

2020/2021 Community Fund: Interim Assessment Form

Locality: Cheviot

Ref. No.: 2021-CHE-2

Organisation Name: Cheviot Youth

Funding Requested: £25,151

ABOUT THE GROUP

Organisation Structure

SCIO

Annual Accounts Balance

£60,391 (March 2020)

Are any funds ring-fenced, if so why & how much?

- £41,988 in restricted funds for various project activity
- £18,403 in unrestricted funds.
- Current bank balance £118,889 which include three months reserves at £20,000, £23,000 for an environmental programme and salaries for staff up until March 31st 2021 and salaries for two staff members beyond March 31st. Funding for staff wages has been granted through the COVID-19 Emergency Fund

Has the applicant successfully applied for SBC funding within the last three years?

☒ Yes ☐ No

SBC Funds received	Financial Year	Amount (£)	What used for?
CYPLG	Annual	£15,692	50% funding for salary costs
SBC Service Level Agreement	2020/21	£9,000	Rural Youth Club initiative & joint CLD/Cheviot Youth Working with Parent's project
SBC Service Level Agreement	2019/20 (annual)	£2,983	Ancrum Youth Club salary costs
TOTAL		£27,675	

Have they applied for Common Good Funding

☐ Yes ☒ No

ABOUT THE PROJECT

Project Brief		<p>Cheviot Youth are requesting financial support for the enhanced delivery of the Stepping Stones mental health and well-being service in Cheviot. Stepping Stones aims to improve the mental health and well-being of children and young people. Youth Borders co-ordinates a team of seven Project Workers to deliver Stepping Stones across the Borders.</p> <p>Cheviot Youth plan to increase the capacity of the Stepping Stones service in Cheviot to meet local need. Cheviot Youth request funding to pay 50% of the salary cost of the Lead Practitioner (£18,673) and 33% of the salary cost of a Practitioner who will be recruited early 2021. The Lead Practitioner's working hours will increase from 28 hours to 35 hours (and they have offered to volunteer an additional two hours per week) and the Practitioner will be employed for 16 hours per week (£5,086,). The Lead Practitioner will be responsible for the day to day running of the Stepping Stones service and help plan service development. The Practitioner will hold their own case load and contribute to developmental work and provide supervision to a small number of Volunteer Practitioners.</p> <p>In addition, Cheviot Youth request £1,392 for the cost of providing monthly in-house counselling sessions for Practitioners led by a qualified practitioner.</p>	
Project Start Date: DD/MM/YY		Enhanced delivery will begin after funding is secured.	
Total Expenditure (£)		£62,892	
Community Fund Request (£)		£25,151	
10% organisation contribution		£2,849	
Any Other Contribution?			
Other Funding Sources		Amount (£)	At what stage?
		£15,795	Investing in Communities - secured
		£9,197	Wesleyan Foundation – secured
		£4,890	Foundation Scotland - secured
		£4,000	Co-Op Community Fund - pending
Community Fund Outcomes	<input checked="" type="checkbox"/> Communities have more access to better quality local services or activities <input type="checkbox"/> Communities have more access to a better quality environment <input type="checkbox"/> Communities have more pride in their community <input checked="" type="checkbox"/> Communities have more access to better quality advice and information <input type="checkbox"/> More local groups or services are better supported to recover from financial difficulty		

Cheviot Action Plan priorities	<ul style="list-style-type: none"> • Increase early interventions conducted to address Anti-social behaviour • Support the development of multi-agency approaches to tackle local community issues
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ASSESSMENT

What need/demand has been evidenced for this project/activity?	<p>Working with GPs and CAMHS (Child and Adolescent Mental Health Services), Cheviot Youth has developed their enhanced Stepping Stones service on the back of identified need amongst children and young people in Cheviot. At the moment services in Cheviot are able to provide limited emotional well-being support for children and young people and it is not enough to meet demand. Using a national tiered model of delivery, the Stepping Stones Practitioners will provide early intervention work at Universal Tier One level as well as supporting delivery of sessions at Tier Two and Three level.</p> <p>At the end of October this year, 49 young people have been supported by Stepping Stones in Cheviot. Of those, 9 young people were in Tier 3 (most vulnerable - active suicidality or previous attempts, current self-harming, established eating disorder). 32 young people were in Tier 2 and 8 young people were being supported with behaviour/anger / bereavement. Schools referred 15 young people, GPs 14, 6 were self-referrals and 14 were referred through partners. An increase in practitioner hours will provide more opportunity to support young people who require help.</p>
What benefits will be gained from the project/activity and how well does the project/activity meet the outcomes of the scheme?	<p>The intention is for 8 Stepping Stones practitioners to provide 50 sessions a week to children and young people in the Cheviot area either online or in person. All Practitioners have a minimum qualification of an HNC in counselling and experience of Cognitive Behavioural Therapy (CBT). There will be an opportunity for Practitioners to enroll on the Borders College HND course next academic year to further their qualifications.</p> <p>Sessions take place in Cheviot Youth's consultation room in The Planet. A second consultation room will be available once funding is secured. Sessions can last up to an hour and are based on CBT. The sessions allow service users to focus on thoughts, beliefs and attitudes that are affecting their feelings and behaviour and identify coping strategies to help individuals manage their problems. There is no time limit on the participant's engagement with the service.</p> <p>Cheviot Youth believe their early intervention model provides young people with access to an emotional well-being and mental health service at an earlier stage than can be easily accessed through NHS. The intended outcomes of the programme are that young people will have improved confidence, self-esteem and resilience enabling them to play a fuller, more active life in their community. It is also hoped this will have a positive impact on participation at school.</p> <p>The Stepping Stones service are working in partnership with Borders College to support students undertaking counselling and psychotherapy qualifications to take up placement with them.</p>

	This will provide students with the opportunity to learn from the Stepping Stones Practitioners.
What support and involvement of the wider community is there for this project/activity?	Partnerships have been developed with Energy Trust, One Parent Family Scotland and Eildon Housing Association. Cheviot Youth believe a holistic approach will help build resilient communities and are actively promoting Stepping Stones with school staff, social work, NHS Mental Health team, GPs and the local community. They are due to present to Jedburgh Medical Centre in early 2021 and will continue promotion with primary schools. Currently the two high schools are referring as are 2 primary schools. Borders Ice Rink are charging a small rent for use of The Planet which is of great assistance to Cheviot Youth.
What efforts have been made by the applicant to secure other sources of funding for the project/activity?	Funding has been secured with three other funders and they have one further application pending. If this is not secured, Cheviot Youth will offer a reduced service and continue to seek funding elsewhere. The ambition is to secure multi-year support from funders so they can become more consistent in delivery.
How will the impact and success of the project be measured? What happens at the end of the project/activity or when the funding is spent?	Delivery of the programme and individual progression will be monitored and reviewed. Monthly progress reports will be submitted to the Charity's Trustees and staff support and supervision sessions will be completed. External assessors will review the service in order to develop it further for the benefit of both service users and staff. The collected information will help improve their understanding of need and demand so they can continually refresh their offer as required. As long as it is needed, Cheviot Youth will continue to look to provide this service but this will require further funding. Cheviot Youth's income is derived from project specific grants and donations so most funds are spent in the short to medium term leaving little opportunity for investment.
Quotes received for items of expenditure	Yes
Have appropriate permissions been sought/granted?	N/A

SBC OFFICER ASSESSMENT

The application meets the criteria of the community fund.

Additional Terms and Conditions:

We would seek the group to particularly report on:

- Number of service users
- Number of sessions delivered
- Outcomes for service users
- Accessibility of venue and services
- What partners were involved and did it lead to new opportunities
- Improved integration in the community
- Training opportunities / staff and volunteer development
- Sustainability

