

Sir Norman Lamb Mental Health and Wellbeing Fund

The Sir Norman Lamb Mental Health and Wellbeing Fund is open only to members of the Sir Norman Lamb Coalition for Young People and is focused on strengthening and enhancing existing open access youth work drop-ins and youth groups who provide specialist youth work opportunities.

This funding is for the period 1st April 2021 – 31st March 2022.

Successful applicants will be expected to contribute to an external evaluation process and work toward achieving agreed quality standards.

Funding Criteria

Grants of between £2,500-5,000 are available to support those organisations that can demonstrate the following or who will use the funding to ensure the following (this Fund is a development opportunity and so we are anticipating that you will not meet all the criteria but will have a plan to use the funding to help you to ensure that your youth group becomes an example of excellent practice):

- Provision for children from school Year 6 to young people up to the age of 25 years (or within that range)
- Opportunities for open access drop-in youth work sessions for young people where young people can access trusted adults, information, advice and support on a range of issues (including employment)
- Provide access to qualified youth workers / youth support workers (level 2 or 3) or those with other relevant qualifications
- Peer mental health champion programmes, where young people are appropriately supported to act as mental health champions within their communities, understanding the boundaries of their role
- Participation opportunities for young people to co-produce the development of the services on offer to them
- Provision of a safe and confidential space for young people who need to talk
- Engagement with parents / carers and the wider community

The Fund will also welcome applications for specialist youth work groups for the following groups of young people including but not limited to:

- Young people with disabilities
- Young people on the autistic spectrum
- Young carers
- Those from a BAME background – including asylum seekers and refugees
- LGBTQ+ young people

The features of the open access drop-in groups should:

- Offer regular sessions for young people
- Provide young people with a safe space with access to trusted adults
- Be open to any young person with a wide range of initial access "hooks" (opportunities that are of interest to young people and encourage young people to attend)
- Cultivate a positive emotional and cultural atmosphere
- Ensure there is provision for one-to-one support and that staff / volunteers are trained in validated and evidence based techniques and approaches
- Have a focus on relationship based support and restorative approaches
- Have clear support and policies on IT and social media as these are a central part of the lived experience of service users
- Have clear pathways of support / referral for those young people who may have complex or specific support needs
- Evidence planning and purpose (not just recreational) for sessions
- Provide informal education and well-defined pathways to future educational achievement
- Support young people to access information and signposting to wider services
- Actively involve young people in the design and delivery of services (see the ladder of participation), and in the research and evaluation of those services
- Include community liaison including engagement with parents / carers

The outcomes that we wish to see as a result of the funding are:

- Improved mental health and wellbeing for children and young people
- Children and young people are enabled to better understand and look after their own mental health and wellbeing
- Children and young people feel more supported to recognise mental health issues and know where to go for help
- Increased number of children and young people are appropriately supported by the right services at the right time
- Children and young people are better supported through transitions, such as going to high school, leaving school, entering employment
- Young people are more confident in developing their independence and resilience
- An increase in young people accessing education, training and skills development opportunities
- Increased knowledge and awareness within communities to support health and wellbeing

How the grant can be used

The grant is intended to be used to enhance or strengthen your offer and support you to meet the criteria of the Fund and the outcomes. The grant can be used to cover any existing costs (including core costs and on a full-cost recovery basis) or new costs that would help you to put things or people in place. You must however ensure that you are not receiving funding for the same thing from another source (i.e. claiming for the same costs from two different funding sources).

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