



**Glasgow City Council**  
**City Administration Committee**

**Item 8**

**3<sup>rd</sup> November 2022**

**Report by Cllr Chris Cunningham, Convener for Health, Care & Caring and Older People**

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**CHILDREN'S SERVICES GRANTS PROGRAMME : TIER 1 AND TIER 2  
MENTAL HEALTH SUPPORT**

**Purpose of Report:**

To provide the City Administration Committee with an update on the grants programme for Tier 1 and Tier 2 Mental Health Supports in Children's Services and to seek approval for the award of grants following an assessment of all bids received.

**Recommendations:**

The City Administration Committee is asked to:

- a) Note the update on the grants programme for Tier 1 and Tier 2 Mental Health Supports; and
- b) Approve the awards of grants recommended in section 2.4 of this report.

Ward No(s):

Citywide: ✓

Local member(s) advised: Yes  No  consulted: Yes  No

## 1. Background

- 1.1 On 4 August 2022, City Administration Committee approved a grants programme for Tier 1 and Tier 2 Mental Health Supports in Children's Services. This programme was introduced to enable a range of community organisations to provide effective early intervention and preventative support in order to meet the diverse wellbeing needs of children and young people, and to prevent escalation into more targeted supports. This strategy will enhance the whole system of family support in Glasgow, through coordination of community support with work in primary care, community connections, school counselling, tier 1 and 2 mental health services, Youth Health Service, and CAMHS.
- 1.2 Two grants programmes were approved. The first programme (Programme 1) is to provide financial support to third sector provider partners who require additional funding to participate in collaborative learning and development sessions which will focus on enhancing strengths-based and trauma informed practice. The second programme (Programme 2) is to fund community-based mental health and wellbeing programmes which can be delivered within the grant funding cycle (to 31st March 2023) by organisations which can evidence successful approaches to engaging with children, young people and families, within the context of their local neighbourhood, through applying an understanding of the mental health and wellbeing needs of the local population of families.
- 1.3 A total of £500,000 is available for both programmes.

## 2. Update on Grants Programme

- 2.1 The grants programme was opened to applications on 15 August 2022 with a closing date of 2nd September 2022. A total of 36 applications were received for Programme 2, with no applications received for Programme 1.
- 2.2 All applications have been assessed using the assessment process outlined in the draft IJB Grants Policy and Procedures which has been reviewed and approved by the Internal Audit Team. The outcome of this assessment was reviewed by an independent panel which included representatives from Children and Families Service, Glasgow Council for the Voluntary Sector (GCVS), and Finance and Resources. This panel has endorsed the recommended grant awards included within this report.
- 2.3 The table below provides information on the number of applications received and the high level outcome of this assessment process.

Application Invalid – Not all Paperwork Submitted	3
Application Invalid – Did Not Meet Fund Criteria	5
Application Withdrawn	1
Application Failed Assessment	4
Application Passed Eligibility Check and Passed Assessment	23
Total Number of Applications	36

2.4 Following the scoring of all applications the following awards of grants are recommended to be made:-

<b>Name of Organisation</b>	<b>Summary of Project</b>	<b>Value of Award</b>
Bethany Christian Trust	<p>Upstream is a counselling and therapeutic service operating in Glasgow schools to support young people and children with 'low-level' mental health issues and guide them through adverse experiences to help improve mental health, increase resilience and reduce risk factors of homelessness like: poverty, trauma, bereavement, educational gaps and relationship breakdown from taking root in their lives.</p> <p>Our service aims to fill the gap in services through the provision of a community-based, holistic, mental health and well-being service out with schools for young people in North East. This includes a range of talking therapies and therapeutic wellbeing supports.</p>	£8,494
Brunswick Community Development	<p>This project will place focus on the mental health and wellbeing of local people from Balornock, Barmulloch &amp; Springburn by ensuring that services are in place for them and their families based on the needs and wants of the local children and young people. Through our youth provision we plan on working with children and young people outdoors, as much as possible, being outside has proven to have a positive effect on children &amp; young people's mental wellbeing. We plan on continuing to utilise space within the centre as well as making use of local green space, such as the local park where we will introduce the children &amp; young people to different types of activities that will have a lasting impact on their state of mind. These will include sessions around relaxation techniques, fun and interactive games to allow them to create new friendships and be creative and calisthenics which will be led by our champion calistheni.</p>	£17,257
Cerebral Palsy Scotland	<p>This project seeks to address the mental health needs of people with cerebral palsy (CP) and their families by adopting a psychologically informed approach to practice. By increasing access to mental health and wellbeing support,</p>	£18,025

	people with CP will have improved mental health, social and emotional development, reduced social isolation and more resilient and emotionally thriving family lives.	
Cosgrove Care	This project will deliver a weekly group, Bright Futures for 25 children and young people who are neurodiverse and have experienced challenges as a result of COVID which has impacted on their mental health and wellbeing. Bright Futures will run weekly for 3 hours from November 2022 to March 2023 for children and young people with learning disabilities, autism and additional needs aged 5-18 living in Newlands, Pollokshields and Langside. The group will focus on building resilience, connections and wellbeing through a range of activities and we will work with families to co-design support for the future in this community.	£10,009
Cultivating Mindfulness	This project will enhance our eight-week mindfulness, compassion and wellbeing programme that has demonstrated positive outcomes for young people for over four years.	£11,124
Epilepsy Scotland	Epilepsy can be tough on young people and their family. Our youth work for 12–21-year-olds provides a safe space for young people to meet others with epilepsy helping them to feel less alone, overcome low confidence, and self-esteem, improve their overall wellbeing and importantly reduce seizure activity. Youth Work connects young people with epilepsy through one to one and peer support, youth group, social activities, health, wellbeing, educational and transitional workshops.	£9,586
Govan HELP	Govan HELP would continue delivery of our current group work programme that aims to engage children and families from the Govan area of Glasgow. Our current groups include Talk Autism and Family Learning. Talk Autism is a group for parents of children with an ASD diagnosis to encourage peer support and access to support and guidance for parents. Our Family Learning groups aim to encourage parents and children to try new activities together through a programme of planned activities. We plan to continue to run these three groups between November 2022 and March 2023. Groups are facilitated by our Family Support team and are supported by volunteers from the local community and are delivered in The Pearce Institute.	£12,517

Healing for the Heart	<p>Our Community Resilience Project, informed by cutting edge neuroscience, will offer education, training and support to children, young people and families as well as local community organisations working with these groups, to help them to develop tools and strategies to self-manage their own mental health and wellbeing. The project will also offer access to 1:1 counselling for children and young people who don't meet the criteria for clinical intervention from CAMHS and will support parents and carers with community based group work or 1:1 support as required. Counselling will be available in our central wellbeing hub, online or in local community spaces. We believe that, in line with GIRFEC, by offering multiple options, the right support is then available at the right time, with the right people.</p>	£15,189
LGBT Youth Scotland	<p>We will provide LGBTI specific youth work for young people aged 13 -25 in Glasgow; building the confidence, resilience and skills of LGBTI young people, supporting them to move on to positive destinations. Working with partners across the local community, including schools, health services and other youth work providers, we will build their capacity to ensure safe affirming spaces and services for LGBTI young people across Glasgow. Our youth work provision takes a holistic approach, focusing on young people's needs and using their strengths to help them set goals and achieve them at their own pace.</p>	£12,146
Move On	<p>Since the pandemic started, we have received more referrals to our mentoring service from CAMHS (Child and Adolescent Mental Health Services) and Youth Services for young people whose needs are extremely complex, especially as their mental health has worsened as a result of the pandemic.</p> <p>However, our mentoring service may not be immediately appropriate for young people with particularly high levels of anxiety. They can find it hard to trust others, are unable to self-travel, struggle with technology and may consistently cancel or avoid pre-arranged meetings. These are barriers which can be helped through a key worker providing additional one-to-one support enabling them to move on to a mentor match or participating in group employability programmes.</p>	£12,245

	We have identified a clear need to continue offering pre-mentoring and pre-employability support for this group of vulnerable young people, considering their family situations and, where needed, supporting them and their families.	
Music Broth	Our 'Make Some Noise' project will support bring together 40 young people across Glasgow for weekly fun community music making; guitar, ukulele, drumming and open musical jam sessions showcasing creativity in a supportive group. Activities will take place at our Music Broth library hubs in Govanhill and Sighthill, with online options supporting access for those who currently find it more difficult to be in person. This will be further supported by fully subsidised Music Broth library memberships allowing young people to take home instruments for further learning and wellbeing. We always encourage young people to be themselves and pursue their own creativity through music. This in demand activity builds on community feedback and demand for our mental health and wellbeing support throughout lockdown.	£20,000
North Glasgow Community Food Initiative	<p>Work with partner organisations to engage targeted children and young people aged 5-24 years and families to participate in building their resilience, have increased connections to longer term community activities, grow their confidence and reach their full potential.</p> <p>Nature-based outdoor learning activities delivered by Youth Gardener in our green spaces Germiston allotment, backlands and garden of Eden</p> <p>Per week-</p> <ul style="list-style-type: none"> <li>1 X St Rochs Primary Parents and children</li> <li>3 X Royston Primary School</li> <li>1 X St Rochs After School Care</li> </ul> <p>Healthy cookery course delivered by sessional cooks:</p> <ul style="list-style-type: none"> <li>1 X 4 week course with Royston Primary parents and children</li> <li>2 X 4 weeks St Rochs Primary Course</li> <li>1 X 4 weeks Royston Youth Action</li> <li>1 X 4 weeks Young parents aged 16-24 Rosemount Lifelong Learning</li> </ul>	£8,786

<p>Possibilities for Each and Every Child</p>	<p>Our project is responsive to the growing need and demand for a dignified and sustainable response to food insecurity, family wellbeing support, youthwork and quality play and arts provision.</p> <p>Our project will work in the Barrowfield and Bridgeton area of Glasgow and bring together children, young people and families.</p> <p>Each week community members will have the opportunity to take part in a range of play, creative arts and cooking workshops which aim to build strong support networks, promote conversation around mental health and wellbeing and educate and explore the UNCRC.</p>	<p>£19,959</p>
<p>Richmond's Hope</p>	<p>Richmond's Hope's support approximately 120 bereaved children &amp; young people from Glasgow &amp; the surrounding areas each year by providing an average of twelve, 40 minute face to face individual support sessions which take place from their base at Ibrox Parish Church. Our Bereavement Support Workers use therapeutic play and specialised grief activities to empower children and young people to tell the story of their grief and enable changes to their lives. The sessions use activities which allow children to explore their memories, express and understand their feelings and develop coping strategies to build resilience. We also deliver training &amp; information sessions on child bereavement to students, trainee nurses &amp; third sector.</p>	<p>£19,996</p>
<p>Rosemount Lifelong Learning</p>	<p>Aim High will promote the health and wellbeing and improve the employment prospects of young parents aged 16-25 (26 for care experienced young people) We will offer support to young parents who are experiencing major change in their lives to improve wellbeing of the family unit Support Workers will offer intensive support on a one-to-one basis tailored to their individual needs. In addition, we offer group work sessions which offer Peer Support many of the young parents who engage with the project lack a network of extended positive support. By offering a safe space where they can meet up, they have an opportunity to make connections with other young mums which helps increase self-esteem and self-worth as well as helping to create new friendships and encourages them to widen their horizons and raise aspirations. The funding for</p>	<p>£19,890</p>

	existing Young Parent project ends in Jan 2023 if successful this fund will allow us to support families through an extremely difficult winter.	
Royston Youth Action	Mind Your Health is a programme of activities for children and young people who live in the Royston or surrounding areas. The services that will be delivered will focus on delivering outcomes of improved mental health and resilience and confidence building and teach children and young people techniques that they can carry with them for the rest of their lives. The funding will be used to support wellbeing clubs, walk n talk groups, 1-1 counselling services and quality time trips.	£7,945
Saheliya	<p>The Project builds on our learning from our pre-5's Parenting for Safety and Well-being and from the childcare courses we have delivered. We will support mothers and carers of children 5+ in first languages (Amharic, Arabic, French, Italian, Somali, Sorani, Swahili, Tigrinya, and West African dialects of English) to gain greater knowledge and understanding of challenging behaviour, anxiety, trauma, and mild neurodevelopmental conditions, overcoming stigma, cultural taboos, and lack of knowledge, so that their children:</p> <ul style="list-style-type: none"> <li>* have problems recognised at as early as stage as possible</li> <li>* are diagnosed effectively</li> <li>* are supported appropriately by their mothers and carers</li> <li>* have better family relationships</li> <li>* have joined up support between school and family</li> <li>* have improved emotional and mental well-being</li> <li>* achieve their developmental milestones and educational potential</li> </ul>	£19,985
St Paul's Youth Forum	The project would be a weekly group for young women in S1+ who live in our local community, with regular opportunities for their parents/carers to attend with them. The group would be run by two female staff members who will work with these young women to explore areas such as healthy relationships, school, sport and exercise, drugs and alcohol, puberty, and life skills with the overall focus being on supporting the beneficiaries in improving their mental and physical health.	£9,554



The Princes Trust	<p>The Prince's Trust wish to extend its partnership with Mindset to deliver a Mental Health and Wellbeing Service which will allow young people who participate in a Prince's Trust employability course direct access to prompt therapeutic support and help to remove barriers to employment.</p> <p>The Mental Health and Wellbeing Service will be co-located at The Prince's Trust's Wolfson Centre in Glasgow and provide accessible, early intervention support to young people aged 16-30 prior to getting to a point of crisis. The partnership will provide:</p> <p>One-to-one Mental Health and Wellbeing Service provided face to face and online for young people. Up to six young people receive one-to-one mental health support per month. One group session per month.</p> <p>The service will respond to young people's need for an accessible and visible service that would initially help them to complete their Prince's Trust course and progress in life to achieve positive outcomes such as further education or employment.</p>	£18,168
Venture Trust	The project will pilot a unique Outdoor Therapy service in Glasgow which will provide mental health counselling to 6 young people aged 16-24. The project will work with young people that have experienced high levels of adversity and, as a result, can experience barriers to accessing services.	£10,361
Volunteer Glasgow	Volunteer Glasgow proposes to provide weekly sessions with a known trusted adult to young people whose mental wellbeing is fragile, which build on the young person's strengths, enable increased activity, the exploration of aspirations, skill building in areas like decision making and communication as well as practical skills, increased resilience and self-confidence and visibility in the community. In addition to the content of the programme, the frequency of the contact will provide an element of protection for the young person and families will have increased access to supports and to services.	£9,253

Wing Tsjun Scotland	We aim to create a facility for families in the local community where they can come and receive health, active lifestyle and wellbeing advice in the form of a 'wellbeing makeover'. This entails a personalised plan for each member of the family on how to improve their wellbeing by taking on physical activity and building healthier lifestyles. We will then provide a taster of our own variety of classes or signpost them to all the other partner organisations that provide support in the area.	£15,203
YoMo	YoMo has designed & piloted a Walking and Talking initiative which offers non-judgemental outdoor one to one support. YoMo's Walk & Talk service is supporting the mental health and wellbeing crisis for young people in Glasgow. YoMo requires resources to fund two half delivery posts for the project in the short term while YoMo recruits adult volunteers to support the delivery of the walk and talk sessions, as this has taken longer than expected. We are applying for this staffing to increase the capacity of the services due to the high demand while we recruit and fully training a pool of adult volunteers to deliver the sessions going forward.	£19,794
Total		£325,486

- 2.5 This programme will complement existing tier 1 and 2 mental health supports in local communities, with a range of cohorts of children, young people and families benefitting, through activities including walk and talk groups, counselling, 1:1, mentoring and group programmes. This grant funding is supporting bespoke programmes for families with children with specific health conditions (including Epilepsy and Cerebral Palsy), and within families' first languages, as well as building families' resilience in the longer term, with some projects focusing on skill building. There is also work being funded to support art, music, play, and cooking opportunities, and to develop online support, and some of the learning from these projects will help to inform future service developments.
- 2.6 The new grants programme has allowed a range of organisations to extend their work in local communities and address gaps in their current delivery model to allow them to better meet children, young people's and families' mental health needs, including issues that have emerged from, or been exacerbated by, the pandemic. These projects fundamentally aim to address mental health needs at the earliest point in order to prevent escalation of need, though with pathways into appropriate targeted support, where required. Many of the proposals have described how they support practitioners and staff to develop the skills to respond in a strengths-based way to need, therefore the funding is also building capacity and

expertise in the system. There is also a focus on building families' connections into wider communities supports and opportunities, which will also help to build resilience and prevent escalation of need.

### 3 Policy and Resource Implications

#### Resource Implications:

<i>Financial:</i>	This grants programme is being funded directly by the Scottish Government to develop and expand Community Mental Health and Wellbeing Supports and Services for children, young people and their parents and carers.
<i>Legal:</i>	None
<i>Personnel:</i>	None
<i>Procurement:</i>	None

#### Equality and Socio-Economic Impacts:

<i>Does the proposal support the Council's Equality Outcomes 2021-25? Please specify.</i>	Organisations who are successful in their application will be expected to address any barriers to participation experienced by children, young people and families with Protected Characteristics, and to adhere to the HSCP's monitoring process, which will include equalities data.
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<i>What are the potential equality impacts as a result of this report?</i>	An EQIA has been undertaken ( <a href="#">EQIA Children's Services Transformation Programme 2022 - 25</a> ) in order to ensure that the range of supports being provided through this funding (and other elements of the transformation programme) meet the diverse needs of children and young people, and also the individual needs of the population of LGBT+ children, children with disabilities, children with Additional Support Needs and those with a range of neurodevelopmental needs. As the funding will seek to facilitate earlier access to a range of neighbourhood services to enhance wellbeing for all children, young people and families who require additional support, this funding is expected to have a positive impact on equality outcomes
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through addressing any additional barriers to accessing and engaging with services for groups with Protected Characteristics.

*Please highlight if the policy/proposal will help address socio-economic disadvantage.*

As outlined in the [EQIA Children's Services Transformation Programme 2022 - 25](#), work is ongoing in the areas of universal income maximisation services, assistance with living costs, and expansion of digital inclusion programmes to enable connection with key supports and services, and to address poverty and inequalities, as detailed in the Children's Services Plan. Children, young people and families who are supported through the grants programme will have access to a range of other supports, if required. The involvement in mental health and wellbeing supports may increase families' readiness to engage with additional supports, which may help to address socio-economic disadvantage, and successful organisations will be expected to promote and support engagement in other services, where appropriate.

#### **Climate Impacts:**

*Does the proposal support any Climate Plan actions? Please specify:*

In developing the range of community based, local neighbourhood mental health and wellbeing supports, and reducing escalation to more specialist services, it is anticipated that children, young people and families will have less need to travel out with their local area to access services, thereby potentially reducing carbon emissions associated with car and taxi usage.

*What are the potential climate impacts as a result of this proposal?*

Reduced carbon emissions due to reduced need for transportation or shorter journeys to attend services out with children, young people and families' local area.

*Will the proposal contribute to Glasgow's net zero carbon target?*

It is likely that the availability of these additional/ expanded neighbourhood services will contribute to Glasgow's net zero carbon target due to reduced reliance on cars and taxis to attend appointments.

#### **Privacy and Data Protection Impacts:**

All organisations who are successful in their application will require to adhere to privacy and data protection guidance, in line with standard contracting processes.

## **4 Recommendations**

4.1 The City Administration Committee is asked to:

- a) Note the update on the grants programme for Tier 1 and Tier 2 Mental Health Supports; and
- b) Approve the awards of grants recommended in section 2.4 of this report.