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Current Status: Application Received

1. Project title? (Max. 8 words Eg. Tinkleton Village Youth Transport Project)
***required field**

Young Peoples counselling

2. Project summary: (100 words) *required field

A pilot project has been run by Crosspoint Westbury from its premises in the Market Place since March 2016 to test the need for a young persons counselling service in the Westbury area. The pilot has been very successful and has demonstrated a level of unmet need. Funding is now being sought to continue this service. The project will offer counselling from a specialist counsellor to young people to help them deal with issues such as anxiety depression self-harm suicidal thoughts low self-esteem anger issues and eating disorders.

3. Amount of funding required: *required field

- £0 - £1000
- £1001 - £5000
- Over £5000 (Please note - our grants will not normally exceed £5,000)

4. Which Area Board are you applying to? Not sure? -[check on a map](#)
***required field**

Westbury

5. What is the Post Code of where the project is taking place? (If the application is for something that will move around to different locations please insert the post code for where it will be based for the majority of the time.) ***required field**

BA13 3DE

6. Please tell us which theme(s) your project supports: *required field

- Informal education
- Youth work/development
- Sport/Leisure
- Residential
- Arts/Culture
- Employment or training
- 1:1/group work
- Community Project
- Community Safety
- Volunteering
- Environment
- Health
- Other

If Other (please specify

Building resilience promotion of positive mental health and preparation for adult life

7. About your project

Please tell us about your project (a strong application will address all of the following): *required field

- How does your project support local needs and priorities?
- How have young people been involved in your project so far?
- How many young people do you expect to benefit?
- How will your project be accessible and affordable?
- How will you encourage volunteering and community involvement?
- How will you ensure your project is accessible to everyone (Disabled, low incomes, vulnerable, etc.)
- How will you ensure your project is inclusive?
- How will you work with other community partners?

How does the project support local needs and priorities? The mental health needs of young people have been identified as a priority within the Wiltshire Health and Wellbeing strategy and the Children and Young Peoples plan. The project aims to contribute to meeting this priority by identifying young people who may not meet the criteria for referral to statutory mental health services. How have young people been involved in the project so far? For the young people who were offered a service in the pilot phase they were asked at their last session to what extent the counselling had an impact on them. Some of the comments recorded were I feel an increase in

my mood and self-confidence with far less anxiety. I feel that I know myself better and know how stubborn I can be. I now know what to do when I feel like nothing is there. I needed someone apart from my mum to talk to. I have taken a good experience in counselling and become a lot more stress free. In addition the Thrive worker at Matravers School has identified that some young people with whom they have been working have stated a preference for one-to-one counselling rather than the group sessions arranged at the school. How many young people do we expect to benefit? Assuming that four sessions per week can be offered for 44 weeks of the year and the average number of sessions undertaken by each young person is six the project will benefit 29 - 30 young people during the year. Naturally this depends on whether the level of funding sought is granted. Should a grant of a lower amount of the full costs of the project be given the numbers will need to be amended accordingly as there is no other identified income for this project. How will the project be accessible and affordable? The counselling will be free to all young people who are referred to the service. Any young person referred will be assessed independent of their physical or mental ability, social background or family situation. Counselling sessions will be offered from the Crosspoint premises in the Market Place Westbury which is easily accessible within a short walking distance from bus routes from the outlying villages. The premises are on the ground floor of the building. The counselling room can be accessed by a step or a ramp inside. Sessions will be provided after normal school hours to ensure young people do not need to miss school to attend. How will we encourage volunteering and community involvement? During the pilot phase volunteers were involved in providing receptionist duties for the counselling sessions and this would continue if funding is secured to extend the pilot phase and make this service sustainable. Volunteers provide some assurances in respect of safeguarding for young people attending for counselling and also help to prevent lone working. How will we work with other community partners? Referrals to the service may come from a number of sources. In addition to young people being able to refer themselves, referrals have been received from White Horse Health Centre and Matravers School. Liaison with Matravers School is thought to be the main reason in the increase in referrals during the period of the pilot. At the time of this application there is a small waiting list of young people who have been referred for counselling demonstrating the need for this type of service. Matravers School now has a Thrive worker within the school. This is an initiative from the Children and Adolescent Mental Health CAMHS whereby peer support groups are encouraged within the school to look at topics such as anxiety, depression and self-esteem issues. The Thrive worker acknowledges the need for a counselling service for those young people who would benefit from one-to-one sessions.

8. Safeguarding

Please tell us about how you will protect and safeguard young people in your project (You must address all of the following): *required field

- Please evidence your commitment to safeguarding and promoting the welfare of children and young people.
- How do you make sure staff and volunteers understand their safeguarding responsibilities?
- Are staff and volunteers Disclosure and Barring Service (DBS) checked and do you hold a central record of this as well as details of staff references.
- Who in your organisation is ultimately responsible for safeguarding?
- How do you ensure that young people are kept safe online when accessing your services?

All volunteers in Crosspoint Westbury are committed to providing a safe environment to the wide range of vulnerable clients who use our services. There are no paid staff. The staff who act as supervisors for drop-in sessions are all DBS checked and the chair of the organisation has the ultimate responsibility for safeguarding and keeps copies of the DBS checks. All volunteers are trained in safeguarding when they start their role with the organisation and given a copy of the policy. Safeguarding updates are offered to volunteers. No volunteer is ever left on their own on the premises. During the pilot phase for the young persons counselling sessions there has been a volunteer receptionist present at all sessions. No young people have access to the computers within the building.

9. Monitoring your project

How will you know if your project has been successful? *required field

The success of the project will be measured by The number of young people receiving counselling The number of sessions provided The difference in before and after scores see below The comments received from young people who have had counselling about any changes in their condition and their ability to cope In the pilot twenty two young people aged between 9 and 18 years were given counselling. In total 111 sessions were held and the number of sessions per young person varied from one to eighteen depending on the nature of the presenting issue. As the pilot progressed the counsellor used a self-assessment scale with each young person accessing the service at their first session. This was repeated at the last session. In this way it was possible to give some quantitative assessment of the improvement the young person felt. The last scores of the last six young people completing their counselling sessions were

No	Initial score	Final score	Difference
118	72	74	108
118	343	22	82
56	66	105	81
56	62	-196	56
111	111	604	107

The project will be overseen by the Board of Directors/Trustees of Crosspoint Westbury who will receive regular updates and reports from the counsellor.

10. Finance: *required field, if you are a new organisation and don't have accounts leave blank and tick box below

10a. Your Organisation's Finance:

Your latest accounts:

Month Year

Total Income:

£ Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00

Total Expenditure:

£

Surplus/Deficit for the year:

£

Free reserves currently held:

£

Why can't you fund this project from your reserves:

There are no unrestricted reserves. All reserves are currently committed to meet outstanding liabilities should the organisation need to discontinue eg. outstanding liabilities for the lease of the building.

We are a newly formed group and do not yet have published accounts:

10b. Project Finance:

Part One: *required

Total Project cost £ Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00
[help](#)

Total required from Area Board £

Part Two: Please itemise your project expenditure and project income *required

Quick tips:

1. List **ALL** expenditure in a general format eg. Materials 10.00, Tools 5.00
2. List **ALL** income **except the amount required from the Area Board** eg. Donations 20.00 [help](#)
3. Please enter in money format **with pence** but no pound sign or comma or p. Eg 15000.00
4. If your organisation reclaims VAT you should exclude VAT from the expenditure

5. Please ensure you **TOTAL** both columns correctly.

- Expenditure column should equal Total project cost in Part One.

- Income column should equal Total project cost **minus** Total required from the Area Board.

6. Here is an example layout, including how to display in kind contributions

(please ensure you total these columns even if values are 0.00)

Breakdown of expenditure attached

11. Have you or do you intend to apply for a grant for this project from another area board within this financial year? *required field

Yes

No

12. Tick all the Area Boards to which you are intending to apply, including this one (You can apply to a maximum of 3 Area Boards for the same project in a financial year) *required field, if Yes to Q11.

- Amesbury
- Bradford on Avon
- Calne
- Chippenham
- Corsham
- Devizes
- Malmesbury
- Marlborough
- Melksham
- Pewsey
- Salisbury
- Southern Wiltshire
- South West Wiltshire
- Tidworth
- Trowbridge
- Warminster
- Westbury
- Royal Wootton Bassett & Cricklade

13. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request (You DO NOT need to send these documents to us):

Do you have the following (please tick any that apply):

- Child Protection Policy
- Safeguarding Children
- Procedure for dealing with an allegation against a member of staff or a volunteer
- Complaints Procedure
- Public Liability Insurance
- Health & Safety

- Whistle blowing policy
- Internet use policy
- Constitution
- Annual Accounts
- Business/Project Plan (For projects where total project cost is over £50,000)

Legal declaration *required field

- The information on this form is correct, that any award received will be spent on the activities specified