

Forum Area or Division:	Eden - Eden
Reference:	CGA/743-21
Group Name:	Carlisle & Eden MIND
Community Development Officer:	Kellie Bradburn- Sims
Community Development Assistant:	Amy Frith
Amount Requested:	£12,300.00
Total Project Cost:	£18,605.00

APPLICATION REPORT

Application Summary

Carlisle Eden Mind are an independent local mental health charity and one of 125 local Minds across the country. They work to empower, educate and support people with mental health issues. As a local charity they match their services to meet the needs of the communities they support and campaign to improve services that are available to those in need of mental health support.

During the pandemic Carlisle Eden Mind launched an online wellbeing support service for young people aged 14-19, in response to the increasing number of young people experiencing mental health issues. The service provided access to confidential 1-2-1 coaching through online therapeutic and psycho-education programmes, as well as face to face engagement with a trained mentor. The pilot project was funded by Eden Local Committee and the service was made available for children in all secondary schools in Eden.

Through their work with the Coaching In Mind programme, Carlisle Eden Mind received an increasing number of direct requests from parents and carers asking for support for themselves in order to maintain family life and relationships.

Many families were expressing concern of the effects of repeated isolations, school transitions and changes, concerns for health and general anxieties and how these repeated issues were having an impact on their relationships with their children. As everyday pressures within the family home are heightened by increase confined time spent together, and the additional pressure of supporting learning, missed work or working from home and finances. Many families dealing with multiple anxieties from all directions is putting pressure on them and weakening their resolve to comply with restrictions.

In response to this increasing need for support Carlisle Eden Mind have developed an online support programme for parents and carers. The service will enable parents and carers to support their child and also help themselves.

The Parent/Carer Program - Supporting An Anxious Young Person is for parents and carers of children aged 5-18yrs, who are supporting children dealing with worry and anxiety. The programme also offers helpful strategies for parents and carers to deal with their own anxiety.

Empowering parents to recognise and focus on the helpful sides of anxiety, they recognise and draw on their own strengths to make changes during challenging times. Parents develop a plan of action for how to help their child manage their anxiety, whilst at the same time helping themselves.

The programme is accessible 24/7 and allows users to access the programme at a time that suits them, access to the programme will provide each individual with:

- 6-8 weeks of secure access to Support an Anxious Young Person
- Online CBT structured self-support
- 12mths ongoing access to Support an Anxious Young Person and their individually created tool kit
- A confidential but supported space for thinking and feeling better.
- Additional support when needed through different spaces e.g. email query support box or weekly virtual drop in session

The programme will be delivered via the online SilverCloud Psychoeducation program.

The COMF Capacity Building Fund will ensure support from the Parent In Mind Project will be delivered in COVID secure environments and with digital elements where appropriate.

Key Themes Met

COMF Capacity Building Fund;

The project meets the criteria of the Capacity Building Fund by enabling Carlisle Eden Mind to:

- Deliver new services and meet increased demand created by the pandemic.

The project also supports Cumbria County Council's vision, included in the Council plan, that it will be an effective and efficient organisation that delivers the best possible services for the people of Cumbria within its available resources, protects the most vulnerable and works with other in the community to shape the services and help find solutions for the future.

In addition, the project supports one of the 2020-2021 priorities Eden Local Committee aims to achieve for children and young people to support activities that help to improve mental health in young people.

Number of People Benefiting

50 - 100

Breakdown of Project Costs

Total Project Costs: £18,605

SilverCloud licence fee for 1year * £12,300 inc vat

Referral administration & processing £3305

Staffing Supervision with Service manager 2hrs/week

Management fee £2000

Technical Support IT £600

Promotion of service, reports & funding £400

Project Income:

CCC COMF Capacity Building Fund £12,300

CE Mind Own Funds £6305

Previous CCC Funding

CGA 247-20 June 2020, £10,000 ELC/CYP Strategic Funding to Coaching in Mind Pilot Project in Eden.

Grant Amount Recommended

£12,300

Officer comments

Comments from Elected Member(s) / Neighbourhood Forum / Grant Panel

Member Signature:

Date: