

Grant Applications for Bradford on Avon on 16/01/2019

ID	Grant Type	Project Title	Applicant	Amount Required
639	Youth	Relateen Counselling Project	Relate	£5000.00

Submitted: 27/11/2018 13:54:16

ID: 639

Current Status: Application Appraisal

To be considered at this meeting:

tbc contact Community Area Manager

1. Which type of grant are you applying for?

Youth

2. Amount of funding required?

£501 - £5000

3. Are you applying on behalf of a Parish Council?

No

4. If yes, please state why this project cannot be funded from the Parish Precept

5. Project title?

Relateen Counselling Project

6. Project summary:

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.

7. Which Area Board are you applying to?

Bradford on Avon

8. What is the Post Code of where the project is taking place?

BA15 1DZ

9. Please tell us which theme(s) your project supports:

Informal education

Health

Other

If Other (please specify)

Personal development ie. understanding loss communication confidence. Managing understanding anxiety

10. Finance:**10a. Your Organisation's Finance:****Your latest accounts:**

03/2018

Total Income:

£2282000.00

Total Expenditure:

£2358000.00

Surplus/Deficit for the year:

£760000.00

Free reserves currently held:**(money not committed to other projects/operating costs)**

£1718000.00

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

We've been unable to input the correct Income and Expenditure due to the need to add pence to the boxes. Therefore, total income is £22820000.00 and total expenditure £23580000.00. Relate is still working on attaining a reserves policy of three months running costs and is currently on 2.6 months. St Laurence is challenged by schools funding levels reducing in recent years together with increased pastoral need. A separate financial statement from the Head teacher is being sent separately to endorse this application.

We are a small community group and do not have annual accounts or it is our first year:

10b. Project Finance:

Total Project cost		£18720.00		
Total required from Area Board		£5000.00		
Expenditure (Itemised expenditure)	£	Income (Itemised income)	Tick if income confirmed	£
Counselling Delivery	10296.00	St. Laurence contributon	yes	11650.00
Clinical supervision	4255.00	Colonel William		2070.00

Mandatory CPD and DBS pro rata	266.00	Llewellyn Palmer Charity Bradford on Avon Area Board (this application)	5000.00
Travel and counsellor materials	650.00		
Service management and office support	1200.00		
Evaluation. Data collection and outcomes report	580.00		
Premises pro rata	617.00		
Governance pro rata	856.00		
Total	£18720		£18720

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

Yes

12. If so, which Area Boards?

Bradford on Avon
Chippenham

13. 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 your project support local needs and priorities?The importance of good mental health for children and young people is the second highest priority on local community priorities plan for 20172019. 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. How have young people been involved in your project so far? Self referral. 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 this has happened in St Laurence. 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. Presenting Issues. We use the information clients give us on the nature and depth of their problems to inform and develop counsellor training in order to better support young people. This is done with individual counsellors via supervision and also by group training. Recent subjects are working with autism and anxiety. 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. Exploring ways to improve feedback. We have introduced YP Core this year which is a measurement tool to monitor progress as counselling continues so not just a feedback at the end of counselling. This is developing and young people are engaging with it in the form of assessing their own mental health progression. How many young people 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. How will your project be accessible and affordable? By locating this independent service in the urban school environment, we hope to reach any young person that needs help. The work is funded from a mix of grant and school budget in order to make it free of charge which is particularly helpful to vulnerable young people. All clients commence with an Initial Assessment which is designed to allow the Counsellor and client to decide if Relateen is the best place to support the young person's concerns. If it is not the client will be signposted to other services or support. How will you encourage volunteering and community involvement? As a professional agency we have a policy of not using volunteer counsellors but by marketing the service through local agencies and youth clubs where young people go we can encourage community involvement by signposting each other's services. It is particularly important for our Counsellors to be able to encourage other positive activities that their clients can access in the area especially those aimed at or accessible to special vulnerable groups ie Young Carers or transgender young people. How will you ensure your project is accessible to everyone? Disabled low incomes vulnerable etc. We are a universal access service and locate in school to be available to the widest population we can irrespective of financial circumstances. 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 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 ensure your project is inclusive? By ensuring that our Equalities and Diversity policy including staff and recruitment and training practice is adhered to. By following the specific guidance recommended by the British Association for Counselling and Psychotherapy around best practice in terms of sensitivity training and guidance to support minority groups. By statistics monitoring of age gender presenting issues and outcomes of client's year on year and identifying if some groups are missed and what the reason might be. By marketing as widely as possible within the school community and in the wider community by word of mouth. We are committed to equality and diversity. We strive to support young people irrespective of gender sexual orientation culture race or disability. 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.

14. 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?

Please evidence your commitment to safeguarding and promoting the welfare of young people. Relate works in collaboration with the British Association for Counselling and Psychotherapy BACP which requires stringent adherence to safeguarding and child protection guidelines which all Relate Centres must adhere to to be part of Relate, together with Relate procedures on disclosure and consultation. The Relate Federation reviews our Child Protection and Safeguarding Policy in the light of current legislation social developments and best practice research every 3 years and last reviewed in June 2017. As an organisation committed to healthy relationships we respect the autonomy of young people whilst also doing our very best to ensure their safety and wellbeing. In difficult situations, we take individual advice from our national Relate Senior Practice Consultants via our Practitioners Helpline. This substantial investment whilst expensive is essential and

evidences our commitment not to compromise on this pivotal part of our work. How do you make sure staff and volunteers understand their safeguarding responsibilities. Following Safer Recruitment training, Relate managers follow best practice guidance including asking insightful questions on candidates attitude to the safety and wellbeing of young people and vulnerable adults on application forms scrutinised at interview followed up by double references. Our policies and procedures are introduced at induction via our Staff Handbook and staff sign to say they have read these. In addition, line management and Clinical Supervision where appropriate ensure these are followed. In addition, we deliver in house group training on Child Protection for administrative staff. Counsellors undertake Child Protection training at the appropriate level using the Wiltshire Local Safeguarding Board multi agency courses. 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. Yes. We hold a central record and have a flag up system for renewal. All references are written and followed up with verbal communication where appropriate. All counsellors hold enhanced DBS checks. Who in your organisation is ultimately responsible for safeguarding. Our branch has a Designated Safeguarding Lead who has access to our Senior Practice Consultant for the area. She has support from the Head of Service Quality and Clinical Practice Relate. Ultimate responsibility is held by the Relate Chief Executive and Board of Trustees. However, we are in the process of recruiting an additional clinical management role. This will offer more time for individual safeguarding casework and safeguarding strategy. How do you ensure that young people are kept safe online when accessing your services. Our services for young people are currently face to face only. We do not practice lone working in young people's work so operate in premises where someone else is always available. Also, we do not go to individual homes.

15. Monitoring your project

How will you know if your project has been successful?

Feedback from young people - Clients are invited to complete a Relate Young Peoples Counselling Service Evaluation Form at the end of counselling. This shows their personal measure of progression of the problems brought to counselling across 4 bands. None A little Quite a bit or A lot. These bands are also applied to a number of questions relating to what they have achieved or learned and also what their experience was like. We also invite them to tell us the best thing about their sessions and any other comments to improve the service. These forms are anonymous and are reviewed by the Project Manager monthly so that any poor scores can be considered and questioned. Also, any trends can be identified and worked on. In a recent sample of voluntary feedback forms from the Bradford on Avon service. 88 per cent found counselling helped them quite a bit or a lot. 90 per cent said they could cope better at home or school or with friends and 97 percent reported getting practical help and ideas. St Laurence have provided an example sheet of 5 students that have been seen to improve dramatically from the school's perspective and describes the benefit they have seen. Additional written comments on feedback given include. I feel more confident in myself because of the experience. I got to talk about how I felt without fear or judgement. At first he helped me express my feelings and then he gave me solutions I could use to help the situation. Counselling has helped me reduce my negative feelings.

16. DECLARATION

Supporting information - Please confirm that the following documents will be available to inspect upon request:

Quotes:

I will make available on request 1 quote for individual project costs over £500 & 2 quotes for project costs over £1000 (Individual project costs are listed in the expenditure section above)

Other supporting information (Tick where appropriate, for some project these will not be applicable):

And finally...

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