

Report to	Bradford on Avon
Date of Meeting	16/01/2019
Title of Report	Community Youth Grants

1. Purpose of the report:

To ask Councillors to consider the following applications seeking funding from the Bradford on Avon Area Board.

Application	Grant Amount	
Applicant: Relate Project Title: Relateen Counselling Project	£5000.00	
Total grant amount requested at this meeting	£5000.00	

2. Main Considerations

Councillors will need to be satisfied that grants awarded in the 2018/19 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 2018/2019.

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

Applicant: Relate Project Title: Relateen Counselling Project	Amount Requested from Area Board: £5000.00	
This application meets grant criteria 2018/19.		

Project Summary: The aim of the project is to provide a bespoke professional counselling service to support young people to recover from or cope with the impact of temporary serious emotional distress so that they can move forward and maximise their potential in life. We offer an opportunity for young people to talk in confidence, release grief and pain, provide strategies to cope communicate and build individual resilience including personal safe support networks. This is an independent service located at St Laurence School in order to maximise access for young people living in and around Bradford on Avon. The importance of good mental health for children and young people is the second highest priority from the JSA local community priorities plan for 2017/2019. We will also show that this work supports educational attainment (third priority) and indirectly positive leisure activities (first priority). During Sept to June 2018 51 young people have voluntarily used Relateen and the current provision of 12 hours per week is oversubscribed with a constant waiting list in place. On average half of these are young people from families where financial hardship is a factor and this year 57 percent were from single parent families. These young people are experiencing serious distress and often do not feel comfortable about others knowing that they are receiving our help, particularly boys. Even after counselling we are ethically bound to allow them to draw a line under their experience and move on in anonymity. However our feedback this year shows that 95 percent said they would recommend counselling to a friend. Any young person can come to Drop In in order to have an informal chat about their difficulties ask questions about Relateen and then make an informed decision about whether to access counselling or not. Often a small group of friends will come in order to support someone they are concerned about or to discuss a collective worry that they have. We are committed to ensuring that every young person can exercise autonomy in looking after their own mental health. We invite voluntary feedback after counselling that is written and anonymous. We use this to improve and develop the service for example if the young person feels the room is not private enough or the location of it is too public we will work with the school to change it. We also have a male counsellor in addition to our female counsellor so that young people have more choice and hopefully more boys may be encouraged to come if only to the Drop-In part of our offer. This year 40 per cent of clients were boys which is encouraging. Use of sessions. The young person directs the sessions in so much as they are there voluntarily it is their private space and they can choose what difficulty they want to explore and what medium they feel most comfortable using to help them. The Counsellor is led by the clients individual needs. They might use the space to cry, shout, be quiet, be a child, then as sessions move forward they can work on ways to understand their problems, build up confidence or work on strategies to manage overpowering feelings such as grief or anger. How many young people to do you expect to benefit? Between 45 and 55 pupils per year and a further 12 per year that come to Drop In only. These are the direct beneficiaries. Approximately 150 friends and family members will benefit from the young persons improved mental health also. The service is delivered on two days per week for a total of 12 hours per week during term time at St Laurence. As identified above, nearly 50 per cent of the young people we see are from disadvantaged backgrounds. Examples: Boy 15 witnessed dad beating mum, dad imprisoned but due for release wants relationship with him and sister. Boy is still traumatised by experience but misses dad, worried about mum's feelings and can't voice his own. Girl 14 new to area due to bullying,

chaotic home life, so goes out a lot and now getting involved in gangs. Young Carers agency helping but rather than activities just wants to talk. Boy 16 gets on better with step dad than own father. Feels deeply disloyal yet understands step dad is better parent. Confused and dislikes self. Recently stopped speaking and now shows signs of depression. Girl 17 convinced she is overweight although size 8. Throwing away packed lunch, recently fainted and at risk of an anorexic mindset. How will you work with other community partner's? We have strong links with other community agencies both statutory and voluntary such as Social Care, Child Adolescent Mental Health Service Victim Support, Splitz and Splash in addition to St Laurence School and its full pastoral offer including peer and adult mentoring programme. In addition to referring on some clients to specialist statutory help we also keep up to date with local amenities in order to inform and signpost clients to what is out there and encourage their own exploration also. The Project Manager attends local MAF Multi-Agency Forums meetings on invitation to update them on Relate services for children young people adults and families. Regular attendance at the Wiltshire Children and Families Voluntary Sector Forum 93 charities registered also keeps us up to date with supportive work going on in West Wiltshire for young people so we can continue to signpost effectively.

Comments of Community Engagement Manager: This project has been running at St Laurence School for some years. The attached appendices show the value of the service and also the severe financial constraints face by thr school in delivering it. Of the £18,720 project costs the school picks up £ 11,650 and the Colonel Llewellyn Palmer Trust £2,070. The Health and Wellbeing Group has been discussing childrens mental health issues and has invited the Wiltshire Public Health team to run a workshop later this year aimed at teenage children, subject to headteacher approval.

Report Author:
Peter Dunford, Bradford on Avon Area Board