

Forum Area or Division:	Eden - Eden
Reference:	CGA/1555-23
Group Name:	Together We CIC
Community Development Officer:	Kellie Bradburn- Sims
Community Development Assistant:	Lucy Tonkin
Amount Requested:	£10,000.00
Total Project Cost:	£29,699.35

APPLICATION REPORT

Application Summary

Together We are a CIC established in 2018. Their aim is to empower people to better manage their mental and physical health and wellbeing. The organisation cover four distinct areas of service which includes; talk, recovery, fitness and support. They have become well established and deliver interventions with other local partners including CVS and NHS.

The organisation work with children, families and adults, and are supporting in excess of 4000 people in Cumbria. They have a well established volunteering and employment programme, and also offer employment opportunities to individuals they have supported with mental and physical health needs.

Together We CIC would like to pilot a talking support service in Eden, to be based at Newton Rigg Penrith. The `talk support service` will be delivered by an experienced practitioner who is multimodal therapeutically trained with skills in cognitive behavioural therapy, interpersonal therapy, counselling, emotional resilience and regulation training. The service will provide 1-2-1 interventions for individuals with mental and physical health needs, age 16 years plus. The talking support service will have capacity to offer support for 65 people with up to 10 hours of therapy over a 12 month period.

The pilot will client centered support for individuals not receiving psychological intervention from another service. The `talk support` service has been in existence for four years in other areas of Cumbria and has been successful in providing support for individuals at step 1.5 to 3 level of the stepped care approach to mental health. The service also works well individuals experiencing serious mental illness at levels 4 and 5, to help sustain self management and resilience.

An essential part of the service will include managerial and clinical supervision for the Talk Therapist, in addition, a dedicated administration post will be required to manage referrals, bookings, communication and client interventions.

Promotional activity for the service will include distribution of information via GP surgeries across the Primary Care Network, Health and Wellbeing Forum, voluntary sector network and other practitioner forums in Eden supporting adults. Information about the service will be displayed on Together We CIC website, with regular post via dedicated social media channels.

Key Themes Met

The project supports Cumbria County Council`s Vision as identified in the 2018 – 2022 Council Plan:

- A Council that works with residents, businesses, communities and other organisations to deliver the best services possible within the available resources.

And contributes to Cumbria County Council achieving the following outcomes for the people of Cumbria in the 2018 - 2022 Plan:

- People in Cumbria are healthy and safe
- People in Cumbria are well connected and thriving
- The economy in Cumbria is growing and benefits everyone

Match with Criteria

The project is:

Proposed by a not for profit organisation

Will be of benefit to the local community

Is requesting funding for a one off project

Is requesting funding for 37% of the total project cost.

Number of People Benefiting

50 - 100

Breakdown of Project Costs

Talk Therapist £12,215.20

Managerial/Clinical Supervision £5252.74

Service Administrator £1664.25

Venue £6138.46

Telephone £108

Expenses £4320.70

Total Project Costs; £26,699.35

Previous CCC Funding

CGA831-21 Together We Recovery College £7145 paid Feb 22, COMF Funding

Grant Amount Recommended

£10,000

Officer comments

Together We CIC have applied to Cumbria Community Foundation for the balance of the project costs. An outcome is expected in February 2023.

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

Member Signature:

Date: