

Community Chest Application Summary 2019/2020

Forest Heath & St Edmundsbury councils

West Suffolk
working together

Local Authority	SEBC
Organisation	Mentis Tree CIC
Amount Requested	£10,775 (2019-2020)
Total Project Cost	£49,579
Match Funding	Children in Need - £33,804 Big Issue Invest - £5,000 In kind - 208hrs of volunteering
Partnerships	YoungCarersNet

Overview

Mentis Tree's activities provide benefit to people across Suffolk and Norfolk needing low cost psychological therapies to improve their mental well-being. The company also provides opportunities for therapists to achieve professional accreditation as therapists.

This project sets out to work in St Edmundsbury to support Young Carers aged between 10 - 24yrs, a group who experience disadvantage through isolation, non-identification and mental health issues relating to their caring role. 1 to 1 and group support will be offered as well as access to online Live chat with a trained professional. In addition work will be done with Schools, Colleges and other clubs to raise the awareness of Young Carers in the hope to identify and support more.

Outputs

- Increase identified Young Carers in St Edmundsbury from 148 to 175.
- Group activities for young carers
- One to one support sessions
- Online live chat support services
- Respite care for the people the carers are caring for

Outcomes

- Reduction in isolation
- Greater number of Young Carers receiving respite
- Whole families receiving increased support
- Improved mental health
- Greater numbers of Young Carers will be identified through raised awareness within the St Edmundsbury

Finances

Income for last financial year - £392,263

Expenditure for last financial year - £382,379

Reserves

£9,000

Request breakdown

Staff and Volunteers (coordinator, counsellor) – £9,475

Equipment and Resources (printing and activities) - £2,300

Clarify total cost of project as breakdown does not show full cost

Previous Community Chest funding

SEBC community chest 2016/17 - £9,000

SEBC community chest 2018/19 - £9,000

Officer comments

Supported by 1 families and communities officer with conditions/clarification



St Edmundsbury
BOROUGH COUNCIL

Forest Heath & St Edmundsbury councils
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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:
families.communities@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 Forest Heath 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.

Privacy Notice

West Suffolk councils is a Data Controller and can be contacted at: West Suffolk House, Western Way, Bury St Edmunds, Suffolk, IP33 3YU. Tel: 01284 763233. The Data Protection Officer is Leah Mickleborough and can be contacted at the same address.

We are collecting your personal information in relation to an application for a grant supplied by West Suffolk councils. The councils administer these grants as a legitimate interest in strengthening, empowering and building resilient communities.

Your data will not be shared with third parties unless to contact other parties (specifically specialist advisors/experts and community referees) who will help the processing of this application or used for Council publicity purposes (i.e. media outlets) in relation to a successful grant, or where we are required or permitted to share data under other legislation (for example the detection and prevention of fraud).

Your data will be kept for six (6) years in line with our retention policy.

You have the right to access your data and to rectify mistakes, erase, restrict, object or move your data in certain circumstances. Automated decision making and

processing is not used during this application. Please contact the Data Protection Officer for further information or go to our website where your rights are explained in more detail. If you would like to receive an explanation of your rights in paper format please contact the Data Protection Officer.

Any complaints regarding your data should be addresses to the Data Protection Officer in the first instance. If the matter is not resolved you can contact the Information Commissioner’s Office at: Wycliff House, Water Lane, Wilmslow, Cheshire, SK9 5AF
Tel: 0303 123 1113.

For further information on our Data Protection Policies please go to our website: [How we use your information](#) or email: data.protection@westsuffolk.gov.uk

1. Contact Details

Organisation/lead partner name	Mentis Tree CIC t/as MTCIC
Organisation address	Acorn House 8a Looms Lane Bury St Edmunds
Postcode	IP33 1HE

Organisation main email	info@mtcic.org.uk
Organisation main tel.	01284750096
Organisation website	www.mtcic.org.uk
Organisation Twitter	@sue_jay1
Organisation Facebook	@mtreecic

Contact Person 1 (main contact)		Contact person 2	
Name	Mrs Sue Jay MBE	Name	Jane Walden
Position in organisation	Managing Director	Position in organisation	Director
Daytime tel.no	01284750096	Daytime tel.no	01284750096
Mobile	07930273807	Mobile	
email	sue.jay@mtcic.org.uk	email	jane.walden@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?

Suffolk County Council

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"/>	7601041
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	
Full Time paid staff / workers	2	Volunteers and helpers (non-management)	16
Part Time paid staff / workers	3		

When did your organisation start?

Year

April 2011

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.

The company's activities provide benefit to people across Suffolk and Norfolk needing low cost psychological therapies to improve their mental well-being. The company also provides opportunities for therapists to achieve professional accreditation as therapists.

We do this by recruiting volunteer counsellors to work within our Acorn Counselling Service. This is either low cost or no cost to people who are in need of longer term therapy which is not provided by the NHS.

We hold contracts from the NHS, providing therapy to the Wellbeing Services.

Work with companies providing mental health support to their employees.

Work in Partnership with other organisation's on projects that support mental health and wellbeing for the population aged 7 years old +

Maximum 300 words

- 2.5. What was your organisation's total income for last financial year? (your branch if part of a larger organisation) £392263
- 2.6. What was your organisation's total expenditure for last financial year? (your branch if part of a larger organisation) £382379
- 2.7. Does your organisation have more than six months running costs? (your branch if part of a larger organisation) No
- 2.8. What are your organisation's current unrestricted reserves or savings? (your branch if part of a larger organisation) £9,000

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).

This project will focus on supporting Young Carers aged 10 – 24yrs, a group who experience disadvantage through isolation, non-identification and mental health issues relating to their caring role.

The project sets out to increase the number of identified Young Carers living in the St Edmundsbury area and give them, group activities, one to one emotional support and access online Live Chat support with a trained professional

This will reduce their isolation, support their mental health and wellbeing and help them to access respite from their caring role. This project will also support the family as a whole by better engagement with this and other community services e.g. Activities Unlimited and Abbeycroft Leisure.

We will achieve this by raising awareness of

- the number of unidentified Young Carers in the community
- help young people to identify themselves as a Carer
- educating adults to identify the signs which might indicate that the young person is Carer
- signpost these Young Carers and their families to the project and other statutory support that may be available to them

We will provide group activities to

- reduce isolation
- promote improved mental health and wellbeing
- provide opportunities for peer to peer support
- widen their experiences that have been hindered by their caring role
- provide respite care for the cared for so that the Young Carer can participate.

We will provide one to one emotional support to Young Carers who are struggling with their care responsibilities to support their mental health and wellbeing.

We will work with Schools, Colleges, the university, clubs and places were young people meet to raise awareness of Young Carers.

Through community engagement activities, we will engage with the wider population, health and social care professionals to assist in the identification of Young Carers in the local 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.

This project helps families understanding their relationships with regard to the Young Carer. Building connections with family members and the wider supports available, be that from practical support with the offering of respite to the emotional support on offer within the project.

The project encourages Young Carers to help themselves building resilience by taking action to take control of their caring responsibilities in a more positive and less detrimental way with regard to their emotional and mental wellbeing.

Increasing their capacity knowledge and experiences to influence and control over their lives.

Putting in place achievable goals and aspiration that may have been hindered by their caring responsibilities in the past.

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.

Greater numbers of Young Carers will be identified through raised awareness within the St Edmundsbury.

Outcome - Baseline known data of Young Carers in St Edmundsbury **148**>increase to **175** Young Carers and their families identified

Activity events

Outcome – reduction in isolation – measured by attendance to activities and questionnaires. **Target 100 Young Carers**

Outcome - Greater number of Young Carers receiving respite – measured by number accessing respite funding **Target 24 families**

Outcome – Whole families receiving increased support – measured by questionnaires and attendance **Target 30 families**

24 hour access to Online support for Young Carers

Outcome – increased Live Chat hits and visits to the website from the Bury St Edmunds area – measured on google analytics.

One to one emotional support

Outcome - improved mental health - measured by YP CORE a NHS national measurement tool for Young people's mental health. In and out scores collected. **70% improvement.** National target is 50%

Already successfully used by us in schools

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.

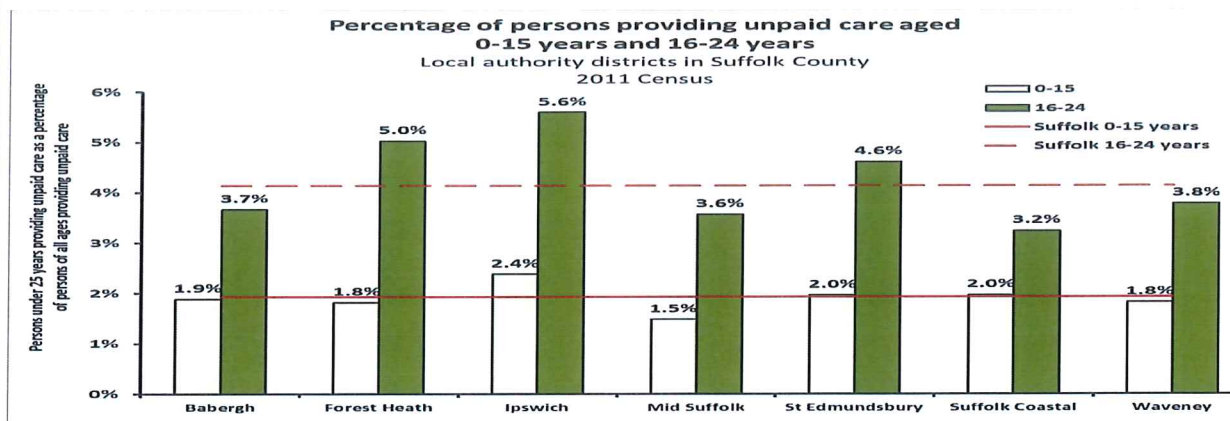
YoungCarersNet are a partner with us to deliver the Children in Need grant we have been awarded. This grant is to deliver digital and face to face services to Young Carers. Family Carers Net bring to the partnership the expertise in working with Carers. MTCIC brings their expertise in Mental Health and Wellbeing with carers, non carers young and adult.

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.

Nationally it is estimated there are 700,000 Young Carers in the UK (source Carers Trust) The total figure estimated by Suffolk County Council for Suffolk was **9,000** in their report in 2016.

Using these figure, St Edmundsbury has a population of 113,725, 15.7% of young people aged 10-24 (17,845 young people) Using the prevalence of Carers Trust of 4.2% there are **749** Young Carers and using Suffolk County Council estimate is **820** (4.6%) Young Carers living in St Edmundsbury. The current number of Young Carers identified by services in Suffolk, as a whole is 1,600. Which is low and around 18% of prevalence, **148** Young Carers in St Edmundsbury against the potential numbers above. There are large number of young people who could receive support with their caring role.



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?

The planning of this project has been designed by 5 Young Carers that we already have contact with, through our work with the setup of YoungCarersNet project funded by Children in Need. Two of these Young Carers will be actively involved. The Young Carers we have been working with report, that there is a gap in services that offer tailored support to meet their needs. They have been key in the design of this proposal. Their input to the planning and delivery to the community activities will continue. They will also help with the design of the promotional materials to ensure that it is appropriate for the target audience.

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?

This funding will start the project in St Edmundsbury and we will have a year of promoting and community engagement to raise awareness and identify a significant number of new Young Carers that have not been recognised before. This promotional information will be out in the community past the end of the project funding. The identified Young Carers will continue to give each other peer to peer support after the funding has come to an end. This support will continue to reduce isolation for them in the future. Supporting their mental health and ability to cope with their caring role.

We will use funding through Children in Need to sustain the support after the one year, but we require pump priming funding to get it started as this is more than the Children in Need funding allows

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, NI/tax contributions and expenses where applicable) Salary Activities Coordinator 25 hours per month @ £3,675 Counsellor 4 hours per week @ £25 per hour	£3675 £4800
Equipment and resources Printing of promotional materials and community engagement costs @ £800 Cost of Activities days including venue hire, refreshments equipment hire, travel, learning materials	£800 £1,500
Total	££10,775

5.4. Please provide a full breakdown of all other funding you have secured for this project.

Item	Amount
Funding already secured (please detail funders, amounts and funding periods individually) Achieved Children in Need Nov 2017 funding for three years Total £103,633 Development loan from Big Issue Invest of £50,000 over 5 years. - £25,000 used for the development of this project by MTCIC and £5,000 for the coming year.	£33,804 £5,000
Total	£38,804

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

<u>Item</u>	<u>Amount</u>
Volunteer contributions (including estimated hours given and roles) 2 X Volunteers and Young Carers giving an average of 2 hours a week to the project @ £10 per hour	£2,000
Equipment and resources (please itemise) Hosting of the project at Acorn House – Overheads	£2400
Other	
Total	£4,400

*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.

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

2019/20 £10,775 **2020/21** £0

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
St Edmundsbury Borough Council 16/17	£9000	Counselling for people in hardship Low income
St Edmundsbury Borough Council 18/19	£9000	Counselling for people in hardship Low income
Total:	£18,000	