

Heart of Birmingham Teaching Primary Care Trust Mental Health Grants 2009-10 Applications Approved in Round 1

Mental Health Grants 2009-10 Round 1:			
REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3070	Birmingham Somali Community	<p>"My Health Your Health Our Health" Theater, Music and Workshops</p> <p>This project is a mix of theatre, music and workshops. Need was identified through a questionnaire distributed to 480 people in the community which had a 75% response.</p> <p>Workshops - People who have experienced mental ill health will be invited to talk to the people about their experiences - what happened at first, Where they went for help, How they coped with the situation, How they prevented falling in that position again and many other experiences. The people from the community will also have chance to ask question to these individuals. The committee members have identified individuals both men and women who voluntary accepted to talk about their personal experiences in relation to mental health. The workshops will inform the scriptwriter on content for the dramas. Some members of the committee have also volunteered to talk about their personal experience of what happened to them when they first came to Birmingham and how they managed to cope with the situation despite lack of English and communication in general. They expect 70 people to attend each workshop session. This will be publicised by handing out leaflets. At the end of each session they will distribute a questionnaire asking people who attended what they gained.</p> <p>Drama - 2 educational dramas telling a story of families and individuals who have migrated to the UK will be delivered. The first part will tell of the issues they faced which lead to stress, depression and anxiety. The second part of the drama will show how they integrated, social networked and coped leading to a positive outcome. The script for the play /drama will specially written by a professional script writer appointed by the committee members and 12 people will act in the play/drama (6 male and 6 female). The plays will be advertised through posters and leaflets with all communities invited to attend. The venue will be Small Heath Leisure Centre which is appropriate for everyone it has a big space and also children will have somewhere to play while their parents join to watch the activities.</p> <p>Musicals – The first session will be a concert to listen and enjoy music played professionally. The other session will introduce people to the instruments and give the opportunity to learn how to play the musical instruments and inform them of how to form bands. Five Professional musicians from the local community have been identified to deliver this and will cover keyboard/piano, two different types of guitars, two types of drums (traditional African and modern). They will hire the instruments due to the limited budget. They expect at least 70 people to attend each session.</p>	£6881.40

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		<p>Information and referrals will be integrated into the project. All activities will be filmed and put together on a DVD. To sustain the project in the future the DVD will be loaned out from their library. The leaflets will explain and welcome non-Somali speakers to attend the sessions and encourage integration among other communities in the area. Free drinks and other entertaining parts of the projects will also be mentioned to attract other communities to come over. Volunteers will also be standing outside the venue on the day to explain to people as they give out the leaflets or even a day before to encourage and invite other communities to attend. The event will be open to everyone in Birmingham area. As a part of the project key recommendations will be summarised in English on what services the community needs to improve mental health and wellbeing. A HoB Community Development Worker will carry out this work by linking in at no extra cost. WEMBWBS will be utilised to record improvement in group wellbeing.</p>	
3074	Come:Unity Arts	<p>Believe In You This is an arts based project which will run 20 weekly art sessions/workshops for Black Women in and around Handsworth. This will be delivered by an artist and managed by a Project Coordinator at an easily accessible community space. The course will introduce participants to different art techniques, such as:</p> <p style="padding-left: 40px;">Visualisation - using pens/paints, images/photos Expression - through Creative Writing and Music</p> <p>The structured yet flexible programme aims to provide a supportive environment to regain individual confidence, learn about art and meet others whilst involved in a positive creative activity. There will be plenty of opportunity for experimentation and feedback. The women will be encouraged to plan a 1 week exhibition at the end of the programme where family and friends can see the work they have produced as well as a dissemination event to share the findings of our project evaluation with the wider community. A half day conference inviting health professionals to talk and to see the project impact is also planned. The option of this becoming an Arts on Prescription service will be explored with the Pan Birmingham Mental Health Commissioning team. A record of the exhibition and experiences of participants will feed into the Patient & Public Involvement Forum and a link to the Barbershop project will be explored along with setting up outreach classes with a College of Further Education.</p>	£6945.00
3080	Irish Welfare & Information Centre - St Eugene's Drop	<p>Elevate The project intends to train 4 current core service users to NCFE, Level 3 standard in 2 different areas of keep fit for older adults,</p> <ol style="list-style-type: none"> 1. Movement and dance to older adults, 	£5960.00

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	In Centre	<p>2. Movement and dance to seated older adults.</p> <p>Another 8 core service users will work closely with paid, professional, identified artists, in gaining teaching competence in,</p> <ol style="list-style-type: none"> 1. Ballroom Dancing (Workshops to be held at Blakesley Hall and other 'Great Halls') 2. Drumming (Workshops to be held at the Chinese centre) 3. Vocal training/Singing (Workshops to be held at local Cathedrals, churches) <p>The core group have committed to training outside of drop in hours. The target group of 12 users is older, vulnerable, and hard to reach adults many of which are unemployed or retired. Many of the service users have issues around mental and physical health, one impacting the other. Training for these will be in 12 weekly modules per speciality. A programme of delivery will commence three months into training. The core group will initially deliver to small groups within St. Eugene's to build confidence, self esteem, and address any teaching issues which may arise. The keep fit core group will also deliver within St. Eugene's initially and this will work towards their accreditation which will be achieved through KFA. The idea was born from questionnaires, informal discussions and requests from core and turnaround users of St. Eugene's. They enjoy activities currently on offer but request a more extended range particularly in the field of physical health, outings and active workshops which they currently do not have the expertise or capacity to deliver. Individuals will be given the opportunity to bond, mix, teach each other and themselves whilst engaged in a physically positive activity. As part of this training, health agencies will be invited in for demonstrations, discussions, and advocate the use of other services. The project will engage with outside agencies already in existence to give guest speeches and demonstrations throughout the project. A further 900 individuals will benefit from the trained core users teaching in St Eugene's and other Irish clubs. WEMWBS and certificates of attendance will be used to monitor impact.</p>	
3083	Kajans Women's Enterprise Ltd	<p>Thugs and Drugs' or 'Caught Up' (working titles)</p> <p>'Thugs and Drugs'/'Caught Up' aims to target a multi-ethnic group of 13 – 25 young people and their families living in the deprived wards of Aston, Nechells, Lozells, Newtown, Perry Bar and Handsworth. Many of the young people recruited are likely to be a risk of participating in recreational drug taking as would other members of their families. Kajans will commission professionals to work with the group to devise and produce a theatre piece, exploring the effect of drugs and their ability to push reasonable young people into the world of 'Thuggee'. This project is set to provide young people and their families with factual information about drugs and the impact it can have on local</p>	£7000.00

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		<p>communities. Young people will have a chance to share the learning with other young people through the presentation of a stage production. A 40 minute piece will be devised which will be shared with other young people and their families through performances in a local professional setting (The DRUM Arts Centre). Young people will be supported to research the subject matter and contribute to the content. Support will be available through theatre artists, directors, researchers and drug advice professionals. Young people will work on the project over 12 weeks before sharing the results with a wider audience. The content will inform and educate and hopefully deter young people considering jovial participation in recreational drug activity. To achieve the above a professional coordinator will be contracted to select the creative professionals, organise workshop sessions, book studio time, organise radio session/coverage, book performing venue, work with high schools to develop the audience, arrange the evaluation, document activities and report to Kajans board. The project will have three phases starting with the research, planning and development, second stage will be the delivery and the final stage will be the evaluation. In phase one, all investment to the larger project will be finalised, the target area refined and the potential groups, identifying both participants and the target audience. Identification/appointment of the roles/expertise needed, possible re-scoping and agreement on the final outcomes of the project will be covered, along with a decision on the project title, secure rehearsal facilities/times and a schedule for delivery. In phase two briefing with the participants and families will be conducted where appropriate, research completed, open workshops held moving into a period of devising, then on to setting the piece. Rehearsals will follow through to filming.</p>	
3085	<p>COPE: Black Mental Health Foundation</p>	<p>S.E.N.S.E. [Stimulating & Engaging Neurological Senses Ecosystem] The organisation aims to create an exciting and interesting outdoor space to be used by all age groups from the very young children to the elderly with a performance space for Nu Century Arts and other local drama groups or schools and a safe place for exploration and sensory stimulation for children and their family members who currently use the building and the local community. The design, created by Ideal Scenes Landscape Architects, includes a raised deck area at the centre with design features in rotation around this, a levelled and paved free flow area adjoining the building providing a play space for the children using the adjoining room with a playhouse, interactive activity boards and child friendly storage. This will be separated from the rest of the garden by raised planters containing fruit and vegetables servicing the users of the building and the local community. Beyond the play space will be a flexible seating arrangement strategically placed around the stage to enable people to see the performance space clearly and comfortably. A covered arbour seating on a gravel base will create an alternative texture to stimulate senses and house any</p>	<p>£7000.00</p>

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		<p>additional seating if needed. Over approximately 1/3rd of the stage will be a shade sail which will enable use of the decked area during the warmer months of the year. To the rear of the garden a sensory route will be created for users of all ages which will include small mounds, habitats, archways and sensory planting to create a varied and interesting alternative way to explore the garden. There will also be a quiet rustic log seating area to enable the feeling of being natural outdoors. COPE will work within a multi agency model, with Nu Century Arts, Park Lane Garden Centre, Birmingham & Solihull Mental Health Foundation Trust and various junior and primary schools within the East Handsworth School clusters; to create this exciting and interesting outdoor space. Nu Century Arts share space in the building and their work encompasses live music performances, theatre, literature and educational (Jazz Workshops, youth theatre and group trips abroad). Park Lane Garden Centre in Aston has links to Birmingham and Solihull Mental Health Foundation Trust a has training centre catering for groups of up-to 10 people (children and adults) to learn about basic skills and tools required for creating a productive garden space and has agreed to facilitate the group. Welford Primary School has up to 420 children on roll and also 60 children attend the Nursery Unit on a full time basis.</p> <p>The garden will be developed in 6 phases.</p> <p>Phase 1: Volunteers and community members will be offered the opportunity to work with professional garden architects and landscape artists. Newstyle radio will advertise the event and contact will be made with the local schools within the Handsworth Schools Cluster to introduce the project to them as a package of mental health promotion. Interested schools will be asked to hold garden competitions to draw ideas in art lessons based on the skeleton plan. The winning design chosen by a steering group panel will be the design that is used.</p> <p>Phase 2: Children with the winning school design will meet with the architect to discuss logistics of incorporating the design into the skeleton plan. 12 Others who had shown interest in Phase 1 will be offered the opportunity of visiting Park Lane Garden Centre</p> <p>Phase 3: - The contractor (Building Landscapes Ltd) will commence the hard surface preparation phase of the project (clearance and preparation)</p> <p>Phase 4: - The contractor will commence the Soft surface preparation phase of the project, i.e. lying of grass, erecting and building the playhouse, storage space and stage.</p> <p>Phase 5: - The painting and final decorative work will be commenced and conducted by local volunteers- Final planting of the flowers, shrubs vegetables etc will be left for the day of the launch. The launch day will see volunteers planting in the morning as a family/community event and the later half of the day will include a BBQ and a small performance courtesy of Nu Century Arts.</p> <p>Phase 6: - The project will be evaluated in terms of its impact to the local community.</p>	

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3090	Action for Children Birmingham Young Carers	<p>Taking Care of Us! (Peer Volunteer & Wellbeing Project)</p> <p>The project aims to improve the mental health and wellbeing of 45 young carers aged 12 to 25 living with the greatest caring responsibilities & most at risk of poor mental health living in the HOB area. This preventative health promotion project will target for participation those young carers already displaying early signs of poor mental health rather than those with substantial mental health support needs or actual mental ill health. They plan to initially recruit & train 15 young carers aged 18 to 25 as Peer Volunteers via a series of workshops & experiential opportunities in order to develop their own awareness & understanding of how to look after their mental health and access health and other support services. They will then be enabled to pass on that understanding & information to the 30 young carers aged 12 to 17 with poor mental health & wellbeing and at risk of exclusion or self harming behaviours. The Peer Volunteers will also offer a listening ear, mentoring and advocacy where appropriate to those young people participating. Project workers will support the programme and ensure it is properly evaluated using WEMWBS and other tools for outcomes and impact. A programme of health focused activities, workshops and visits will encourage the young carers to take better care of themselves, seek help and support and to make better use of health, sports & other health improvement facilities available in their communities. These activities include gym and sports venue visits, drama, arts and photography, healthy lunches, pamper sessions etc. The Peer Volunteers will support the young carers to re-engage with local services & facilities and take positive steps to improve their overall mental health/wellbeing. The Project will enable some of the most disadvantaged young carers to meet, come together support and learn from each other with a real positive focus on taking better care of their own mental health & wellbeing. The target group who will directly benefit from participating in the programme will be 2-fold. The Peer Volunteers will be selected from current and ex service users aged 18 to 25 who will then be trained and supported to deliver the Peer Wellbeing programmes to younger carers aged 12 to 17. Indirect beneficiaries will be parents or 'cared for', siblings and other family members. Findings to promote the approach will be disseminated across other Action for Children projects with potential take up citywide.</p>	£6850.00
3104	Abronah Care Projects	<p>Young Adults Care Independence and Inclusion Project</p> <p>The 10 month pilot project will work by supporting 10 young adults aged 16-25 of differing needs and abilities, mental disorders and mental health needs who are in the process of leaving care or who have left care. They will be identified through direct referral from residential children's home and supported living service providers (local authority and private providers). The project aims to gain the learning and needs based evidence to underpin the wider role out of the project throughout Birmingham. The first 2 months will involve promotion and marketing aimed at providers and</p>	£7000.00

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		<p>literature to inform the young adults of the services offered and meetings with the young adults set up to sign up to a six month support package. 5 'Transition Peer Mentors' will be recruited to support the 10 care leavers on the programme. These volunteer peer mentors will undertake up to 24 one to one visits with each of the 2 care leaver they are partnered with. Each transition peer will be trained in house, on a 1 week intensive course lead by the Project Manager and Abronah Care Ltd's current consultants operations manager and former head of Birmingham Children's and Young Peoples Social Services Department and will retain an 'Honorary Advisor' role. The skills and abilities of mentors will be matched with care leavers and individual action plans put together to work alongside their care plan created by social services. One to one sessions will take place between young adults and transition mentors, once a week for no more than two hours per session and direct support will include:</p> <ul style="list-style-type: none"> • the provision of face to face emotional support and advice around issues of mental health • Aid young adults with contacts in the community for support and advice; • Support for young adults in meetings; • Support for young adults with action plans in line with their Pathway Plans, for personal development, education and training; • Support awareness of opportunities for employment and career prospects; • Support individuals with appointments and registering with community and NHS services (i.e. doctors, dentist etc); • Support individuals with budgeting within their new setting/environment. <p>Each young adult will be enrolled on the personal development training programme for a period of 6 months. The programme will involve a half day workshop or training session every other week of the month. Sessions will initially include:</p> <ul style="list-style-type: none"> • Presentation Skills; • Confidence Building; • Effective Budgeting Skills; • Basic Cooking Skills; • Food Hygiene; • Basic First Aid; • Access to Education; • Access to Work; • Career Pathways. 	

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		<p>A steering/focus group of young adult care leavers will be developed in order to ensure that the project is driven by the direct needs of young adults leaving care into the community. Training programme content will be flexible in terms of topic coverage, dependent on feedback of need. Creative arts workshops will be sourced and participants will be encouraged to take part in physical exercise based activities. An organisation called Abiathar Projects has already been approached to provide an array of different personal development training for young adults in terms of self confidence and tackling issues of low self esteem. Group coordinated events such as attending 'Gym for Free' sessions as well as working with the 'Be Well Fit' initiative will aid awareness of activities they can do for free or at a reduced cost. People from different professions, training providers, employment agencies, and employers to give talks to the group, as well as bring in organisations such as Connexions to facilitate workshops around effective and personalised actions plans into work. Within the last two months the Project Manager will coordinate stringent monitoring of progress outcomes and project effectiveness and modify service delivery based on the outcomes of focus group feedback. There will be an evaluation for a staggered separation and withdrawal of support from the project, visits decreasing to one visit every other week and in the final month support will be on a needs led basis, possibly given by email or over the phone at the request of the young adult. This will ensure that the young adults being supported are not left at a loose end. Mentors will encourage young adults not to become independent on them and encourage integration into community based support and networks. At the end of the pilot they will aim to have developed:</p> <ul style="list-style-type: none"> • Transition Mentor Support Manual • Care Leaver Practical Information and Community Resource Guide • Care Leaver Training and Useful Community Based Programmes Manual • A Professional Project Evaluation Report <p>A training manual and toolkit will be produced and possible accreditation explored.</p>	
		TOTAL Approved	£47,636.40