

Sir Norman Lamb Mental Health and Wellbeing Fund Impact Report



“ It has been over three years since I established a fund to help keep children and young people safe and well in their communities. Since then, we have created an innovative coalition of local charities and community groups, distributing to them over £200k of vital funding alongside other support.

I am proud to support this fantastic work and to highlight in this report what can be achieved when we come together.

- Sir Norman Lamb

THE VISION

There continues to be enormous challenges to children and young people's mental health and wellbeing. When Sir Norman established the fund in 2019, he set a challenge as to what we could do to improve support for young people in the heart of local communities, so that we can catch them before they fall and end up requiring clinical intervention.

Existing challenges have only been compounded by the Covid-19 crisis, with 1 in 4 teenagers having a mental health difficulty, an increase from 1 in 6 in 2021.

Early intervention is key to prevent deterioration in a young person's mental wellbeing - with the voluntary and community sector perfectly placed to address these challenges.

“ Coming to the centre helped me build my confidence. I went from a shy, insecure, awkward, depressed boy to a confident, happy, funny lad.

- Young person supported

The Sir Norman Lamb Coalition for Young People

The first task in understanding how we could improve community support was to go to the local charities and community groups and ask them what it was they needed to strengthen their services and support for children and young people. They told us they needed training for staff, that they'd like to join up with other organisations to refer to and learn from, that they wanted to work in partnership, and that they wished to become more visible. Underpinning all of this was regular grant funding to secure and develop their offer.

The Sir Norman Lamb Coalition for Young People was subsequently established in 2020 to respond to these needs and to help strengthen and develop community services for young people. Continuing to consult with the groups is vital to ensure that the work of the fund remains relevant, meaningful and adds value to their work.

THE COALITION IN ACTION

We've been delighted with the impact of the Coalition in its first two years; now supporting over 50 organisations across Norfolk working with children and young people, including those with special education needs and disabilities.

With three online meetings and one in person meeting a year, members get an opportunity to network, hear from different speakers on a range of current topics and opportunities, and learn from one another. Monthly newsletters highlight the latest range of funding and training opportunities, as well as relevant local and national news.

Access to free training, delivered by expert speakers, has enabled members to develop and upskill staff on a range of topics including Youth Mental Health First Aid, trauma informed practice and keeping children safe online.

BRINGING PARTNERS TOGETHER

The Coalition has provided wider opportunities for others 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 get young people online during the Covid-19 pandemic. We are currently working with Norfolk County Council to continue this offer.



WHAT MEMBERS HAD TO SAY

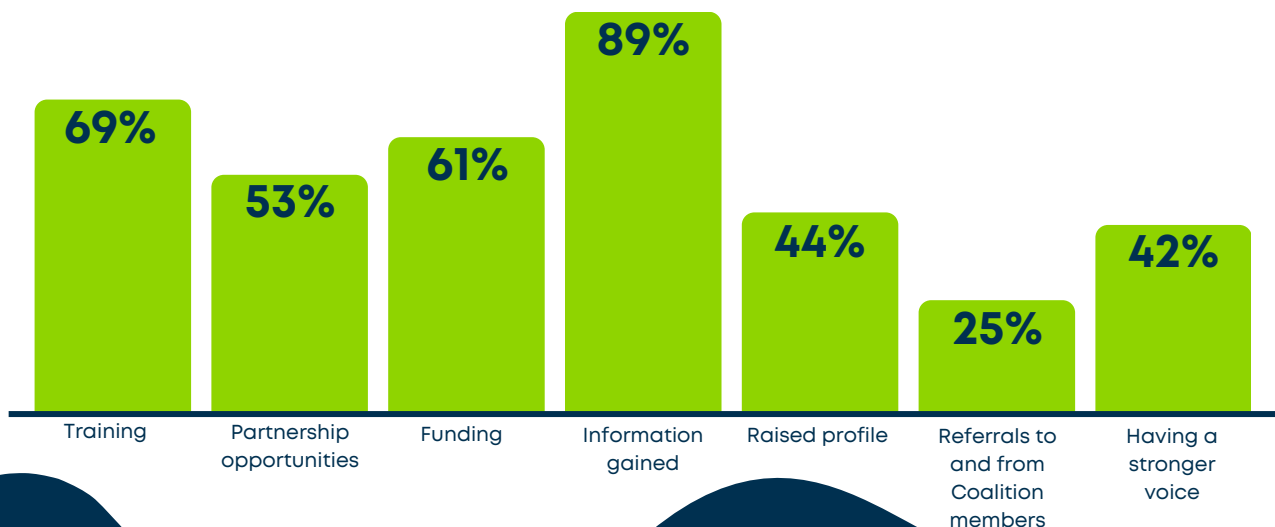
With a range of different offers and opportunities, members can access the support they need, when they need it.

We recently surveyed members to ask about their views of the Coalition and the support they had received. This is what they had to say.

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

- Mancroft Advice Project

WHAT HAVE YOU BENEFITTED FROM AS A MEMBER OF THE COALITION?



WHAT THREE WORDS BEST DESCRIBE THE COALITION?



WHAT DIFFERENCE HAS BEING PART OF THE COALITION MADE TO YOUR ORGANISATION?

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Access to support training and advice

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Awareness of services

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Giving smaller organisations a bigger voice

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We have a greater understanding of national and local context

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Raised our profile through networking, shared opportunities in terms of partnerships funding and relationship building

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Better understanding of other services

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Joining the dots

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The Coalition is reputationally excellent to be a part of

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Broader range of knowledge, skills and local/national picture

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Keeps mental health at the top of the agenda

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“

A shared understanding of the pinch points

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“

Helped us to deliver support in some of the harder to reach areas in Norfolk, which is much needed for our young people

”

WHAT DIFFERENCE HAS BEING PART OF THE COALITION MADE TO THE CHILDREN AND YOUNG PEOPLE YOU SUPPORT?

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Better trained staff so can offer a better service to children and young people

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We have been given knowledge that has impacted our practice with young people

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It has provided them with the opportunity to learn skills that help them to manage their wellbeing and to broaden their social support networks

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It has given them access to an amazing opportunity to work with you and made a huge difference to their confidence

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The funding provided has helped to develop provision for children and young people which meets their complex needs in areas where we have identified gaps

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More confidence in signposting young people to services they need

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The knowledge we have gained from training goes directly back to our young people in every session we run

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“

Funding has supported young people in counselling helping them to lead a life free from eating disorder behaviours

”

What has your funding helped us to achieve over the last year?

Alongside training opportunities, shared resources and partnership working, the Coalition has provided vital grant funding to meet the needs of youth work services.

The focus of the annual grants programme is decided in response to the needs of Coalition members and aims to strengthen their services. They told us they wanted an offer that supported even younger people, recognising the key role that prevention and early intervention plays, with half of all mental disorders starting by the age of 14.

In response, our grants round in 2022 focussed on supporting projects working with children under the age of 11 years and providing parental support, as well as counselling services for young people and professional development opportunities for staff to help them develop the skills and expertise needed to provide even better support.

Our partnership approach means that we can target grants to the greatest need and make the process of application flexible and easy for groups.

Here is a snapshot of just some of the projects funded with your support.

Spotlight on five of the grants awarded in 2022

£25k

awarded to
five groups

1,600+

hours of support
delivered

with an
average of

7

hours of support
per young person

at a cost of

£105

per young person

97%

of children and
young people
reported improved
wellbeing

57%

of children
supported were
10 years or
younger

32%

live in areas that
are ranked in the
top three most
deprived



NELSON'S JOURNEY

Nelson's Journey provide specialist support to bereaved children and young people in Norfolk. Funding awarded to the charity helped meet increased demand in complex referrals received from families and professionals for bereavement issues associated with Covid-19.

CASE STUDY

“ S (aged 11) was referred to us in March 2022 following the unexpected death of his older sibling, which he witnessed at home in lockdown. He had become anxious about death and was very angry. He couldn't talk about or share memories of his sibling and hadn't attended school since their death. His parents told me he was suffering with flashbacks of the death.

I explained how I could help, but recommended they spoke to the GP to seek further mental health support to support flashbacks S was experiencing.

When we met again, S found it hard to talk so we did some exercises where he could arrange words to express how he

was feeling, which opened up communication channels. His parents informed me that the GP had diagnosed S with PTSD and was waiting for a mental health assessment.

As our sessions progressed, S expressed to me how he had found it beneficial speaking to me and he'd started feeling better. One of the biggest things he found hard was sharing memories. I gave S the time and space to allow him to remember his sibling and he began laughing and smiling.

At our closing visit S shared with me that the support had 'helped him mentally, calmed his anger and he's comfortable to talk about his sister now'. S is now back at school full time, his parents reported they'd seen a big change in him and thanked me for the support.

NORFOLK CARERS SUPPORT

Norfolk Carers Support was awarded a grant to help continue a holistic support project that provides family-orientated support for young carers, with many experiencing poor mental health and low self-esteem.

CASE STUDY

“ L lives at home with her mum and older brother who has autism. Mum is a single parent following the breakdown of her marriage which came under pressure as a result of their sons' behaviour which is violent and unpredictable on a daily basis.

L is scared of her brother because she is the main target of his aggression, and she has to seek refuge in her room for her own safety. Mum lacks self-confidence and finds herself torn between both children as they equally need her attention. This creates anxiety for mum and L.

Mum was referred to Social Services by L's childminder as she felt the home situation had become dangerous. Following an assessment Mum was told that there was no support they could offer as it was not a parenting issue. We researched alternative help and found an online Non-Violence Resistance Programme (NVRP) that would help Mum learn effective coping strategies. The course is designed to teach parents how to become a positive and authoritative presence in their child's life, improve relationships with their children and de-escalate difficult situations by taking a firm



stance against challenging behaviour and developing a robust network of supporters.

The course will improve mum's self-confidence in her parenting ability and bring some harmony to the family and household rather than the constant anxiety and fear they all live with, which if left unchecked could eventually lead to a breakdown in the family unit. Mum was unable to afford the course because as a single parent she is only able to work part-time and relies on Universal Credit.

We were also able to provide emotional support and information/signposting to Carers Matter Norfolk for adult counselling and ASD Helping Hands.

SWAN YOUTH PROJECT

Swan Youth Project, based in Downham Market, provides open access youth support and had been witnessing increased numbers of young people requiring more significant support. They used a grant to pilot a partnership with another Coalition member, Cup-O-T, to deliver mental health interventions for young people requiring more specialised support.



He completed his sessions with huge enthusiasm and loved seeing Catherine each week. He really took on board what he learned. We have seen a huge difference in open access as he is now able to control his anger much better by taking himself off to another room for some cooling down time or going to the toilet and shouting (amongst other great techniques!). Whilst he is still a very challenging young person (but absolutely lovely and hilarious as well) he can get through sessions without any physical issues.

The young person even took part in some filming for us for one of our funders recently, which he loved!

Catherine stepped him back to Lucy, our Assistant Family Worker, who now sees him in school once a week for 1:1 support. We are also working with Mum on parenting techniques to strengthen the bonds at home. This whole wrap around approach works brilliantly for the whole family and joins all of the dots up along the way.

CASE STUDY

“ A young person aged 8 who we support in open access was referred to Cup-O-T. He was at risk of exclusion from school due to aggressive and impulsive behaviour and was on a very part-time timetable. We had a previous incident in open access where he had put others at risk due to his behaviour, resulting in us having a meeting with him and Dad before he was allowed back to sessions with a plan in place. We hoped that he would be able to work on his anger with Catherine, the Cup-O-T Therapist.

“ **As a small charity, belonging to the Coalition means we have a level of support that would otherwise not exist for us. We've been able to access training opportunities, funding, linking with other organisations that just would otherwise have not been possible. I cannot recommend the Coalition enough, it has been and continues to be transformational.**
- Swan Youth Project

Coming together to make a difference

We know that Covid-19 has left our young people with more worries, difficulties and challenges than ever before. But through the work of the Coalition, Norfolk is leading the way in demonstrating how coming together can make a difference to youth mental health.

By continuing to provide organisations with the funding, resources and network they need to grow and innovate, we can ensure that our children and young people have a safe and trusted place to be, preventing them from deteriorating into crisis at a time when mental health services are under increasing pressure.

“ I have two brothers and also ADHD and autism. It was a lot for my family to handle, it was a lot for me to handle. School was really stressful. I would always have outbursts and fight people. This did really help, and I'm really, really thankful. It's helped me in different ways and just made my life so much easier.

- Young person supported

“ If I had to choose one place to be for the rest of my life it would honestly be here.

- Young person supported

“ I felt trapped in all my problems. And then when I came here, my box opened.

- Young person supported



Find out more or get in touch

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