowledge to join.

Each year participants will attend a local music performance during the Bury St Edmunds Festival, and a workshop led by a professional musician. The group may create a playlist for RWSfm (local radio). The group applies the model The Restoration Trust have run with JS clients in Norwich since January 2015.

## **Outputs**

The programme will last 2 years, with 24 two hour sessions per year.

## **Outcomes**

TRT will use methods tested in CQ Norwich to measure outcomes. The mixed-method psychological approach included questionnaires with Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) and unique CQ specific items; individual participant interviews; professionals focus group and interviews.

Key outcomes include:

- freedom and acceptance by a group
- enjoyment and personal benefit
- being with others versus social isolation
- practical accessibility.
- Observed growing confidence

### **Finances**

Income for last financial year – £45,711

Expenditure for last financial year - £70,273

### **Reserves**

£5,298

### **Request breakdown**

Director of Restoration Trust - overall management @ £31.25 per hour

Coordinator - Manages volunteers, musicians workshop, liaises with venue.

Responsible for safety of group members @ £25 per hour

Music workshop leader - Freelance rate based on Arts Council England guidance £300 per day plus VAT

Travel expenses.

Volunteer expenses

Venue - The Hunter Club, Bury St Edmunds. £10 per hour for 4 hours per month (50% discount)

Office costs, utilities, back office services - Provided by the Restoration Trust @ 15% of budget.

Insurance

Tickets to Bury St Edmunds Festival.

Contingency @2% inflation for Yr 2

### **Previous Community Chest funding**

None.

### **Officer comments**

Supported by 1 Families and Communities Officer



*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](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	The Restoration Trust (RT)
Organisation Address	% Merchants Place, 16 Church Street, Cromer
Postcode	NR27 9ES

Organisation main email	<a href="mailto:laura@restorationtrust.org.uk">laura@restorationtrust.org.uk</a>
Organisation main tel.	07740 844883
Organisation website	<a href="http://www.restorationtrust.org.uk">www.restorationtrust.org.uk</a>
Organisation Twitter	@RestoTrust
Organisation Facebook	@RestoTrust

Contact person 1 (main contact)		Contact person 2	
Name	Laura Drysdale	Name	Dave Pullin
Position in organisation	Director	Position in organisation	Culture Quest Coordinator
Daytime tel.no	01263 519454	Daytime tel.no	
Mobile	07740 844883	Mobile	07715 710354
email	laura@restorationtrust.org.uk	email	dave@restorationtrust.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; Norwich; North Norfolk; Broadland; Great Yarmouth and Waveney; Wiltshire.

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

Registered charity	<input checked="" type="checkbox"/>	Charity number:1161196
Applying for charitable status	<input type="checkbox"/>	
Company limited by guarantee	<input 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	7	Management board	
Management team	1	Service users	
Full time paid staff/workers		Volunteers and helpers (non-management)	3
Part time paid staff/workers	1		

2.4. When did your organisation start?

2014

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.

We support people to engage with art, heritage and culture in a safe, effective way so that their mental health improves.

Our vision is that by 2027 culture therapy is incorporated as a normal element of mental health best practice.

To achieve this we:

- enable, broker and develop partnerships with arts/heritage/culture bodies and health/social care bodies;
- co-produce projects with communities, arts/heritage/culture organisations and health/social care organisations;
- incubate, test and research new ideas;
- work with people with severe and enduring mental health problems to prevent their condition escalating;
- challenge arts/heritage/cultural education and outreach services delivery.

Each project must meet our success criteria:

- participants have mental health problems
- groupwork is the core
- sustained and regular involvement
- participant inclusion in management structures
- safe framework and practice
- partnership with art/heritage/culture and health/social organisations
- proper measurement of impact and outcomes progression for participants
- privileged access to real cultural assets
- privileged access to real expertise
- encouragement to pursue creative expression

- learning for staff and volunteers.

We have a research partnership with UEA Psychology Department and collaborate with Bournemouth University, Norfolk & Suffolk Foundation Trust and Avon and Wiltshire Mental Health Partnership Trust.

We have social media and websites for all our projects, and promote them to local, national and professional media. We manage the risks to participants of inappropriate media exposure by stringent consents.

Participants are adults aged 18 and over who live with mental health problems ranging from severe and enduring mental illnesses such as schizophrenia or bipolar disorder, to mild or moderate anxiety and depression. Our particular expertise is working with people with complex needs who experience multiple disadvantages.

We consult participants, deploy our research and take imaginative leaps to create the web of connections that make up an effective project.

Maximum 300 words

2.6. What was your organisation's total income for last financial year? (your branch if part of a larger organisation) £45,711

2.7. What was your organisation's total expenditure for last financial year? (your branch if part of a larger organisation) £70,273

2.8. Does your organisation have more than six months running costs? (your branch if part of a larger organisation) No

2.9. What are your organisation's current unrestricted reserves or savings? (your branch if part of a larger organisation) £5,298

### 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 wish to run fortnightly sessions of our Culture Quest Music Appreciation Group (CQ Suffolk) for up to 15 people with complex mental health needs who are clients of Julian Support (JS) in St Edmundsbury, plus support workers, volunteers, and JS clients from Forest Heath. The programme will last 2 years, with 24 sessions per year.

The group applies the model we have run successfully with JS clients in Norwich since January 2015 (CQ Norwich).

JS has c45 clients in St Edmundsbury (see below for criteria) who are marginalised by poor mental health as well as deprivation clustered in Bury St Edmunds, and associated with rural isolation (Hidden Needs 2016, Suffolk Community Foundation).

CQ Suffolk will be facilitated by Dave Pullin, a music and mental health professional, and held in The Hunter Club in Bury St Edmunds. SEBC participants will be supported to attend by their support workers, to become familiar with a West Suffolk cultural asset.

Participants contribute £1.50 to attend the drop-in group. We provide music equipment, including iPad, speakers, CD and Tape player.

At each CQ session lasting 2 hours, everyone shares a piece of music. People actively listen while music is played; music is not a background to conversation. Participants do not need to sing or play an instrument or have musical knowledge to join.

Each year participants will attend a local music performance during the Bury St Edmunds Festival, and a workshop led by a professional musician. The group may create a playlist for RWSfm (local radio).

We will feature the project on our CQ website [www.culturequest.org.uk](http://www.culturequest.org.uk), including playlists as a resource for participants.

More information about CQ Norwich, including a participant interview, is on our digital annual report, A Year of Making and Doing, <http://ar.restorationtrust.org.uk/> 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.

Research from Culture Quest Project Evaluation Report by Dr Victoria Scaife, School of Psychology, University of East Anglia, August 2017 shows how CQ Suffolk can contribute.

1. A safe place.
  - a. The Hunter Club meets health and safety standards. Practical accessibility is key.
  - b. People participate though symptoms may be active: *"you don't want to talk to someone – you don't have to – don't force somebody to talk to people!"* (p12).
  - c. Facilitation is by a mental health professional, with input from support workers. *"I have no worries about CQ, it is a friendly place to come and everybody is very friendly."* (p7).

2. Recognising individuals.
  - a. CQ is accessible to people who use music to feel well. *"it's one of them ones where if I didn't have the group I probably wouldn't be able to have the experiences that I do have" (p11).*
  - b. People share part of themselves. For example one CQ Norwich member plays his own mixes.
  
3. Understanding relationships.
  - a. CQ connects people. *'I like being in a group of people in different situations.'* (p7)
  - b. CQ enables curiosity, tolerance and acceptance. *"..... you've got to go in there with an open mind which is good" (p10)*
  
4. Encouraging agency.
  - a. Choosing a piece of music can develop social confidence and agency. *"I like being able to play any track – I know you can access that outside the group – but I really enjoy that" (p10)*
  
5. Developing vision.
  - a. As members grow in confidence they develop goals: *"you're in there to kind of be with people as well, even if you're not necessarily talking to them, you're still in a way socializing – cos it's people that you don't know" (p12)*
  - b. CQ normalises access to a mainstream local resource: *'mental health is out there everywhere and I think people being able to go to venues like that is really good. (p20).*

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.

### **Participants**

Based on CQ Norwich and our JS client questionnaire we estimate that each group will have 6 - 12 participants attending, around 9 people per month.

3 - 6 participants, 4 - 5 per month, will be from SEBC. 8 to 10 SEBC residents will attend per year, 13 - 15 in all. Where necessary support workers will bring participants to sessions.

### **Staff and volunteers**

5 JS staff, 2 staff at The Hunter Club, 2 volunteers and 2 musicians will connect with marginalised local people and therapeutic groupwork.



## **Public and professionals**

CQ Suffolk will reach 500 unique visitors to our website and social media. Other outlets include newsletters, local press, attendees at mental health professional events.

**Participants will benefit** in the 5 Ways to Wellbeing (Give, Connect, Take notice, Learn, Be active).

We will use methods tested in CQ Norwich to measure outcomes. The mixed-method psychological approach included questionnaires with Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) and unique CQ specific items; individual participant interviews; professionals focus group and interviews.

WEMWBS scores Time 1 - Time 2 moved from 2.8 (feeling positive rarely-some of the time) to 3.2 (some of the time-often). Key themes extracted from participant research focus groups and interviews can be characterised as:

- freedom and acceptance by a group
- enjoyment and personal benefit
- being with others versus social isolation
- practical accessibility.

Professional focus groups and interviews added

- Observed growing confidence

We will use Short WEMWBS, unique questions, participant interviews, staff focus groups. Research will be administered by Laura Drysdale (project manager) who will have little contact with participants. We hope to obtain funding for research across our projects from Public Health England (currently in application), which will include CQ Suffolk.

We will keep register data to track attendance and engagement.

We will report research to SEBC, updated as required. 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.

Julian Support are our partners, and participants will be their clients. JS Manager Rachel Omori will oversee the project from the JS perspective, and JS staff will support all interested clients to attend.

JS are the sole provider of mental health support in West Suffolk under the pooled fund contract from Suffolk County Council and has 2 supported housing schemes in Bury St Edmunds. The outreach (Pathway and Recovery) team are located in St Andrews St South, serving clients in Bury St Edmunds, Haverhill and rural locations. JS work closely with the Recovery College and Suffolk User Forum.

JS clients are open to secondary mental health services. Issues include difficulty in engaging with services, substance use, personality disorder, trauma, domestic violence, abuse. Housing is a particular issue in Bury St Edmunds due to high rents and shortage of property. 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.

1. JS staff asked 97 service users in West Suffolk (50:50 SEBC and FHDC) for their views on the proposal in a questionnaire. Of 26 responses, 23 think music is important, 16 are interested in joining a group. Barriers included anxiety, fear of groups, poor mobility, transport. These could be overcome by support, experienced staff, drawing on inner strength, if it is local, bus pass. Comments included *'Very good idea. To me music is an escape from reality.'*
2. Experience of CQ Norwich shows that over time people who love music but feel they cannot attend do join. *" I was a little bit unsure as well at the start - just because I was very like 'in myself' as well and it was like really hard for me to talk to people'.* Other members encourage attendance: *'People knock for me'.*
3. UEA CQ Norwich research concludes: *'...Culture Quest has been a highly successful means of helping people with mental health problems (re)engage with music in a group setting at a general community venue. Professionals recognized that .....it provided an otherwise rarely available mechanism for people who were profoundly affected by mental health difficulties to engage in an enjoyable, meaningful and sociable activity.*

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?

1. CQ Suffolk was initiated by JS manager Rachel Omori, from experience of engaging service users with our CQ Norwich partnership. The model developed from consulting service users through questionnaires, talking to staff and support workers, and through research. Our CQ Project Board includes service users.
2. We are running 3 CQ taster sessions at The Hunter Club for JS Service Users this autumn, to spread the word amongst JS staff and services users, and gain feedback. The Hunter Club are donating the venue. Enthusiastic staff are essential to participants attending, initially with support and eventually on their own.
3. CQ Suffolk grows out of our experience and research in CQ Norwich since January 2015. CQ Music Appreciation Groups are participant led, as all music is chosen by participants, it is a drop-in so there is no compulsion to attend, and this freedom is key to its success. *"I go in there looking like hell some days - and still - freedom - nobody judges"* (p10)
4. Active listening defines CQ, and the ethos extends to the way we manage the project. We actively listen to participants, staff and attend to external research about other music and wellbeing programmes.

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 development plan, which we hope will work successfully in Norfolk, is that at the end of the grant period CQ will be commissioned by Suffolk County Council as an integrated part of mental health support.

The CQ model is a new way of sustainably connecting isolated people with community assets and each other. CQ Suffolk data will contribute to our research to provide robust evidence. We can then promote the model more widely to commissioners and health/social care professionals as a safe, cost-and clinically-effective social prescription.

Expert facilitation is a key CQ success factor: *"you know we talk about groups and 'oh anybody can do a group' - actually that isn't the case - you have to be able to hold a group and know the dynamics of what's going on"* (p18). RT Business Plan

2017 - 2020 includes delivering training to suitable staff to acquire the necessary skills.

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)

The total cost (including contributions in kind) over 2 years is: £13,310

The total cost (including contributions in kind) per year is:

- 2018/19 £6,620
- 2019/20 £6,690

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
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**Staff and volunteers** (including roles, hourly rates and NI/tax contributions where applicable)

*Project Manager*

- Laura Drysdale. Director of Restoration Trust. Accountable to funders and partners for delivery of the programme. Manages Coordinator and contractors. HR support, supervision, monitoring and reporting. Manages evaluation research using RTs existing research measures.
- 2 hours per month @ £31.25 per hour = £62.50 per month shared with Forest Heath District Council (FHDC)
- NI/Tax N/A
- Travel expenses. Allow 2 journeys Cromer to Bury St Edmunds per year, £54 per year shared with FHDC

£750

£54

*Coordinator*

- Dave Pullin. Freelance mental health professional and musician contracted by RT to run the group. Manages volunteers, musicians workshop, liaises with venue. Responsible for safety of group members.
- 12 hours per month (i.e. 6 hours per fortnightly group incl travel, planning, recording) @ £25 per hour = £300 per month shared with FHDC
- NI/Tax N/A
- Travel expenses. Travel Norwich to Bury St Edmunds 84 miles @ 0.45p per mile £39.21 per trip. Two trips per month = £78.42 shared with FHDC.

£3,600

£940

*Music workshop leader*

- Musician to lead an inspiring workshop for group members, one per year. To be appointed in discussion with the group.
- Freelance rate based on Arts Council England guidance £300 per day plus VAT, shared with FHDC.
- NI/Tax N/A
- Travel expenses. Allow £50 per workshop, shared with FHBC.

£360

£50

*Volunteer expenses*

- Volunteer recruited from Julian Support or West Suffolk College Music Degree courses (music in the community module). To support the facilitator in running the group and gain experience.
- Travel expenses. Allow £6 per session reimbursement of exceptional travel costs. Two sessions per month - £12.00 shared with FHDC

£144

<p><b>Overheads</b> (including items such as venue/office costs, utilities, back office services, insurance)</p> <p><i>Venue</i></p> <ul style="list-style-type: none"> <li>The Hunter Club, Bury St Edmunds. Venue for all sessions, 2 sessions of 2 hours per month.</li> <li>£10 per hour for 4 hours per month (50% discount) = £40 per month shared with FHBC</li> </ul> <p><i>Office costs, utilities, back office services</i></p> <ul style="list-style-type: none"> <li>Provided by the Restoration Trust @ 15% of budget. These costs include administrative support, risk management, financial management, website and social media, recruitment and publicity materials, utilities, public liability insurance. £952 per year shared with FHDC</li> </ul> <p><i>Insurance</i></p> <ul style="list-style-type: none"> <li>Insure4music specific insurance for CQ equipment. £30 per year for 2 years shared with FHDC</li> </ul>	<p>£480</p> <p>£476</p> <p>£30</p>
<p><b>Equipment and resources</b></p> <p><i>Tickets to Bury St Edmunds Festival.</i></p> <ul style="list-style-type: none"> <li>Based on 2017 ticket prices for major music events (e.g. Brahms 1 from memory) £20 per head for up to 20 people (i.e. 10 per year) = £200 per year shared with FHDC</li> </ul>	<p>£200</p>
<p><b>Other</b></p> <p><i>Contingency</i></p> <ul style="list-style-type: none"> <li>Allow for inflation at 2% in Year 2. Only to be called on if necessary and by agreement with funders. £136 shared with FHDC</li> </ul>	<p>£68</p>
<p><b>Total</b></p>	<p><b>£7,153</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>
<p><b>Funding already secured</b> (please detail funders, amounts and funding periods individually)</p> <p><i>Julian Support Suffolk Manager</i></p> <ul style="list-style-type: none"> <li>1 hour per month @ £19.50 per hour = £19.50. £468 contribution in kind shared with FHDC</li> </ul> <p><i>Julian Support Suffolk Support Workers</i></p>	<p>£234</p>

<ul style="list-style-type: none"> <li>4 workers for 6 hours per month (i.e 3 hours per fortnightly group) @ £10.87 per hour = £130. £6,261 contribution in kind shared with FHDC. Note this include travel costs to help SEBC service users to attend.</li> </ul>	£3,130
<p><b>Volunteer contributions</b> (including estimated hours given and roles)</p> <p><i>Volunteer</i></p> <ul style="list-style-type: none"> <li>6 hours per month (i.e. 3 hours per fortnightly group) @ £50 per group (Arts Council England rate). £2400 contribution in kind shared with FHDC</li> </ul>	£1,200
<p><b>Equipment and resources</b> (please itemize)</p> <p><i>The Hunter Club</i></p> <ul style="list-style-type: none"> <li>50% discount on venue hire fees, of £10 per hour for 4 hours per month = £40 per month. £960 contribution in kind shared with FHDC</li> </ul> <p><i>Equipment</i></p> <ul style="list-style-type: none"> <li>Provided by the Restoration Trust: speakers, amplifier, tape deck, CD player, iPad. Spotify subscription. Value estimated at £1650, contribution in kind shared with FHDC</li> </ul>	£480  £825
<p><b>Other</b></p> <p><i>Refreshments</i></p> <ul style="list-style-type: none"> <li>Refreshment costs for the group are covered by a charge of £1.50 per participant per group for those who are able to pay. Estimated as a contribution by group members of £576 on the basis of 8 paying participants per group, shared with FHDC</li> </ul>	£288
<b>Total</b>	<b>£6,157</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?

**None**

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

**2018/19** £3,542

**2019/20** £3,611

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?

**None**