**Breckland Youth Mental Health Project Tender and Application**

**Closing date: Friday 16th October**

**Breckland Youth Advisory Board and Breckland Council are seeking applicants to deliver the Breckland Youth Mental Health (BYMH) Project, across Breckland. Young Commissioners and Breckland Council have joined together to offer £35000 to fund the project.**

**Project Overview**

Breckland Youth Advisory Board (YAB) is a body of young people and professionals who work together to make positive changes in their community. The YAB undertakes research to identify the needs of young people by completing consultations and mapping a needs analysis across the district of Breckland. The results of this work inform our practice for the following 12 months.

Our 2019 research identified poor mental health as one of the main concerns for young people in Breckland. In particular, young people told the YAB that there is very little support available, and that even if you can access the support on offer, waiting lists are far too long. In our most recent survey 40% of young people who said they had poor mental health told us they had waited more than a month, with a further 37% waiting up to a year. Young people told us that as a result of the long waits their mental health had worsened, relationships at home and school had begun to break down and sometimes they were forced to take time off from school, or even stop attending. When Young Commissioners researched this issue, further evidence demonstrated that if parents and carers had access to the right information and knowledge they could offer better support and advice to young people whilst they wait to engage with Mental Health Services.

As a result of the YAB’s research, we will be working in partnership with Breckland District Council to fund a Breckland Youth Mental Health Project. The BYMH Project will offer training and support to parents and carers living in Breckland via regular group meetings in all of the market towns. These meetings must be facilitated by a Mental Health Professional and will provide a space for peer-to-peer support and regular training as identified by the groups. BYMH project will provide family/1-2-1 sessions offering support and guidance around good mental health.

**Start and end dates:**

The BYMH Project will initially operate for 12 months; we hope this will be September 2020-August 2021. We would like BYMH to become sustainable, with the successful applicant sourcing additional funds in the future

In line with the 2021 commissioning plan the YAB may extended their funding to help towards the continuation of this piece of work. This will be dependent on the results of Young Commissioners’ QAs, the provider’s performance against key indicators, and the YAB’s budget/funds to extend the project in any way beyond this SLA time period.

**Target Audience:**

The BYMH project will target all families who have a young person suffering from or at risk from suffering from poor mental health aged 11-18 (up to 25 with a disability) living in Breckland.

**Outcomes:**

* An increase in happiness and self-esteem amongst young people
* Young people’s mental health is maintained or improved whilst on waiting lists for mental health service providers in Breckland
* An improved level of knowledge and confidence among parents and carers in supporting their own children with their mental health
* Improved education for families and young people around mental health.
* A decrease in stigma around mental health
* An improved understanding from parents and carers around young people’s mental health
* Parents and carers feel more confident to talk to their young people about mental health

**Outputs:**

* Regular sessions to be held in the 5 market towns: Thetford, Swaffham, Attleborough, Watton and Dereham. During the current Covid 19 pandemic we would expect some of these sessions to held virtually through the video-conferencing platform Zoom
* Daytime and evening sessions to allow for greater accessibility for our target audience
* The sessions should be long enough to allow for training and peer support. Peer support is something we are very keen on, as sharing common experiences with mental health can make a hugely positive difference
* Some sessions should include knowledgeable guest speakers
* The sessions must reach a minimum of 50 adults and a minimum of 50 young people over 12 months
* This project must be well advertised in schools, GPs, village halls, Town Councils and on social media
* All participants to complete a measuring tool, one at the start and one later to demonstrate progress and that outcomes are being met

**Workforce Requirements:**

We would like a professional mental health worker to facilitate these sessions. They must hold a recognised qualification in mental health and have at least two years of post-qualifying experience. In exceptional circumstances, we would consider someone who is still training or can show considerable experience in the field of mental health.

This person needs to be a good listener and aware of current issues facing young people and their families in Breckland that may affect their mental health.

They need to be DBS trained and we would prefer a driver if possible.

**Monitoring and Evaluation:**

* Breckland YAB will require an interim and end of project report detailing how the outcomes have been met, this should include 3 case studies and statistical information including the demographic data of those accessing the project
* The provider and or facilitator of the project should be available to attend YAB board meetings as and when required (these are held each month)
* Young Commissioners will attend two sessions, when appropriate, to QA the staff and delivery of the project
* Young Commissioners from Breckland YAB will be made aware of all sessions and training so they can monitor and evaluate the project

**Data Protection and information sharing:**

The provider will be compliant with The Data protection Act and GDPR.

The provider will share agreed information and data with the YAB, Breckland Council and Norfolk County Council when required.

**A two part applications process will be facilitated by the Breckland Youth Advisory Board and Breckland District Council. If you are successful in the first stage you will be required to attend an interview panel with representatives from both the YAB and Council (date tbc). Please complete the short application form below and return to:**

Email-*michellebibby@map.uk.org*

Post *- MAP, Charles Burrell Centre, Staniforth Rd, Thetford IP24 3LH*

 **Breckland YAB and Breckland District Council Funding Application**

Name and contact details of applicant:

*Please include a telephone number and email*

Please tell us about your organisation and experience of working with youth mental health:

**North Norfolk Youth Advisory Board Funding – Application Form**

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| 1. Name of applying individual, organisation or group:
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| 1. Name of lead Applicant/Contact:
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| Tell us about your experience setting up and facilitating peer support programs: |

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| What experience do you have working in Breckland? Do you have established contacts? |

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| Tell us how you will deliver this project, whilst meeting the desired outcomes:*Please include a breakdown of delivery/admin*  |

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|  How would you market this project? |

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| How would you measure the impact of this project? |

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| How would you ensure sustainability of this post if there were not YAB funding available next year? |

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| **We will be bidding for - £** |

Please give a breakdown of how the money will be spent (see table below):

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| Resource | Cost |
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| Do you have the following policies and procedures in place? (if successful you will be asked to provide these)Safeguarding/Child Protection – Yes/NoHealth and safety– Yes/NoUp-to-date and signed Project Risk Assessments – Yes/No **(Please note, this applies to all staff/volunteers facilitating a project)**Data Protection/Confidentiality – Yes/NoYouth participation strategy – Yes/NoNB: All partners must hold an enhanced DBS checkIf you answered no to any of the above, could you please expand on why you answered no?  |

Any other information:

Please provide an example of a successful piece of youth mental health work you have delivered in the last 12 months?