

2021/2022 BUILD BACK A BETTER BORDERS RECOVERY FUND

Assessment Form

For the purpose of assessment, projects have been ranked high, medium or low to reflect how strongly the application meets the criteria of the Build Back a Better Borders Recovery Fund.

High – a strong demonstration of how the project will assist recovery from the pandemic

Medium – provides acceptable examples of how the project will assist recovery from the pandemic

Low – lacks detail of how the project will assist recovery from the pandemic

1. Applicant Details

Organisation name	Cheviot Youth					
Organisation structure	SCIO					
Application reference	BBBB-CHE-03					
Theme of application	Sport	Arts & culture	Environment	Community capacity	Community resilience	Intergenerational activity
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Project start date	On receipt of funding			Project end date	Six months after receipt of funding	

2. Organisation's Finances

End of year balance	£184,938
Current bank balance	£160,259.97
Total cash/Unrestricted reserves available & purpose	£5,259/£33,000 It is Cheviot Youth's policy to aim to hold reserves of up to three month's running costs to cover final salary payments/redundancies/outstanding invoices should all funding cease. This amount is currently £33,000.
Total restricted /committed funds & purpose	£122,000

3. Project:

Outline of what the group plan to do to help people recover from the pandemic. Projects will be ranked higher if the application strongly demonstrates that they are meeting an identified need in the community. (e.g. area of deprivation, protected characteristics, tackling wellbeing and isolation, tackling climate change)

High <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Low <input type="checkbox"/>
<p>Comment:</p> <p>Cheviot Youth are requesting financial support to establish an Emotional Wellbeing & Mental Health Support Service (EWMHSS) at its new base in the Old School at St John's Church in Jedburgh. The building, owned by the Episcopal Church requires decorating and furnishing in order to make it suitable for the delivery of services.</p>		

A grant from the Build Back a Better Borders Recovery Fund will cover the costs of setting up the new base in Jedburgh including IT equipment, decorating, furniture and specialist kit to deliver the service.

In March 2021 Cheviot Youth received £19,993 from Cheviot Community Fund towards the costs of enhancing the Stepping Stones mental health and well-being service being delivered from their Kelso base. Although that work is ongoing, and evaluation still to be undertaken, the learning to date has helped to shape the project that will be delivered from the new Jedburgh base.

As a result of Covid an increased number of young people are presenting problems from depression to anxiety and self-harm to suicidal thoughts. Although these problems existed prior to March 2020 they have been exacerbated by Covid with the mental health epidemic becoming a huge challenge. Over the past year 70 people have benefitted from the service delivered from the Kelso base. It is estimated that approximately 40 from the Jedburgh area will access the service in any given year.

Building on the success of the service in Kelso the new premises will form a base for children, young people and family members (if required) in a safe, welcoming and professional environment.

The service provided by qualified Practitioners uses counselling skills and draws on cognitive behavioural therapy and methodology to provide those accessing the service with psychoeducation tools and strategies. There are links in place with the NHS Child & Adolescent Mental Health Service (CAMHS) to ensure a holistic approach.

The expansion of the remit to include families and the community has seen a rise in costs for both staff and materials. Cheviot Youth's Mental Health Support Service alone counts for over 50% of the organisation's costs and will increase further with the opening of the service in Jedburgh.

The service will be shaped to suit the needs of each individual, there are no time limits on accessing the service meaning that young people may be supported from a number of months to over a year. The service will be by appointment will usually be available between 9am – 8pm Monday to Friday.

Lego therapy is a recognised intervention commonly used to improve communication in children and young people. It is of particular use for working with children and young people who have received a diagnosis of an autistic spectrum condition, anxiety or adjustment disorders.

The new Jedburgh premises will also be the base for the Training, Employability & Advice Service and will be addressing the need for people in Jedburgh to provide a bespoke service from the initial challenging work on confidence, self-esteem and belief, then onwards to working through a range of modules from our employability programme, further training, to volunteering, to employment taster sessions and then onwards when ready to supported employment, college and full employment. The base will be open five days a week for Cheviot Youth and seven days a week for community use. Discussions are taking place with Citizens Advice Bureau, Skills Development Scotland and the Jedburgh Medical Practice about using the space.

Evidence of individuals, groups or communities likely to <u>benefit</u> from the new initiative and how they have been affected by the pandemic:		
High <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Low <input type="checkbox"/>
<p>Comment:</p> <p>Cheviot Youth has continued to engage with children, young people and their families throughout the pandemic. Staff have heard from their service users about increased levels of anxiety, self-harm, panic attacks, lost motivation and hope as well as fear for what the future holds. In some cases this is on top of bereavement, loss and other trauma.</p> <p>During the pandemic many within our community have experienced loneliness and isolation. Young people have also had concerns about school, further education and employment. There are also worries over the uncertainties of vaccination.</p> <p>The new Jedburgh service will be expanded to provide support to children, young people, young adults and their families.</p> <p>Contacts through GPs, school nurses, SBC's Social Work and Education services will ensure that all those that need the support, guidance and help will be able to access the free to use service.</p>		

Expected <u>impact</u> of the new initiative and how will it help those most in need recover from the pandemic		
High <input checked="" type="checkbox"/>	Medium <input type="checkbox"/>	Low <input type="checkbox"/>
<p>Comment:</p> <p>While there is no magic cure for mental health problems the provision of weekly counselling sessions, utilising a range of techniques, will work through some of the causes and reasons for poor mental health.</p> <p>One to one sessions with service users will enable counsellors to deliver person-dependant support through the most appropriate strategies and techniques.</p> <p>The expected impact is that there is a reduction in some of the most severe effects of poor mental health. The benefits to service users will be an increase in social communication skills, a decrease in levels of anxiety, panic attacks and depression. It is anticipated that there will be increased optimism and hope for the future leading, in some cases, to engagement in the training, volunteering and supported employment programme.</p>		

4. Project Expenditure:

Total Project Cost	£14,926
10% organisation contribution	£1,492.60
Request to BBBB	£13,433.40

Item of expenditure	Cost
Furniture & decor	£4,260
IT equipment	£4,300
Lego therapy costs	£2,017
Decorating costs	£2,025
Resources/supplies	£850
Blinds	£1,474

Match/other funding sought:

Funder	Funding Requested	Status
	£	
	£	
	£	

Grants received from Scottish Borders Council or any other funder within the last three years

Date	Project Title	Amount
Ongoing	SBC: Service Level Agreement – Commissioned service - Children and Young People’s Leadership Group	£15,693
28/01/2021	Cheviot Community Fund: Mental Health & Support Service (Kelso)	£19,993
14/07/2021	Cheviot Community Fund: Portable hearing loop and access ramp	£438.12
	Investing in Communities	£15,795
	Wesleyan Foundation	£9,197
	Foundation Scotland	£4,890
	Communities Recovery Fund	£13,570
	Robertson Trust	£25,000
	Youth Scotland	£1,500
	Hayward Sanderson Trust	£1,500
	SBC CLD Service Grant	£9,000
	Tiny Changes Fund	£5,000
	STV Chance to Study	£18,010
	CAF (C.E.Fund)	£9,264
	The Gannochy Trust	£7,500
	The Hunter Trust	£18,000
	NFU Mutual Trust	£3,255

SBC OFFICER ASSESSMENT	The application meets the criteria of the BBBB fund
Comments	The application scores high because it strongly demonstrate how the project will assist recovery from the pandemic. The project would contribute to key outcomes of the Fund and meets identified need within the community providing a service to the protected characteristic of age (children & young people).
Additional terms and conditions required	<ul style="list-style-type: none"> The applicant must follow Scottish Government Covid-19 guidance when delivering the service.

	<ul style="list-style-type: none">• Moveable equipment, e.g. Lego therapy kit and IT equipment to, to be passed to another community group/organisation should this project cease to operate.
Recommendations to evaluate impact:	<p>If successful, we recommend the applicant include in their funding evaluation:</p> <ul style="list-style-type: none">• Number of children, young people, young adults and adults support• Feedback from staff, volunteers and service users where appropriate• Feedback from referring organisations e.g. GPs and Social Work staff.