

Royal Borough of Windsor and Maidenhead

Neighbourhood Budget Application Form

<p>Name of project (up to 50 characters):</p> <p>Community Social Group for young people with mental health issues</p>
<p>Summary of project (up to 50 words):</p> <p>A fortnightly group to be run jointly by Rethink Mental Illness and the NHS Community Mental Health Team. It is a community based group aimed at bringing together people aged 18-35 who experience mental health issues. The group focuses on social interaction and involvement in community based activities.</p>
<p>Details of project (up to 500 words): Include when the project is expected to be completed by.</p> <p>The social group was first started in the Summer 2011. It was set up following views of younger service users that there were not sufficient groups aimed specifically at younger people. The general view was that they wanted to engage in activities that are more appropriate for their age group and make use of various resources in the local community. It aims to encourage social interaction with people who may be experiencing similar issues as well as building appropriate friendships with people of a similar age and possibly similar interests. It is jointly run by two members of staff from Rethink Mental Illness mental health services and from the Community Mental Health Team in Maidenhead. It was agreed that there would be fortnightly groups with alternate coffee shop meetings for the attendees to plan the next activity and then monthly activities promoting service user involvement as much as possible. Initially attendance to the group was good with approximately 6 or 7 people attending regularly. However these numbers declined to the point at which attendance was zero at the last meeting. On gaining feedback from service users it is clear that they are still very keen to attend but that issues with financing the activities chosen was consistently the reason why they could no longer attend. Due to the NHS and Rethink Mental Illness not having any budget for this group it relies on the attendees paying for themselves to attend. Many of them rely on benefits as their only income source and so it became very challenging to find a variety of activities that were cheap enough for them to afford it, in our local community. We would ideally like the group to continue on an ongoing basis as soon as possible until eventually the group can become service user led and then staff can withdraw. We believe the group is integral to promoting recovery for young people with mental health problems and to try and prevent them needing mental health support in the long term. Engaging in mainstream community based activities has been proven to combat social isolation, aid independence from mental health services and help people to lead a better quality of life</p>
<p>Funding requested (up to 200 words): Include the total amount of funding requested and exactly what this will be used for.</p> <p>£2000</p> <p>It is hard for us to exactly say what this money will be used for however we expect that it will be used to subsidise a range of community based activities both locally but also to be able to do day trips further afield. We would also ask service users who</p>

attend to contribute a small amount each per group. The money would also be used for room hire if needed for certain activities.

Examples of group activities we would like to run: Movie nights, take away nights, meals out, museum trips, theme part outing, cinema, bowling, trip to London.

Other funding or support (up to 200 words):

Include details of any other funding or support secured for this project e.g. 50 volunteer hours from a community group, sponsorship from a local company.

None.

If you would like the Council to consider matching this funding or support, up to £2,000 in addition to the usual maximum of £2,000, please cross this box.: **yes**

Details of any local opposition to the project, or anticipated problems (up to 300 words):

No opposition known of. We have found that finance issues have been the main problem with group attendance and therefore hope that this funding could help resolve this issue.

Details of neighbourhood representatives supporting this project:

The Council and members of the public need to be able to contact you to ask questions about the project. Please put a cross in the box(es) if you are happy for your contact information to be published online.

Primary contact (essential):

Name: Laura Smith (CMHT)

Email: laura.smith@berkshire.nhs.uk

Address:

Telephone:

Fax:

Additional contacts (optional):

Name: Harriet Shurley (Rethink Mental Illness)

Email:

Address:

Telephone:

Fax:

Name:

Email:

Address:

Telephone:

Fax:

Completed Application forms should be emailed to: neighbourhoodbudgets@rbwm.gov.uk