Agenda item 11

**Shropshire Mind Mental Health Support Proposal**

**Introduction**

During her Mayoral year Cllr Granger raised £1000 for Mental Health Support and it was agreed on 27th June 2019 that this money would be placed in the Town Council’s account to be put towards the development of mental health “drop in” sessions in the town particularly for young people as per the resolution made at the Annual Town Meeting

**Shropshire Mind**

Several attempts were made to contact BEAM to discuss young people’s support that were unsuccessful and in order to progress this aspiration of establishing mental health support in the town Shropshire Mind were contacted and a meeting was held with their manager to discuss options. Currently Shropshire Mind run “drop in” sessions in town’s across the county but nothing in Wem. Whilst the focus of the support services they offer is predominantly adult services it was felt that they could develop a proposal that could work with 16+ age group.

**Project Proposal**

* Shropshire Mind to look at running Mental Health First Aid training to be made available to people working with younger people in the town, this could be a 3 hour session or half day, to suit.
* Shropshire Mind to look to establishing a weekly 'drop in' group, aimed at younger people (16 +) with a view to starting a more structured group, Reconnect, if the need and interest were there for the younger people. Reconnect is a 12 week facilitated programme, aimed at building confidence & resilience for people, it involves talking and looking at coping strategies to enable people to have a 'tool box' of useful things that they can use when needed, taster sessions on various things are introduced for this and it also aims to create a peer support network. Up to 12 people can attend.

**Funding**

This work will cost in excess of the £1000 raised but this fund could be used as match funding for a future grant application to Meres and Mosses Housing Community Development Fund to support these proposals .

**Recommendation**

That the Town Council approves that the £1000 raised by Cllr Granger can be used for match funding for a joint Town Council and Shropshire Mind Mental Health Support Grant Application for the town of Wem.