

Youth Support Grant 2021-22 – Planning Template - Additional funding for youth work approaches to emotional mental health and wellbeing support

Name of Local Authority _Denbighshire County Council

Criteria

- The additional funding is to be utilised for revenue costs only.
- Funding must be allocated via youth work approaches to support the mental health and wellbeing of young people aged 11-25. This should include a focus on developing resilience through non-clinical/community support.
- Local authorities must work with, and fund, the voluntary sector, to deliver services across the local authority area. This can be a minimum of one, but with no maximum number of voluntary services, where smaller projects or pieces of work would reach a harder to reach or more vulnerable or disadvantaged group.
- Voluntary organisations must form an integral part of producing the work plan and be involved in the design and delivery of the service.
- Workplan to be submitted **by 21st September 2021** and must be signed by BOTH the Local Authority and Voluntary Organisations that have been engaged.
- Funding can be used to provide additional support to existing provision, but the additionally must be evidenced. There must be no double funding, either with the Youth Support Grant, or any other funding streams.
- The funding can be used flexibly to best respond to local needs. However local authorities should consider how the funding could be used to target vulnerable young people as well as those in harder to reach areas, to ensure young people with protected characteristics and from a wide range of backgrounds are aware of and can access services and support. It is hoped that engaging with additional young people at this stage may encourage more engagement with more routine services.
- Local authorities must inform their mental health partnership boards of the additional provision and identify how activities provided with this funding are complementary or additional to existing emotional mental health support services in their area.
- Consideration should be given to targeting transition years, from primary to secondary school, then again at age 16 -18 as young people leave school/post-16 education and look at employment, training or further/higher education options.
- Consideration should be given to the provision of Welsh language support.
- All funding must be spent in this financial period (2021/22) and no future additional funding has been identified.
- Monitoring reports submitted with the claims must evidence collaborative working and clearly illustrate the outcomes achieved.

Provision/Support

Please use this section to provide an overview of the provision you will fund through the additional funding for emotional mental health and wellbeing through the Youth Support Grant.

Please clearly detail what additional activity you propose, the voluntary sector partners you will work with to achieve the outcomes stated, and how this provides additionality over and above what was proposed on your original Youth Support Grant allocation.

To note: This is your opportunity to provide a high-level narrative of your planned activities with supporting rationale and outcomes being worked towards. ***It is here that the Planning Spreadsheet should be used to cross-refer funded lines of activity/projects.***

The use of subheadings to help you talk about how your funded activity will help you work towards the priority areas previously identified in your grant application is encouraged.

Word limit: 1000 words

Please delete this instructional text before populating this section.

2.1

Fund Action for Children to deliver Blues Projects to be delivered to 12 groups over six weeks to teach young people emotional resilience, to reduce low mood and anxious thoughts and to encourage young people to talk. All provisions to be delivered through Welsh and English mediums

Bouncing Back project to be delivered across Denbighshire to 10 groups of young people through Welsh and English. Engaging workshops will be delivered to groups to provide basic support and knowledge, focusing on three key areas: understanding and empathy about mental health, coping strategies and self-care, and the importance of talking and dealing with mental health concerns. All young people will receive a Mental Health First Aid Kit with resources to support them to work independently to self-manage their moods and to sustain their improvements in their emotional wellbeing.

Outcomes to include:

- 90 young people to engage in Blues course
- 200 young people to engage in the Bounce Back course
- 90% of young people engaged will have a recorded learning outcome that demonstrates increased resilience, raised awareness of support or lower levels of mental health.

2.2

Transitional Support - Delivery of two to four week targeted follow up youth work activity post mental health provision delivered by AFC. Qualified YW staff to provide small group work and personal support to group participants, following

attendance on the courses. Further support to be provided or signposting to relevant agencies if and when required.

Outcomes to include:

- Young people supported following intervention to sustain progress and seek further support, preventing relapse in mental health and wellbeing.
- Increased amount of young people re-engaged in classroom based activity.
- 25 young people engaged in post evaluative feedback on intervention to see value for money.

2.3

Professional CPD - Two-day Guide training (Mental Health Literacy) delivered by Action for Children to Denbighshire Youth Service staff and partners. Training to support youth work professionals in delivering targeted interventions by being more aware of support routes for young people, increase their skills and confidence in early identification and to improve their knowledge of prevention.

Outcomes to include:

- 20 staff members and partners to complete Guide training as part of CPD.

2.4

Delivery of Sports for Wellbeing for young people including programme costs by qualified youth work staff using agreed youth work approaches to small and large groups. Provision to engage young people in opening up, talking about and sharing feelings to develop emotional resilience as part of transition using sport.

Outcomes to include:

- 200 young people to engage in Sports for Wellbeing sessions.
- 2 accredited courses to be completed with targeted groups.
- 90% of YP engaged will have recorded learning outcomes that demonstrate improved wellbeing.

2.5

Targeted provision with EPC units working with young people, struggling to engage in formal education daily. 1 to 1 and small group work to focus on improving health and wellbeing to be delivered.

Outcomes to include:

- 15 young people to engage in personal support youth work to improve coping strategies
- Delivery of resilience accredited work with young people in small groups and 1 to1
- 15 young people to engage in positive activities through targeted lunch and after school provision using sports and creative art mediums for wellbeing.

2.6

Creation of marketing and resources for young people and families around mental health and wellbeing. Wellbeing packs to be created and delivered to young people to provide recourses and materials to support self-management of wellbeing and mental health.

Outcomes to include:

- 200 young people and families to be provided with Mental Health and Wellbeing Packs.
- 100% of young people to be more informed of help and support providers available to them locally and nationally.

Checklist

<u><i>This plan has been:</i></u>	<u>Please confirm (y/n)</u>
<ul style="list-style-type: none">• Agreed by the Lead Director/s with responsibility for young people	
<ul style="list-style-type: none">• Developed and agreed with relevant stakeholders and partners, including young people and the Third Sector	Y
<ul style="list-style-type: none">• Developed in the context of the Well-being and Future Generations Act, the well-being goals, and the five ways of working	Y
<ul style="list-style-type: none">• Mental Health Partnership Boards are aware of this additional provision and how it links to other areas of work	

Signatories

Lead Director (Young People):		Principal Youth Officer:	
Signed		Signed	INFORMATION REDACTED
Name		Name	Jeanette Smalls
Position		Position	Principal Youth Officer
Date		Date	20/09/21

Voluntary Organisation: Action for Children		Voluntary Organisation:	
Signed	INFORMATION REDACTED	Signed	
Name	Julie Gillbanks	Name	
Position	Operational Director for Children Services	Position	
Date	21/09/21	Date	

- Please note you will need to get this plan signed by all voluntary sector organisations you intend to work with and can replicate this box if needed.