

## Heads Up Youth Mental Health Project

### Background

At the Annual Town meeting held 9.5.20 a presentation was received about the Beam Mental Health Project and the following resolution was passed which was supported at the Town Council meeting held on 30.5.19.

**RESOLVED**:- that Wem Town Council considers supporting the establishment of a BEAM Mental Health drop in session for young people under 25 in the town of Wem and to work with other Towns in North Shropshire to achieve this.

£1000 raised as part of Cllr Granger's Mayoral fundraising had been allocated for Mental Health Support in the town.

### Shropshire Mind

It soon became apparent that the costs involved with the establishment of a BEAM project were too high for the Council to find and other Town Council's were not able to meet the costs either. Discussions then took place with the Chief Executive of Shropshire Mind to develop a grant application along similar lines to the BEAM drop in. At the Town Council meeting held 19.12.19 the following resolution was passed

**RESOLVED**:- to support the use of the £1000 raised for mental health support by Cllr Granger during her term as Mayor as match funding for the submission of a grant application in partnership with Shropshire Mind to Meres and Mosses Housing Association to provide mental health training and mental health drop in support sessions in the town.

Despite repeated attempts to discuss the matter with Shropshire Mind no application was submitted and the earmarked reserves are unspent.

### Current Situation

From discussions with Market Drayton Town Council and the High Sherriff during her visit to the town in September we were made aware of Shropshire Youth Associations Heads Up Youth Project. Details of the project are in Appendix A.

Wem Youth Club supports the need for some form of mental health drop in service for young people away from the school environment in the town especially during the current pandemic.

### Funding

The SYA project costs £12,000 a year to run although the model could be adapted so less frequent sessions are run e.g. fortnightly at a lesser cost. A project like this needs time to build so it would be sensible to run this project over a minimum of 2 years.

Market Drayton Town Council have already contracted SYA to provide this service which will be funded through its Big Local lottery funded Zone Project.

Sue Challis from Wem Youth Club has approached Severn Trent Community Fund with a view to applying for a grant for this project over a 1 year period and a grant application will also be made by either Wem Youth Club or SYA to Connexus. However match funding will also be required which the £1000 allocated in Town Council earmarked reserves for mental health support could be used for.

A further £6000 was allocated in the Town Council's 2020-21 budget for youth projects and a proportion of this could be allocated to this project if the Town Council wish as a one-off contribution only.

#### **Recommendation**

- **That the £1000 held in earmarked reserves for mental health support is earmarked for this project subject to grant funding being secured from other sources to run this project for a minimum of a 1 year period.**
- **That the Town Council considers whether it wishes to contribute any of the £6000 allocated for youth projects to this project to help with match funding costs.**



The “Heads Up Project” is an early intervention project, designed by SYA’s “Shropshire Young Health champions project”. The aim is to help young people understand different aspects of emotional health & wellbeing. It was originally written and trialled with pupils from The Community College, Bishops Castle and has been adapted to create this new project.

### How the project works

There are two aspects to the provision:

1. We offer a **safe space drop-in** service for young people aged 10 to 18.
  - a. It will be staffed by qualified and experienced youth workers.
  - b. The space will be friendly, warm, comfortable and safe where young people can relax and talk to appropriate adults who will listen and support them.
  - c. The team will utilise small group work techniques to enable young people to explore their feelings, worries, concerns and aspirations with a view to developing coping strategies to help them move forward.
  - d. Refreshments will be available to help create a welcoming environment.
2. Each week we will explore a specific issue related to emotional health & wellbeing, for example:
  - a. Stress
  - b. Stigma
  - c. Self-Esteem
  - d. General mental health
  - e. Feeling low
  - f. Anxiety
  - g. We will work with young people to develop additional subjects as need arises, such as living through the pandemic

These sessions have been shared with Shropshire council’ PHSE advisor and Public Health which means we can advertise the subject areas in advance so that other agencies can signpost young people to them.

We will also offer support to individuals and small groups who drop-in because they want to talk about other issues and concerns that are affecting their emotional health & wellbeing.

### Confidentiality

The information shared by young people in the session will be treated sensitively and confidentially within usual safeguarding guidelines, that is to say, if staff regard the information shared to be important to the safety of the individual or others, they have a duty to share it through safeguarding channels.

**What we don't do:**

- We are not counsellors and therefore do not offer counselling services
- This project is NOT a referral pathway to CAMHS

**Project Specifics:**

- The Drop-in sessions will last 2.00 hours once a week for 46 weeks a year (full year less holidays)
- The project costs £12,000.00 + vat per year plus the venue hire costs
- This pays for:
  - A leader in charge
  - 2 youth support workers
  - Resources & refreshments (£20.00 per session)
  - Insurance
    - £5M Public liability, employers and professional indemnity.
  - Managerial support
  - Access to SYA's equipment & training offer.

If you would like to discuss this project please contact Richard Parkes at [richard@sya.org.uk](mailto:richard@sya.org.uk)