

Round 11 – Mental Health Grant Application Form 2022/23

**Grant funding of up to £2000 for local community health & wellbeing projects responding to issues around Mental Health in Sefton by addressing:
(select one)**

- ☒ Wellbeing support/mindfulness
- ☐ Overcoming problems in the community – e.g. housing, social isolation, poverty
- ☐ Promoting knowledge and signposting support
- ☐ Outreach programmes
- ☐ Teaching/learning new skills
- ☐ Holding an event/workshops/events with involvement opportunities

If other (please describe below)

The deadline for applications is 5pm, Wednesday 8th February 2023

Please note; due to the potential of oversubscribing to this fund and limited budgets, we may close early if capacity is reached.

SECTION 1 – Organisation Details	
Organisation Name and Address:	Headway Sefton
Contact person:	Carol Hopwood
Role in the Organisation:	Founding Trustee and Secretary
Telephone:	07866 367886
Email:	Carol.hopwood@btinternet.com

Do you have a constitution?	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Please select if your organisation is any of the following: (please select all that apply)	<input checked="" type="checkbox"/> a registered charity, Charity Number: we are a branch of Headway UK Charity Number 1025852 <input type="checkbox"/> a Company Limited by Guarantee, Company Number: Click or tap here to enter text. <input type="checkbox"/> A Community Interest Company <input type="checkbox"/> An unincorporated association
Please provide Bank Details: Must be a 2-signatory account	Sort Code: 77-17-16 Account Number: 17015260 Account Name: Headway Sefton

SECTION 2 – Your Project

Please answer each question below to help us to understand the project that you are requesting funding for.

Project Name:	Keeping up the Conversation: Mental Resilience at Headway Sefton
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What are you aiming to do and why?

Please also explain how you know there is a need in the community for this project. (200 words max)

Headway Sefton is a Merseyside-based charity focused on providing practical and emotional support, education, and a safe community to victims of head injury and their families. Our work is vital in:

- Providing targeted local support to members of the community who are experiencing psychological issues and/ or triggering behaviours stemming from the impact of their brain injuries on their lives
- Alleviating the burden the current mental health crisis imposes on the NHS.

Aims of the project:

1. Provide volunteers with a mental health first aid training course (delivered by "Working Conversations ('WC')")
2. Fund to subsidise counselling sessions for charity members (provided by WC)
3. Continue to fund the running of workshops at our base at Waterloo Community Centre, which include art therapy, gardening, music therapy, and woodwork

Outcomes:

1. Enable volunteers to identify the early onset of emotional distress, de-escalate situations and handle sensitive conversations appropriately: conversations provide support, encouraging self-acceptance and mental resilience.

2. Access to counselling services will broaden horizons for Headway Sefton members: individuals will be equipped with the emotional resilience and coping mechanisms to mitigate and manage the implications of living with a brain injury
3. Inclusion of family members who are struggling to cope with their brain injured loved ones.
4. Activities improve dexterity and problem-solving skills: this improves mental health and wellbeing by promoting sociability and enabling re-integration into community life.

How will your project meet the outcomes selected above and engage people who will benefit from the project? (250 words max)

Please list and detail selections from the top of the page

☒ Wellbeing support/mindfulness

People who sustain a brain injury will often be unable to return to work – they lose their income, their status, their purpose, their home. Relationships can often break down and people become isolated as their mental wellbeing deteriorates. For many of us at Headway Sefton, after personally experiencing the gap in care and support surrounding brain injury, we are committed to filling it.

Training Course:

- With correct training, our volunteers can build a safe and supportive environment where members are empowered to share their experience and are inspired to overcome the mental and physical challenges brain injury poses
- Volunteers can provide and signpost the appropriate support and resources to enable our members to live well independently
- By educating our volunteers we can make a long-term positive impact: members will be better informed about the wellbeing support available to them and their families.

'WC' Counselling Sessions:

- Counsellors will address the needs of those with severe psychological trauma by providing a more in-depth, nuanced understanding of the emotional impacts of brain trauma
- Long-term, counselling sessions will enable brain injury survivors to develop mindfulness strategies to overcome the emotional and practical implications of brain trauma, increasing the likelihood of social reintegration into the wider community.
- Counselling will cover 1-to-1 and group sessions to deliver benefits to as many people as possible.

Activity Workshops:

- Activity workshops improve dexterity and problem-solving skills and provide an opportunity to learn new skills and socialise.
- By raising awareness and generating further support for brain injury survivors, workshops promote mindfulness in the local community.
- This will aid the social re-integration of Headway members: the wider community will have a heightened awareness about how they can do more to support those impacted by brain injury.

How will you measure your project's impact?

Impact measurement documentation available on request

- Money towards training course:
 - Quantitatively assess through number of referrals/ interventions
 - Qualitatively assessed through anonymous feedback and surveys
 - Assess effectiveness of support from volunteers – i.e., has it made a tangible, positive impact in the lives of those attending support sessions
 - Also use surveys and qualitative feedback to determine how volunteers feel about offering support – i.e., Do our volunteers feel more confident and competent when offering advice and support?
- Fund to subsidise counselling for members:
 - Qualitatively assess impact of counselling sessions – get people to complete survey before and after counselling sessions, assessing whether people feel more equipped to manage their feelings.
 - Use psychometric testing, as employed by 'Working Conversations' to measure outcomes of counselling, as this is best suited to indicate individual difference and progression
 - Assessment based on longstanding relationship with counsellor/ number of sessions delivered
- Fund to continue running of workshops:
 - Quantitatively assess impact through community engagement – i.e., how many people (who are not members of Headway Sefton) attend the various workshops

What will the environmental impact and benefits of your project be? How will you ensure it is environmentally sustainable?

Whilst the main projects we require funding for do not have huge environmental impacts, we are always looking at ways to improve our environmental impact and drive sustainability in the work we do.

For example, in our activity workshops we:

- Only use sustainably sourced materials for woodwork etc.
- Have a focus on activities which drive benefits for the community and the environment – i.e., gardening
- Ensure all waste is recycled where possible

When would you expect the project to start and finish? Please note, in order to comply with this grant round, funding must be spent by 1st September 2023

Start 01/04/2023 End 01/09/2023

Please state how many people and volunteers will benefit from your project?

Number of people: 50
Number of volunteers: 8-10

Where will your activity take place?

Select one

- ☐ North
☐ South

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Again, must be available on request)			
Please provide an itemised breakdown of the project requirements and their likely cost. Please tell us how much the TOTAL project will cost and how much funding you are you asking for	Item	Cost	
	1 Volunteer Training Course (1 session trains 8-10 people over the course of 3 days)	£1,200	
	Weekly Counselling Sessions (10 people put forward for a weekly counselling session – 1hour – over the course of 6 months)	£10,400 (£40 per session)	
	‘Drop in’ Counselling Sessions (2-hour group drop-in session, once a month)	£600 (£100 per session)	
	Activity Workshops	£1,000	
	Total cost of project	£13,200	
	Amount requested from Community Resilience Fund Round 11	£2,000	
Source of additional funding required if this application is for part funding. Is that funding secured?	Secured: <ul style="list-style-type: none"> • Arnold Clark - £2,000 • Bird & Bird LLP - £500 		

Declaration:

I declare that to the best of my knowledge and belief the information supplied on this application form is correct. This application is in compliance with the guidance notes and I confirm that I have the authority to sign on behalf of the organisation making this application.	Signed: <i>Carol Hopwood</i>
	Position: Founding Trustee and Secretary

	Date: 17th January 2023
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Returning your form: Please complete and return this form via email to CommunityResilience11@seftoncvcs.org.uk or by post to Living Well Sefton Community Resilience Fund: Round11 Sefton CVS, 3rd Floor, Suite 3B, North Wing, Burlington House, Crosby Road North, Waterloo, L22 0LG.