

Heads Up Mental Health Fund

2021 | ROUND 2



**YOUNG
CAMDEN
FOUNDATION**



INTRODUCTION

In June 2020, Young Camden Foundation (YCF) launched the Heads Up Mental Health Fund as a direct response to the needs expressed by YCF's members in a survey conducted at the start of the first Covid-19 related lockdown.

The fund's main aim is to tackle the emerging need and to support the mental wellbeing of children, young people, and staff in the children and youth sector in Camden.

YCF has distributed a total of **£91,141** in two rounds. In 2020 Heads Up Mental Health Fund distributed **£43,563** to 11 local charities.

In December 2020 Young Camden Foundation launched a second round of the Heads Up Mental Health Fund to continue to respond to the need caused by the subsequent lock-downs.

Young Camden Foundation, with a generous donation from Shaftesbury, distributed **£47,308** to 12 local charities potentially benefiting more than 600 children and young people and at least 20 staff.



The pandemic has exposed the fragility of mental health in general, YCF is planning to continue with this fund in 2022.

This fund has only been possible thanks to the generous donations from Shaftesbury PLC, Paul Hamlyn, Camden Council, Derwent London and public donations for YCF.

Shaftesbury

 **Camden**

**DERWENT
LONDON**

 **Paul Hamlyn
Foundation**

APPLICATIONS

YCF received **15** applications requesting a total of **£61,939**.
14 of those applications were successful.

£47,308

**TOTAL DISBURSED
IN ROUND 2**

£22,308

Balance from round 1
(plus YCF contribution)

£25,000

Shaftesbury's
contributions in 2021

**300
GIRLS**



642

**YOUNG
BENEFICIARIES**



**342
BOYS**

20 staff and volunteers have benefited from this grants programme



THE GRANTEES & THEIR PROJECTS

The Sapphire Foundation

The Sapphire Foundation supports the needs of young people who are either directly affected by crime, or whose lives have been influenced by it. Their current work focuses on sponsored counselling and mentoring, drawing from a portfolio of diverse wellbeing practitioners.

68% of members opted for online courses for this project, during which they engaged with leadership workshops that focused on emotional intelligence and self-awareness.

Employability workshops were also run by a guest facilitator to aid young people with transitions into employment. A designated space for signposting allowed for young people to access additional relevant services, expanding their circle of support.

The project saw an increase in transgender and non-binary participants, as they were able to deal with their mental wellbeing in an inclusive environment. Overall, 230 young people directly benefitted from the project.



Urban Outdoors

Urban Outdoors is a social enterprise that encourages unique outdoor experiences in local wild spaces.

The children who participated in 'Forest School' reported that they learnt new skills, giving them confidence to try out new things for themselves.

6 members of staff and 150 young people benefitted from this project.



The Brandon Centre

The Brandon Centre works to assist young people in dealing with their psychological, sexual and social challenges. Their scheme provided young people with mental health and emotional wellbeing coaching.

During and after the lock downs of 2020 Brandon Centre saw a significant increase on their waiting lists for support. This grant allowed Brandon Centre to provide extra therapeutic support and coping skills (up to 6 sessions) to the most vulnerable young people while they were waiting for counselling.

This grant allowed them to provide at least 120 extra therapeutic sessions benefiting at least 20 vulnerable young people.



Kings Cross Brunswick Neighbourhood Association (KCBNA)

KCBNA aims to tackle inequality and improve the quality of life for local residents through active community involvement. Staff training has allowed employees to become better equipped in their response to young people's mental health needs. It has also placed a spotlight on the ways in which they can improve their own self-care routines.

Staff became more confident in delivering workshops, as well as addressing problems within the organisation's team. Young people were able to take away knowledge from their learning and deliver workshops to their own peers.

This project encouraged a partnership with Central YMCA, providing young people with discounted gym memberships, excellent fitness facilities and access to a personal fitness and wellbeing coach.

14 staff members benefitted from the project. 126 young people also directly benefitted, all reporting that they had accessed a new activity and opportunity.

"Staff have expressed an increase in confidence in dealing with children's mental health and wellbeing and have confidently delivered workshops on mental health in partnership with other providers."

Kentish Town City Farm

Kentish Town City Farm helps city-based people connect with animals, nature and the environment. They supported 42 participants through a series of workshops that referred to individual needs.

The project additionally helped practitioners reframe their role as youth workers; they were able to overcome fears and improve workplace skill sets. A partnership was forged with The Brandon Centre, which will look to delve into joint projects concerning young people's sexual health, whilst continuing mental health and wellbeing initiatives.

The formation of this bond has allowed Kentish Town to develop their expertise in formal youth work, learning from their partner.

4 members of staff and 42 young people were beneficiaries of this grant.



The Winchester Project

The Winch acts in flexible and responsive ways to help young people succeed. Their project embodied the designing of a Power Circle – a conversational tool designed by organisers to help with bonding.

A long-term partnership was forged with Fitzrovia Youth in Action to continue delivery of the Power Circles to a wider setting. The Power Circle included a facilitation guide for simplicity whilst using.

8 organisers and 4 participants directly benefitted from this, with 5 having engaged in such an activity for the first time.



Let Me Know (LMK)

Let Me Know is an educational charity that provides schools and youth groups in London with relationship workshops (using film and guided discussions). Two thirds of young participants who attended workshops noted that they were more informed on healthy and unhealthy behaviours in relationships.

75% recognised that it was acceptable to talk about relationships if they required help or advice, with the number of people who said they sought help doubling.

All teachers and community educators that attended said they left better equipped to provide relationship education. The project also allowed for a strong pipeline of bookings with partner organisations, encouraging the spread of a prevention programme to help decrease relationship abuse and contribute to safer communities.

210 young people were beneficiaries of this programme.



Fitzrovia Youth in Action (FYA)

FYA is a youth action charity that encourages positive change. For part of their project, they ran Girls' Club activities, facilitating amazon deliveries so that all participants could be involved in the events.

A highlight of the week for young people was the peer support session which allowed them to express their thoughts and provided them with a boost via social interaction. Schooling, grades and employment concerns were all raised by partakers, allowing them to support each other.

Young people and staff were able to bond throughout lockdown, sharing their vulnerable moments.

21 young people and 5 staff members benefitted from this project – regularly consulting over a group WhatsApp chat. Advisors from multiple fields, such as skincare and yoga, contributed to the new knowledge gained by participants.



Pro Touch

Pro Touch mainly focus on offering physical activities for young people such as football training. Pro Touch used this grant to train staff of themes related to mental health.

17 staff members attended Mental Health First Aid training and improved their understanding of what do and how to identify those in need of extra support.

10 young people have benefitted from this programme, 24 of them identified as female and 86 identified as male.



Unity Works Social Enterprises | Round 1 project

Unity works provided a programme of online health and wellbeing provision. This ranged from weekly user-led 'Let's Talk' sessions to dancing, singing and forming social connections by watching films and listening to music together. This also provided a space to build on young people's understandings of the appropriate use and boundaries of social media.

Young people discussed topics that were relevant to them, exploring feelings amongst peers that they have not had access to elsewhere. Employment transitioning support was also provided, encouraging young people to identify career paths and the steps needed to progress towards their goals.

The grant allowed for the provision of a one-to-one Supported Employment Advisor, with 2 participants securing employment as an outcome. Unity Works' staff were also able to focus on upskilling and sharing new ideas in collaborative ways.

19 young people and 6 staff members accessed this project.

The support and training workshop is always useful, and helps to learn and understand further about the potential Grant you are applying for. I have a lot of years of experience within fundraising and yet still continue to learn and developing my skills. Thank you."

NW5 Project

NW5 Project works with young people to age 25 (and older where they have additional needs). NW5's community is multi-ethnic with high levels of social and economic deprivation.

NW5's services include outreach work and junior youth club provision on three local estates. Many young people have additional needs, are non-school attenders, are of low self-esteem, or are at risk of violence. Some had become depressed during the lockdown. Family poverty and stress has increased. NW5 maintained contact with about 100 families via video calls or telephone. Themes discussed were related to covid-19 government regulations, peer to peer support, mentoring and just to make spaces for young people to talk and be heard.

NW5 also offered "garden respite family play" sessions followed by a five-week summer scheme for 8-16 year olds. Special support was given to young people transitioning from primary to secondary school.

Alongside their work with young people and children NW5 developed a support network for staff establishing regular individual and team debriefings to ensure that everyone was ok.



"Since this project, we have realised how much some young people who use our services were suffering with mental health and wellbeing issues... Now we offer one to one support and more family support where possible."

Elfrida Rathbone (Round 1 Project)

Elfrida Rathbone works with children and young people with additional needs.

This grant allowed the organisation to provide 3 hour sessions during 5 weeks for 12 SEN young people to ease them back into a routine after a long lock down during 2020.

This project supported the young people's reintegration to a learning environment.



Khulisa

Emotional wellbeing programmes for young people and training professionals in trauma-informed approaches to imbed knowledge. Aimed at young people at high risk of exclusion, crime, youth violence.

This project ran over 6-8 weeks and consisted of 1:1 and group sessions. Its used art and drama therapy to work on social and emotional skills. This helped young people develop resilience and coping mechanisms.

Sessions were held online to begin with and then in person once Covid restrictions relaxed.



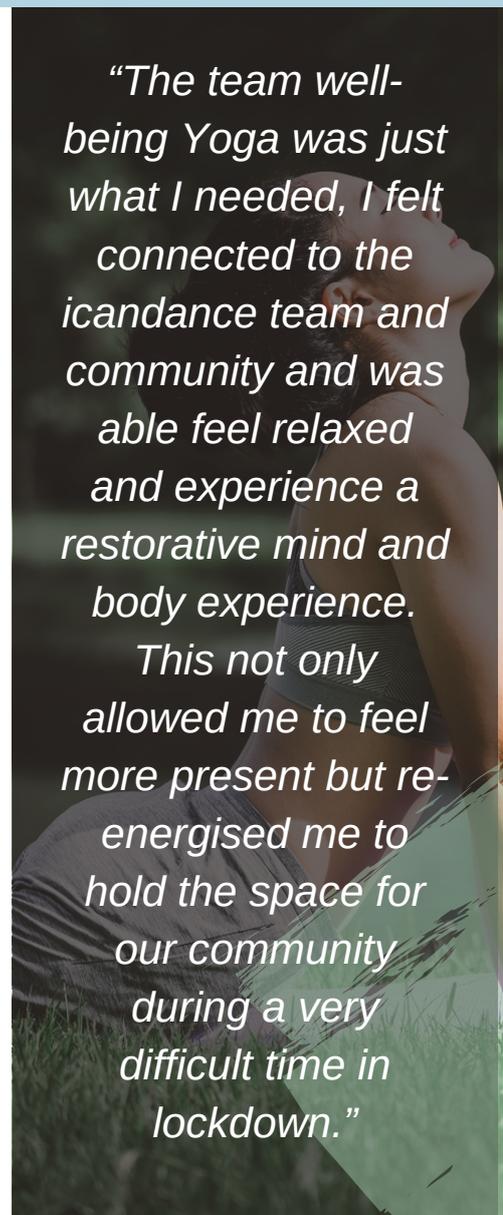
I Can Dance (Round 1 Project)

Icandance invested the grant in creating a wellbeing space for all staff. Each team member has both valued and benefited from having a personal or group therapeutic wellbeing space.

The wellbeing therapeutic spaces offered individuals the opportunity to benefit from 1-2-1 wellbeing check-ins with an experienced therapist partner. At the same time 17 staff members at icandance trained on how to recognise the symptoms of mental health illness in children and young people.

100% of all staff members reported improved understanding in recognising mental health issues on themselves and others. Icandance partnered with Cosma Yoga to deliver wellbeing sessions with staff.

“The team well-being Yoga was just what I needed, I felt connected to the icandance team and community and was able feel relaxed and experience a restorative mind and body experience. This not only allowed me to feel more present but re-energised me to hold the space for our community during a very difficult time in lockdown.”



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