

The Sir Norman Lamb Mental Health & Wellbeing Fund

**Creating a brighter future for
children and young people**



Helping young people to thrive

The Sir Norman Lamb Mental Health and Wellbeing Fund was established by Sir Norman Lamb in 2019. The Fund supports community organisations in Norfolk working in mental health, learning disability and autism and focused on children, teenagers and young adults.

At a time when services for children and young people are under pressure and struggling to secure the funding they need to keep running, the Fund has been able to provide a vital lifeline through the first awarding of over £50,000 in grants in early 2021.

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Your funding has helped so many young people go from simply surviving to thriving.

MAP

The first grants round focussed on maintaining open access support for young people and on preventing the deterioration of mental health.



Into Opera



The Hamlet Centre



Hub Community Project

Some of the brilliant work funded included support for young carers, young asylum seekers, transgender youth and those with autism, helping to establish peer mentoring programmes, and keeping drop-in youth work services open.

Following consultation and evidence gathering, we have launched a second grants round with a focus on funding projects that support the wellbeing of children 11 years and under, as well as those that help parents/the wider family. Funding is also available for accredited professional development opportunities for staff or volunteers that allow them to develop the skills and expertise to provide support for children and young people, their parents and/or carers, as well as the provision of counselling services to young people.

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We have been able to make a real impact and the funding has raised our profile within the community.

Sprowston Youth Engagement Project

Working together to create a brighter future

Sir Norman and Norfolk Community Foundation have been keen to champion an innovative approach that goes beyond a grant making programme. At the end of 2020, following consultation with the voluntary, community and social enterprise (VCSE) sector, the Sir Norman Lamb Coalition for Young People was established to provide an opportunity for charities and community groups to engage, develop and learn.

By providing access to shared resources and opportunities, sharing good practice, raising the profile of the work that groups do, and linking up with larger countywide and national networks, the Coalition enables groups to have a seat at the table and grow. So far, over 45 groups from the length and breadth of Norfolk have joined.

Already, Coalition members have received £175,000 worth of support

including direct funding and training. Training sessions so far have included 'Setting up a Peer Support Programme', 'Keeping Children Safe Online', 'Trauma and Mental Health Informed Practice' and 'Youth Mental Health First Aid', with members having reported increased confidence when dealing with young people and a greater understanding and knowledge of the issues faced.

Members have also expressed an appreciation of the breadth of membership and how each group, regardless of size, has an equal voice. Other benefits have also been noted such as a greater awareness of other groups' work and being able to connect with them to better support their young people, and a range of opportunities they otherwise would not have been aware of.

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I now feel more comfortable to be able to support children and young people better and to seek help if needed.

Dragons Project



85%

of members have directly benefitted with an average equivalent of



£4.5k
worth of support



Leaving no child behind

The formation of the Coalition has provided wider opportunities for other funders to deliver initiatives for the benefit of children and young people. One of these was the 'Plug the Gap' initiative with Osiris Technologies and Candour Marketing to provide laptops and tablets to children and young people who would otherwise miss out on the national programme to get young people online during the Covid-19 pandemic.

Members of the Sir Norman Lamb Coalition for Young People identified children and young people they supported who did not have access to a suitable computer or device to fully access online learning. These included young carers to children with complex needs; care leavers to those who have recently left school.

Over 60 young people in total have now been awarded a tablet or laptop to keep them connected, able to learn remotely and access mental health and wellbeing support,

advice, guidance, and other essential services.

The charities reported that it had made an enormous impact on the children and young people and their families, with one parent saying that she never believed they would own one, and couldn't believe people wanted to help them.

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It helps me do school work for my class dojo and I can access my young carers zoom meeting.

Young Person



11

VCSE organisations supporting children and young people were worked with to provide

60+

devices to families in need



Showing how Norfolk can lead the way

When Sir Norman set up the Mental Health and Wellbeing Fund with Norfolk Community Foundation, it was with an ambition of showing how Norfolk can lead the way by coming together to make a real difference.

Local grassroots charities and organisations working in the area of mental wellbeing and with those with learning disability and autism are making an outstanding difference to lives across Norfolk, but urgently need funding and support to sustain and grow their work. Through your generosity, funds raised will enable Norfolk Community Foundation to help these essential small charities and voluntary groups to ensure they can provide vital support to those who need it.

During the Covid-19 pandemic, 11 to 25-year-olds in the East of England reported a marked rise in concerns about domestic abuse, child abuse, eating issues and struggles with

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Let's build a brighter future for all our young people, and something for our county for which we can all be proud.

Sir Norman Lamb



body image. They also showed the greatest increase nationally in sadness, and in anxiety about returning to school or college, and the highest rates of young people with autism or Asperger's seeking support.

With 1 in 4 young people reporting they are 'unable to cope with life' since Covid-19 (The Prince's Trust, 2021), it is clear that for many children and young people, the need for support has never been greater.

Join Sir Norman and help us make a difference to youth mental health in Norfolk. Your contribution, no matter how small, will help to transform community support for children and young people struggling with mental ill health, learning disabilities or autism.

Together, we can build a brighter future.



COMPANY

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Together, Norfolk shines brighter

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