

Report to	Salisbury
Date of Meeting	24/05/2017
Title of Report	Community Youth Grants

### 1. Purpose of the report:

To ask Councillors to consider the following applications seeking funding from the Salisbury Area Board.

Application	Grant Amount
<b>Applicant:</b> WYAP <b>Project Title:</b> Fabric of Life in Salisbury <a href="http://portal.wiltshire.gov.uk/areaboard_grants/yp_pa_grant_detail.php?gid=440">http://portal.wiltshire.gov.uk/areaboard_grants/yp_pa_grant_detail.php?gid=440</a>	£4750.00
<b>Applicant:</b> AVON AND WILTSHIRE MENTAL HEALTH PARTENRSHIP TRUST <b>Project Title:</b> Wiltshire Early Intervention Football Team <a href="http://portal.wiltshire.gov.uk/areaboard_grants/yp_pa_grant_detail.php?gid=433">http://portal.wiltshire.gov.uk/areaboard_grants/yp_pa_grant_detail.php?gid=433</a>	£1785.60
<b>Applicant:</b> Life Rocks CIC <b>Project Title:</b> Music Tuition <a href="http://services.wiltshire.gov.uk/areaboardgrants/grant_detail.php?gid=2412">http://services.wiltshire.gov.uk/areaboardgrants/grant_detail.php?gid=2412</a>	£5000.00
<b>Applicant:</b> St Edmunds School for Girls <b>Project Title:</b> South Wiltshire Mindfulness in Schools Collaboration Strategy <a href="http://services.wiltshire.gov.uk/areaboardgrants/grant_detail.php?gid=2415">http://services.wiltshire.gov.uk/areaboardgrants/grant_detail.php?gid=2415</a>	£10,000.00
<b>Five Rivers Health &amp; Wellbeing Centre – Gym Wellbeing Project (see appendix A)</b>	£3000.00

### 2. Main Considerations

Councillors will need to be satisfied that grants awarded in the 2017/18 year are made to projects that can realistically proceed within a year of the award being made.

Area Boards have authority to approve Area Grants under powers delegated to them by the Cabinet member for Communities, Campuses, Area Boards, Leisure, Libraries and Flooding. Under the Scheme of Delegation Area Boards must adhere to the Area Board Grants Guidance 2014/2015.

Community Youth Grants will contribute to the continuance and/or improvement of

cultural, social and community activity and wellbeing in the community area, the extent and specifics of which will be dependent upon the individual project.

Community Youth Grants give all local community and voluntary groups, Town and Parish Councils an equal opportunity to receive funding towards community based projects and schemes.

### 3. The applications

<b>Applicant:</b> WYAP ID440 <b>Project Title:</b> Fabric of Life in Salisbury	<b>Amount Requested from Area Board:</b> £4750.00
<p>This application meets grant criteria 2017/18.</p> <p><b>Project Summary:</b> In July 1967 the Sexual Offences Act finally decriminalised gay relationships between men over 21 in England and Wales. It was a momentous transformative moment for the lesbian gay bisexual and transgender LGBT community. On the 50th Anniversary we will look back at the history of LGBT communities through the lens of fashion. With money from the Heritage Lottery Fund we are working with young people to research the history of fashion as a form of identity with a particular focus on gender and sexuality. We are looking for additional funding so that the young people can work with an artist to explore what they find out in their research.</p> <p><b>Please tell us WHO will benefit and HOW they will benefit from your project and benefit your local community:</b> The majority of the young people involved in the project have identified as being a part of the LGBT community and attend a well being support group. This project supports their needs and aims to help them feel safer and happier in our community. The project also aims to identify allies and help them understand LGBT issues. The project is free for young people to attend and takes place in fully accessible buildings. The work the young people will produce with the artist will be for a public audience and will further develop allies for the LGBT community. Our aim is for the local community to engage with this work and deepen their understanding of LGBT issues. We are working with several partners including the Wiltshire and Swindon History Centre. The project will also include a visit to Salisbury Museum and work with Salisbury Arts Centre. We hope that approximately 15 young people locally will benefit directly from the work but the public audience for the arts work could reach 100s.</p> <p><b>Recommendation of the Local Youth Network Management Group</b> That the application meets the grant criteria and is approved for the amount of £3000, mindful of the actual number of young people from Salisbury's</p>	

LGBT community to benefit and of the reduced Youth Budget for 2017/18.

**Applicant:** Avon and Wiltshire Mental Health Partnership Trust ID433  
**Project Title:** Wiltshire Early Intervention Football Team

**Amount Requested from Area Board:**  
£1785.60

This application meets grant criteria 2017/18.

**Project Summary:** I am a Community Mental Health Worker and as part of my role I help facilitate weekly 5 a side Football and Badminton groups at Five Rivers Leisure centre and Leighton Recreation Centre Westbury. I am sure you are probably already aware of the many benefits associated with Mental Health and physical activity so will not go into too much detail. Myself and my colleagues work in a specialised service for people who have a first episode Psychosis. This can lead to most of our patients to suffer from what are known as positive and negative symptoms. Positive symptoms can include things like hallucinations and delusional thoughts. Negative symptoms include apathy lethargy and social withdrawal. Most of our service users are required to take antipsychotic medication to treat these symptoms but they are by no means a magic cure and will often have side effects such as tiredness muscle stiffness and weight gain. Because we use what is known as a biopsychosocial approach our activity groups have proved to be a good way to help people with improving / maintaining physical health and social inclusion. We have been running the group for several years now and always ask the service users to contribute to the cost of hiring the facilities that we use around the county. Unfortunately the majority of them are on benefits so have little or no money to spare. We will not refuse someone attending if they cannot contribute so we supplement the cost from ourselves and the team's petty cash. I am sure you are only too aware that as with all public organisations these days our budget is limited and is under increasing scrutiny as to how we spend it. Therefore over the past few months I have been in discussion with the Leisure Manager at Five Rivers and more recently the Community Engagement Manager as to how we could reduce the cost to make it affordable for us to be able to sustain in particular the 5 a side Football group.

**Please tell us WHO will benefit and HOW they will benefit from your project and benefit your local community:** Our service is for People across Wiltshire aged 14 and above who have suffered a first Episode Psychosis. We have been working mostly with 16 to 35 year olds for the past seven years. We encourage and facilitate our service users to learn from each other about their experiences, which can promote a better understanding and reduce stress. Our project is accessible to all our service users and also those supported by the community mental health services. We currently make it affordable by supplementing the cost from our petty cash but the cost is becoming too much for us to be able to sustain this. A grant would help us to sustain the group and make it affordable to all. We encourage service users that we have discharged to continue to attend when they can as this promotes peer mentoring. By the very nature of our service in general means that we are accessible to everyone who has

suffered a psychotic episode. We also encourage family members and friends of the service user to attend.

**Recommendation of the Local Youth Network Management Group**

That the application meets the grant criteria. The group have recommended £250, mindful of the number of 18 – 25 year olds from Salisbury to benefit, noting that a contribution will also be requested from the Health & Wellbeing Budget and from other area boards, as service users from Trowbridge, Devizes and other areas also attend the football sessions.

**Applicant:** Life Rocks ID2412

**Project Title:** Music Tuiton

**Amount Requested from**

**Area Board:** £5000

This application meets grant criteria 2017/18.

**Project Summary:** To provide match funding to a new project in conjunction with Wiltshire Music Connect and The Arts Council to subsidise music tuition for young people in Salisbury and surrounding areas.

Specifically for young people up to the age of 18 years of age who have been identified as pupil premium, NEETs, SEN, living in rurally isolated or socially deprived areas. Option for students to go on to perform at local community events.

**Please tell us WHO will benefit and HOW they will benefit from your project and benefit your local community:** Having identified large numbers of young people without the means to engage in high quality music experiences with professionals through the provision of The Life Rocks CIC youth service, we engaged in conversation with Wiltshire Music Connect to devise a project that would fund these disadvantaged young people to access music tuition. We were offered funding to subsidise tuition fees for these young people on the completion of a successful trial period. This trial period, due to be completed at the end of May, has been oversubscribed and extremely successful. We have been able to offer weekly 1-1 music tuition to more than 17 young people and weekly group sessions to 8 young people. Wiltshire Music Connect has been able to fund 80% of the cost for Looked After Children, 60% of the cost of places to young people in receipt of Pupil Premium, Military Premium, Free School Meals, that have SEN or are NEETs, and 35% of the cost for young people that fall outside of these parameters but are still considered to be without the means to access these opportunities, for example if they live in an identified socially deprived area or are rurally isolated. In order to fully subsidise these lessons and allow access to all young people regardless of financial circumstance we are seeking additional funds from other partners. The project will cost £20k in total and will fund approx. 25 young people per week until March 2018. Hans Christian Anderson once said where words fail music speaks. For many of the young people we work with this is especially true. We as adults might not always understand the behaviour of the teenage population or be able to understand one another especially with the advent of slang which seems to be an entirely different language on occasion, but when we are able

to connect with each other and express ourselves through music it feels more powerful and effective than regular spoken language. A recent study entitled Adolescents Expressed Meanings of Music in and out of School was based on responses by 1155 teens who submitted student essays to Teen People magazine as part of an online contest. Throughout their essays students expressed their thoughts regarding learning and playing music and revealed that they value music making as a central aspect of their identities. The findings include 'playing music provides a sense of belonging for teens' 'making music provides the freedom for teens to just be themselves - to be different - to be something they thought they could never be - to be comfortable and relaxed in school and elsewhere in their lives, 'music helps adolescents release or control emotions and helps coping with difficult situations such as peer pressure, substance abuse, pressures of study and family, the dynamics of friendships and social life, and the pain of loss or abuse', 'teens believe developing musical skills and performance is important since it paves the way to musical opportunities as skills develop'. Teens long for more variety and options for making music in school including the expansion to instruments and technology used in popular music. Adolescents are genuinely committed to their instruments and their school ensembles because they love to be involved in these musical and social groups. Teens believe that music is an integral part of American life and that music reflects American culture and society. Teens feel that playing music teaches self discipline such as there are payoffs if you practice and stick with something. Adolescents are of the opinion that playing music diminishes boundaries between people of different ethnic backgrounds, age groups and social interests. Teens associate playing music with music literacy, listening skills, motor ability, eye-hand coordination and heightened intellectual capabilities. This study outlines what music and music making means. It helps our young people define themselves as they grow up, it gives them purpose and meaning and contributes to their success throughout life.

**Recommendation of the Local Youth Network Management Group**

That the application meets the grant criteria and is approved for the amount of £3000, mindful of the actual number of young people from Salisbury's to benefit and of the reduced Youth Budget for 2017/18.

<p><b>Applicant:</b> St Edmunds School for Girls ID2415  <b>Project Title:</b> S. Wilts Mindfulness in Schools Collaboration Strategy</p>	<p><b>Amount Requested from Area Board:</b>          £4750.00</p>
<p>This application meets grant criteria 2017/18.</p> <p><b>Project Summary:</b> Mental health is one of the biggest priorities for young people today. As many as 10 of people aged between 11 and 16 have a clinically diagnosable mental health condition. Very few of these young people receive appropriate intervention. We would like to help develop mindfulness practice in Years 6-11 in South Wiltshire schools to provide</p>	

students with a range of strategies to support positive mental health.

**Please tell us WHO will benefit and HOW they will benefit from your project and benefit your local community:** We would like to make a difference to the lives of young people in Salisbury and the South Wiltshire region. In particular we would like to improve mental health provision in schools for young people aged 11-16. We believe that mindfulness taught by trained teaching staff can make a real difference to the lives of young people. According to the Mental Health Foundation mental health issues are increasingly pervasive. 10% of children and young people aged 5-16 have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age. The scale of mental health difficulties is growing as young people attempt to adapt to the demands of life in a frantic technological age. The pressure to achieve exam success, navigate the complex world of social media and adapt to a world where the job market is shifting unpredictably means that often young people feel under pressure, stressed and anxious. Some young people can deal with these challenges without a hitch and they are the lucky ones. Many others lack the required coping skills needed at times of stress. Schools do not routinely provide a scheme of work to address such issues and if they do they tend to do it as a factual exercise without providing and practicing specific skills which can be used in the future. We believe that by teaching students mindfulness they will practice a range of practical techniques- which will in turn be beneficial to their mental health. Such techniques can be used for a lifetime. Mindfulness is a way of paying attention to the present moment using techniques like meditation, breathing and yoga. It helps us become more aware of our thoughts and feelings, so that instead of being overwhelmed by them are better able to manage them. There has been a significant amount of research into mindfulness. Evidence has suggested the benefit of health and wellbeing with results showing positive effects on several aspects of whole-person health, including the mind, the brain, the body and behaviour, as well as a person's relationships with others. Mindfulness has also shown to help with a number of conditions including stress, anxiety, depression, addictive behaviours such as alcohol or substance misuse, and gambling, and physical problems like hypertension, heart disease and chronic pain.

Clearly there is a need for mindfulness to support young people and the evidence suggests that it is effective. So how can it be introduced into schools. At St Edmunds School we have been delivering mindfulness to our students for over a year. All of our year 10 and year 11 students have been taught a 10 week scheme by trained mindfulness practitioners - Mr Burley and Mr Anderson. Both teachers were trained as part of a Wiltshire Public Health initiative. They had to complete a mindfulness-based stress reduction course MBSR and then practice mindfulness for a year before teaching. They then completed a course to deliver mindfulness to students aged 14-19 called .b which is accredited by MiSP Mindfulness in Schools Programme. The course was devised by academics working with Oxford,

Exeter and Bangor Universities. Following this, Mr Anderson has completed an additional course which enables him to teach students aged 7-11. Our students are really feeling the benefit of such a programme. It has provided students with a range of strategies to aide their mental health and well-being and they feel better prepared for the examination period. We will be teaching Year 7s as well as Year 10s next year as part of the formal timetabled curriculum. News has travelled fast about what we are doing at St Edmunds. Other schools are very interested in doing similar things. Two local secondary schools have asked if we can help them and four primary schools are also very keen on introducing a coherent programme into their curriculum. We have been able to do a trial mindfulness lesson in one of the primary schools- but currently that is all that we can offer due to other commitments - teaching lessons, and the like. What we would really like to do is train teachers in the other schools so that they can run their own mindfulness courses. Thus creating a sustainable way of working. We would like as many primary and secondary schools as possible to offer mindfulness as part of the formal, or intervention based, curriculum. Imagine the difference it could make to mental health in the region. We would also like to offer MBSR courses for teaching staff and potentially other local individuals in the community to support their own mental health needs. Working in education, while being fantastically rewarding is also in the current climate an exhausting and all-consuming job. Teachers and other workers in education need the chance to stop and reflect. In order to offer the support to other schools and staff, one of our staff members would need to complete a one year course at either Bangor, Exeter or Oxford University. This would obviously have a cost attached and hence I am writing to see whether or not a grant is possible through the local area board. Although £10k is expensive initially- the scheme will benefit a large number in the local area through training that we would provide. If the majority of schools became trained in mindfulness the potential impact on young people would be significant.

#### **Recommendation of the Local Youth Network Management Group**

That the application meets the grant criteria and is approved for the amount of £2500. The group felt this to be a fair initial contribution, based on the reduced budget available for youth projects in 2017/18, and as it is currently not clear how many 11-19 year olds will actually benefit from the mindfulness work. The group would like the applicant to return in 2018/19 so that the board might be given the opportunity to consider the merits of contributing further funds if needed.

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# **APPENDIX A**

## **SALISBURY COMMUNITY AREA'S GYM WELLBEING PROJECT**

### **1. Purpose of the Report**

1.1. Further to the update report considered at the 9<sup>th</sup> March 2017 meeting (see appendix 1), councillors are now asked to consider a funding request to enable this project to continue in 2017/18

### **2. Background**

2.1. The project was piloted in 2016/17 and the gym memberships offered to those referred to the Wellbeing Project were significantly subsidised by Five Rivers Health & Wellbeing Centre. If this project is continued in 2017/18, the Centre would not be able to offer such a generous subsidy.

### **3. Financial Implications**

3.1. Further to paragraph 6 below in the March 2017 report, we would like to run this project offering :

- 5 places for 15 year olds referred from the Street Games programme at £120 per annual membership
- 9 places for 16 – 19 year olds (and up to 25 year olds with a learning disability or difficulty) at £255 per annual membership

3.2 This would amount to £2895. To cover potential additional costs such as transport costs, i.e. to bring young people in from Bemerton Heath & The Friary's Street Games clubs, the total cost of the project would be £3,000 in 2017/18.

### **4. Recommendation**

4.1 That the area board agree a grant of £3,000 for the Gym Wellbeing Project to run in 2017/18.

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## WILTSHIRE COUNCIL

SALISBURY AREA BOARD  
9<sup>th</sup> March 2017

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**SALISBURY COMMUNITY AREA'S WELLBEING PROJECT FOR 11s to 19s**

**2. Purpose of the Report**

- 4.1. To update the board on the wellbeing and associated junior gym project that has been operating at Five Rivers since April 2016; and
- 4.2. To seek further funding to sustain this project.

**5. Background**

- 5.1. In November 2015, the board committed just under £2,500 to encourage 11-25 year olds to join the new fitness suite at Five Rivers. This project had 2 elements: (a) junior gym for 11-17 year olds providing one session per week for a year; and (b) a wellbeing project for 16-25 year olds regarded as hard to reach/engage, i.e. NEETs, Children in Care or those living in poverty or with a learning disability of difficulty.
- 5.2. The projects have been supported by officers from Wiltshire Council's Leisure Team, Sports Development Team and the Community Engagement Manager.

**6. Progress update on the junior gym/wellbeing projects**

**6.1. Junior Gym Take Up.**

Age	Number of visits
12	88
13	158
14	146
15	113
16	33
17	8
25	1
<b>Total</b>	<b>547</b>

- 6.2. The junior gym project has proved very successful and the intention is to continue this project, without further subsidy from the area board, but by offering a membership fee of £2.50 per visit or £10 monthly subscription. Officers are confident that this will continue to encourage 11-17 year olds to take part in this fitness activity. There will be a re-launch of the project in September 2017.

### 6.3. Wellbeing Project Take Up

Age	Numbers attending
16	3
17	10
18	8
22	1
<b>Total</b>	<b>22</b>

- 6.4. The wellbeing gym project has also proved popular, with South Wilts Mencap, the Youth Offending Team, the NEET team, Street Games (Public Health and Sports Development teams) and these are continuing to refer young people onto the project. We would look to expand this engagement with new referrers such as Motiv8, youth groups, Community Police teams etc.
- 6.5. In continuing this project, we will want to work more closely with the referring agencies, and encourage them to attend with the young people for the first five visits. We have seen that, inevitably the young people taking up this offer have needed greater support whether that be to instil the discipline required to stick with the project, or to provide encouragement where the young person may lack confidence. This support needs to be a partnership between the referrer and the Wiltshire Council teams involved in this project.
- 6.6. We intend to meet with the referring agencies to discuss this, to ensure that the project moving forward builds in greater support for the young people.
- 6.7. We will write to all of the young people that have taken up this offer to see if they wish to continue attending the gym.
- 6.8. There are 4 young people in particular that we are keen to continue to support, based on their regular use of the gym, and potential to progress into skills and training opportunities at Five Rivers. Also, we would like to focus on one particular young person who could take on an ambassador role for other young people who would not otherwise venture into a gym or partake in any other means of positive activity.

### 7. Taking forward the Wellbeing Project

- 7.1. We would like to re-launch this project from September 2017 and open up the offer to also include 15 year olds, so that referrers such as Street Games can refer from this age, encouraging these young people to engage and change their behaviour earlier.
- 7.2. Our original aim was to see the project run from Sept 2017 to September 2020, on the basis that this would signal to the young people, that support is available to help them into a positive activity, but that ultimately, the responsibility to maintain healthy, physically active lifestyles is their own. We

are looking to identify other funders to assist with the costs in years 2 and 3, but would like to ask the Area Board to grant fund the cost of year 1. However, we have amended our proposal mindful of the restricted Youth Budget available in 2017/18.

- 7.3. A new aspect to the project going forward would be facilitated by Sports Development Officers encouraging young people from The Friary and Bemerton Heath who already partake in the Doorsteps – Streetgames project. This would see officers supporting the young people in the form of transport for the first 6 months (during the colder/wetter months) – using the Five Rivers minibus, and in the form of mentoring and ongoing encouragement – just as we are requesting referrers to offer (see paragraph 3.6 above).

## **8. Recommendation**

That the board notes the success of this project, and that a recommendation for funding will be put to the new area board in May 2017.

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