

‘PARTNERS FOR HEALTH 2015’

MONITORING REPORT

**A REPORT ON THE IMPACT OF THE
JOINT GRANT PROGRAMME BETWEEN
THE HOSPITAL SATURDAY FUND
AND
LONDON CATALYST**

GRANTS AWARDED 2015

APPLICANT & BOROUGH	PURPOSE	Grant
Holloway Neighbourhood Group: Counselling, community activities for people with MH needs (Islington)	To support the new mindfulness meditation project to include drop in sessions, group work and to develop the service	£5,000
Munro Health Co-op: free or low cost counselling and health care (H&F, Westminster)	To support a programme of complementary health sessions for carers and to help develop the well-being service.	£6,000
Cassel Centre: Low cost counselling provider(Lewisham)	A programme of one-to-one, group and single session therapy interventions to support and enable vulnerable young women at risk of harm or self-harm.	£3,000
St Peters Mission Practice: Social development agency(Tower Hamlets)	To support the employment of a Parish Nurse to provide health and pastoral care to encourage a connected community health response	£7,448
Paxton Green Time Bank: Time banking agency promoting volunteering for health (Southwark)	To employ a Time Bank Broker to develop the time bank wellbeing project with the Nunhead GP surgery, to recruit a group of time bank champions	£9,826
Redbridge Faith Forum: Faith communities forum (Redbridge)	To run a series of community workshops to raise awareness of and encourage a collective response to mental health issues	£3,000
Hope for Southall Street Homeless: Rough sleepers with chronic health problems (Ealing)	To support the development of a new homeless service targeting entrenched rough sleepers with complex health needs, ineligible and reluctant to access mainstream services.	£8,000
Addiction Support And Care Agency: Alcohol and drug abuse support services (Kingston)	To support the advice and counselling service partnership with Kingston Public Health and the e-drink check web application.	£3,000
Mind Yourself: Community Health charity for Irish community in London(Camden)	Art project for survivors of childhood Institutional abuse in Ireland to include art workshops, one-one support for survivors, organisational capacity building and a user led public exhibition.	£7,000
Enfield Mental Health Users Group: Mental health advocacy group (Enfield)	To support a new food growing mental health recovery group to include a growing space, up to 30 supported volunteer placements and joint work with community and tenants groups.	£8,000
	Total	£60,274

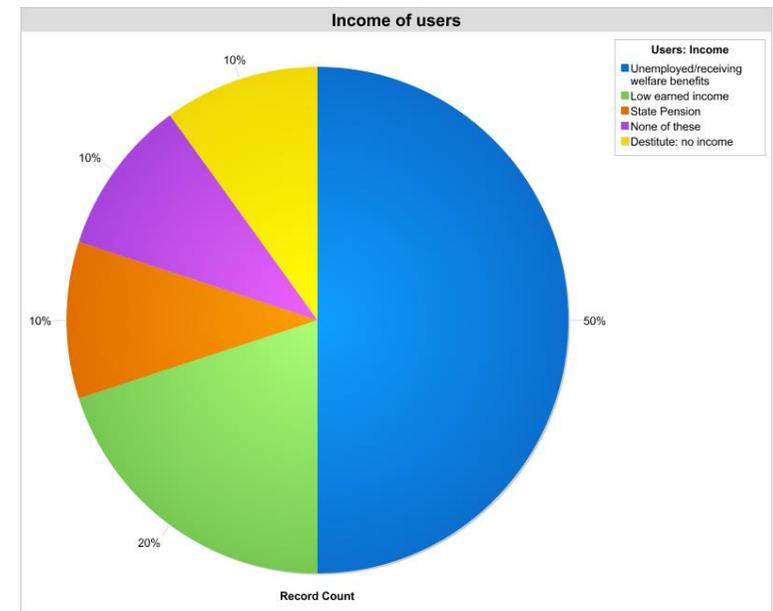
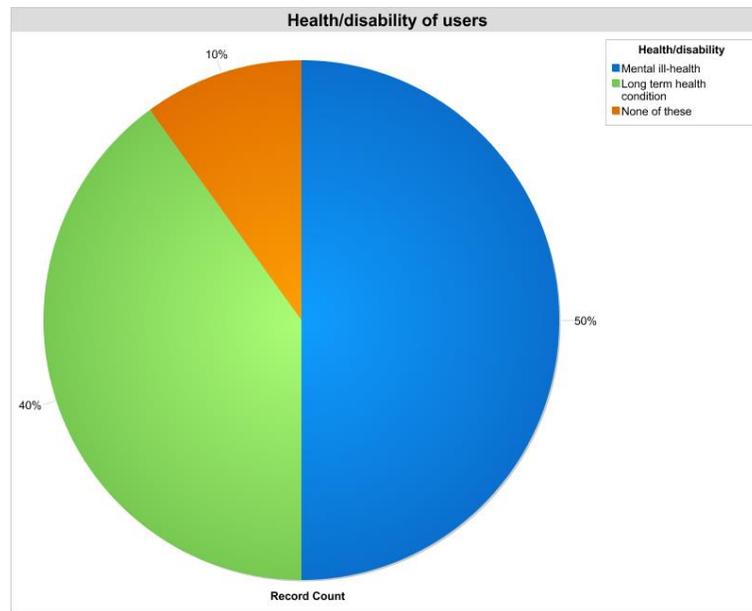
EXECUTIVE SUMMARY

In 2015, London Catalyst and the Hospital Saturday Fund came together to fund the 'Partners for Health' programme. Grants were awarded to social action projects tackling poverty and health inequalities in London. The programme was open to charities and community groups with an annual income of <£200,000 that could demonstrate a thoughtful response to local needs and a new partnership, with a particular interest in mental health and addiction. Of the 81 applications 46 were rejected as not satisfying the eligibility criteria, usually not having a partner or seeking core costs. Of the remaining 35, eight were awarded London Catalyst small grants and six advised to apply directly to HSF. The following are taken from reports received from the projects compiled December 2016.

10 Projects worked in or across
1,432 Beneficiaries
90% with long term physical or mental health conditions

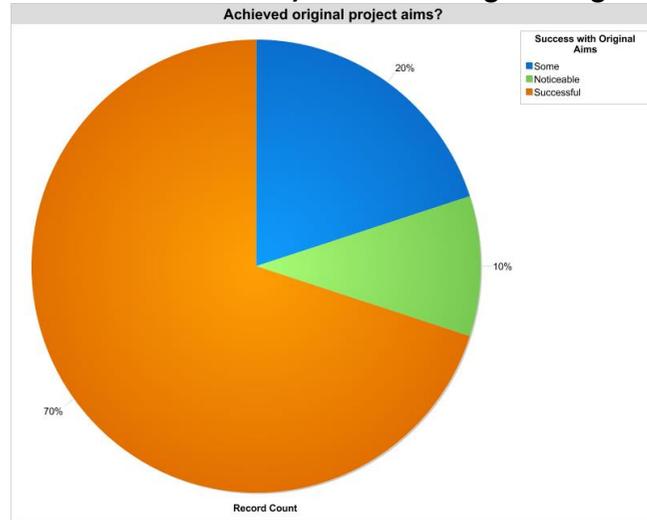
11 London Boroughs
77 Volunteers recruited to support the projects
70% reported success in helping people manage their health independently

BENEFICIARIES



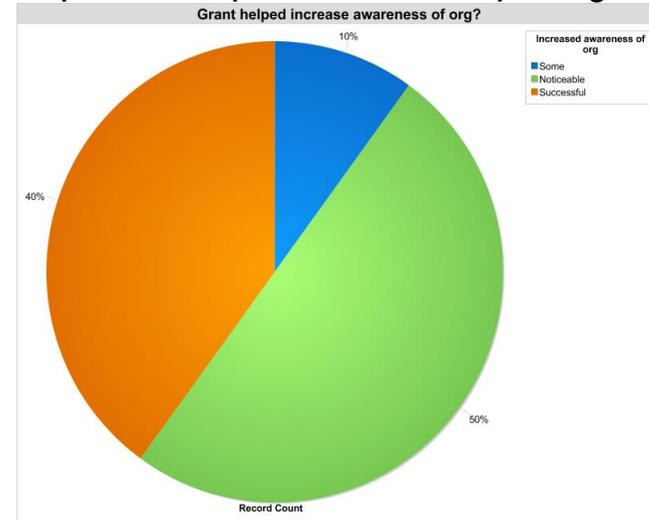
PROJECT ASSESSED OUTCOMES

How successful were you in achieving the original aim of the project?



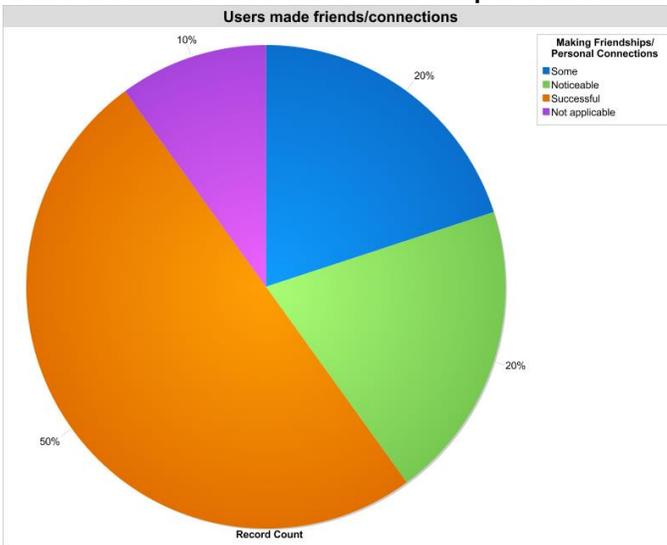
70%+

Did the grant help to increase public awareness of your organisation?



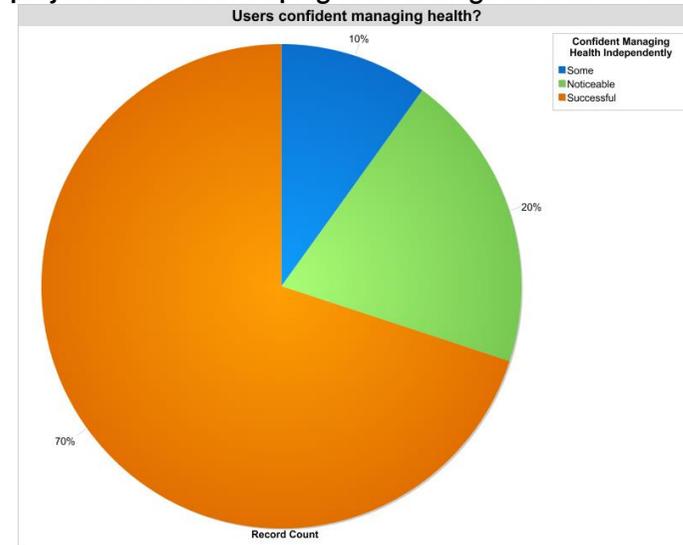
100%

Did users make and sustain friends and personal connections?



70%+

Was the project successful in helping users manage their health independently?



70%

CASE STUDIES

Munro Health Co-operative:

Carer: Widow 74 years old has son with severe learning difficulties, has no speech lives at home. He can't be left alone ever and would run out of house if it wasn't locked and onto busy main road. He is too strong for to manage now. He has fits usually in the middle of the night. She is exhausted and has suffered physically. She has been treated initially at home for first treatment, then said she could come to the venue as she felt more confident and relaxed. "I just wanted to thank you again for the Acupuncture sessions. What a great help it means to me. My back hurts continuously and I was taking the very strong pain killers always. Acupuncture is so wonderful and I have reduced the number of tablets I am taking and use the pain gel instead..... so I wanted to say thank you I am truly grateful..... as you know, we who benefit from the free therapy are mostly OAPs and as a carer I know this helps."

Hope for Southall Street Homeless:

A is 32 years old. A came to the UK from Northern India in 2004, unable to find work, in the hope of sending money back to his parents. Soon he had problems finding work and began to drink. With no friends or family in the UK, he began sleeping rough. The Outreach Team first found him in 2011. He was distrustful of services; it is only in the past year that he has revealed his real name. Throughout 2012, in with a group, he refused all support. In 2013, Outreach found him a shelter: his drinking led to repeated hospital admission, the worst being of 4 months passed in a coma. Throughout 2014, Outreach together with an immigration adviser worked on his health and legal status. Found not to be eligible to remain in the UK, the caseworkers began, with A's agreement, to seek travel documents for his return to India. During this time, the workers became acutely aware that A felt a deep shame that he would be returning with nothing. A was among the first to be admitted to the shelter in January 2016. He has remained engaged with the services of the Outreach worker and StreetMed nurse and the adviser for his travel documents. He has completed this paperwork. Even though A has signed the papers for his return, the final step of leaving the UK remains problematic because of doing so without money to take back. The shelter remains a consistent resource and support for him in this difficult period.

Holloway Neighbourhood Group:

M attended our 8-week Mindfulness Course. She explained that she was in a "very, very dark place" and before she was "extremely chaotic". She observed that "people feel they have a part to play at HNG" and although she found it difficult to feel connected to other people, she felt close to people who are part of the Stress Project team. She explained that attending the Mindfulness Course has "given me the confidence to be able to look after myself". "I feel warmth in my heart when I think of the Stress Project. The Drop-in is crucial to my emotional survival". She now participates in a peer support group.

Enfield Mental Health Users Group:

P had been unemployed for over 10 years and had lost confidence. He had gained a lot of weight and was very depressed. P came to EMU for depression support and we discussed options for him to volunteer and to become more active. He decided to go and have a look at Organic Lea and the food growing project but was sceptical that it wasn't his "cup of tea". P became very involved mainly as a critical friend and also because the social media side, he felt, was lacking. He became a support to other people and decided to do the volunteer training and later the more intense Peer Mentoring training. He hadn't worked for c10 years and had put on weight he was very self-conscious regarding this. However he started to gain confidence and took over the lead for the depression support group. P took over the project in September 2016. Since then he has developed the Facebook page and web page to reflect the project. He has recruited new members and involved the local community. He acts as a liaison between all the stakeholders and has designed a program to run over all seasons. P has gained confidence and taken over other groups within EMU. He has addressed his health and lost 4 stone with a target for losing another 5 next year. We think this will be easy given his achievements. He has started to look for full time work and is taking a break from counselling and starting with a health trainer instead (both accessed via our services).

PROJECT REPORT SUMMARIES:

Project	Achievements	Comm. Services	Manage Health	Friends & Connection	Vols	Users
Mind Yourself and Blooming Survivors: Art for survivors of childhood abuse	<ul style="list-style-type: none"> worked with 12 people with complex needs and histories included in Irish Rising centenary commemorations exhibition at the Irish Embassy established a Community Interest Company, new participants will join the group over time and benefit from the therapeutic art sessions 	Successful	Successful	Successful	2	12
Munro Health Cooperative: complimentary health sessions/develop well-being service	<ul style="list-style-type: none"> provided a new service to 77 carers, including 32 home visits to 8 carers. 5 workshops in relaxation & mindfulness & well-being formed a link with the Queens Park Rangers Community Trust and delivered complementary treatments and a workshop to their 'Extra Timers'. unsuccessful in reaching out to 18 - 25 year old carers but managed to treat 45 people from 50+ age group and 32 from 25 - 49 age group including the 8 home visit clients. 	Successful	Successful	Noticeable	0	124
Paxton Green Time Bank: Time Bank Broker	<ul style="list-style-type: none"> Nunhead 's surgery concept of Timebanking has now been introduced to dozens of patients, but also to doctors, practice managers, carers' group Helped assess the skills set of the local residents the specific needs of some social categories like elderly and disabled people Events and regular activities working closely with LinkAge, Age UK gained new members, Nunhead action starts to be noticeable but needs more work and further development. More health practitioners like doctors, NHS staff, well-being groups or carers acting as a relay of our action and encouraging patients to join Timebank will make a difference. 	Successful	Successful	Successful	40	60
Addiction Support and Care Agency: Advice and counselling service with Kingston Public Health and e-Drink web	<ul style="list-style-type: none"> website further developed looks at how alcohol affects people's health and well-being. The focus is more on self-help, education and awareness raising people have an option to request a call from an ASCA counsellor or manage their drinking by using the tools on the website. The number of people using the website has slightly increased Kingston Public Health promoted the website and attended alcohol awareness raising events. website as an additional means of support alongside counselling 	Some	Noticeable	Not applicable	0	16

<p>Enfield Mental Health Users Group: food growing mental health recovery group</p>	<ul style="list-style-type: none"> • Tenants group in Edmonton failed to take off via Public Health formed a partnership with London Grown; off shoot of Organic Lea social enterprise • information days and visits to the community to “drum up” interest • increased lead Peer mentors hours to ensure supporting people to access the opportunities • Successful in additional funding to expand the project. • Staff sickness affected project timing • Planning to work with additional stake holders including local food producers and are hoping to develop a volunteering to work based project 	Noticeable	Some	Noticeable	9	12
<p>Hope for Southall Street Homeless : develop new homeless service targeting entrenched rough sleepers with complex health needs</p>	<ul style="list-style-type: none"> • client support coordinated by Ealing Street and Community Outreach Team, including a StreetMed nurse and caseworker. • Team workers have case worked 30 guests of stays from 3 nights (only 3) to over 6 months. The average stay is of over 4 months. • Ensured every guest registered with a GP. The nurse and a volunteer have accompanied guests to GP and hospital appointments; visited the shelter to check on guests' ability to self-medicate and to encourage them to keep appointments. • Encouraged attendance for drug and alcohol addiction with the Recovery Intervention Service Ealing • The marked improvement in general health is not replicated with addiction, though generally the nurse reported significant reduced alcohol use by guests within the first 3 months. • Finding move-on accommodation not been achieved yet, the charity has been selected for partnership by the Berkeley Foundation -includes new area of housing. 	Some	Noticeable	Some	0	30
<p>Redbridge Faith Forum: community workshops to raise awareness of and encourage a collective response to mental health issues</p>	<ul style="list-style-type: none"> • raised awareness within faith communities of the issues surrounding mental health and give opportunity for a discussion forum in partnership with an expert partner "Redbridge Concern for Mental Health" • Community groups heard first-hand from someone who has experienced mental distress and give increased understanding of the life events that may trigger mental distress and ways of offering support and accessing local services. • Wide range of faiths and cultures represented at meetings (held at 3 different times of day in 3 different cultural/faith settings encouraged wide participation). Evaluation shows 95% strongly agreed or agreed that the workshop had improved understanding of stigma and discrimination 86% strongly agreed or agreed that the workshop improved understanding of the support available for people with mental health distress 	Some	Successful	Some	0	900

<p>Cassel Centre: One-to-one, group and single session therapy interventions to support vulnerable young women at risk of harm or self-harm</p>	<ul style="list-style-type: none"> • Worked with Lewisham Young Women’s Resource Project and Marsha Phoenix Trust • maintained an effective tri-partite collaboration • Offering the service in the safe environment of partners’ premises provided a familiar and safe environment where after-care after continued to be available after emotional sessions • Provided a range of interventions to develop emotional resilience, improve ability to keep themselves safe from harm and enhance physical and emotional well-being. • Establish the Young Persons’ CORE Outcome Measurement system as being the most appropriate and meaningful outcome measure • Recorded high incidence of undiagnosed mental health issues which have often been longstanding but unaddressed due to poor access to health care • Therapeutic group workshops conducted • started to develop and expand project by providing a counselling service to secondary school, presenting group workshops within the school, and initiating and providing a support group for women who have had children taken into care. Identify new partners and potential funding to develop and expand the project 	Noticeable	Successful	Successful	5	29
<p>Henry Fawcett Fund St Peter’s Bethnal Green: Parish Community Nurse</p>	<ul style="list-style-type: none"> • raised awareness gathered and trained volunteers, consulted community • key areas: Family health, 1:1 patient support and Befriending. • ran health literacy classes for parents on site at Elizabeth Selby Infant School with support from volunteers who filled roles of a translator, a facilitator and educational support. (Featured front page) • Patients referred by GPs at The Mission Practice for a number of complex needs including mental health problems, anxiety, child health or behavioural issues, recurring minor illnesses, PTSD and bereavement. • Limited time for long-term 1:1 support an issue • applying for more funding to extend the hours of the Parish Nurse in 2017. • increased knowledge about health concerns, reduced mental anxiety, support with relationship issues, improved physical health and increased opportunity for social interaction. • 12 volunteers trained on pastoral care course to act as 'Befriending' members • Community Health and Wellbeing Fair, built network between service providers, held two talks on Bowel Cancer • Toynbee hall and the Barts Health sexual health service have collaborated to work towards providing a sexual health clinic for the older population due to some statistics provided by the Police and Council which highlight that use of Sex workers is common in this demographic in the area. 	Successful	Successful	Successful	15	100

**Holloway
Neighbourhood
Group:**
Community
Mindfulness
project

- people who were referred had symptoms of moderate to severe depression, moderate to severe anxiety, chronic pain, other chronic health conditions and unresolved bereavement issues
- Drop-in Mindfulness Meditation class attendees were local people on low incomes who experience mental health problems.
- Raised awareness of the benefits of Mindfulness interventions for mental health. Provided taster sessions in Mindfulness Meditation to Primary school parent’s group, Carer’s UK cancer research awareness event, Asian Women Lone Parents Association’s health and well-being day, and Victim Support staff team meeting.
- All candidates who completed the course reported that they found the course beneficial. 82% of participants had significantly lower aggregate scores on both PHQ 9 and GAD7 on completion of the course, 85% of beneficiaries reported increased levels of wellbeing ;99% of beneficiaries reported reduced stress levels; 87% reported feeling more socially connected; 75% reported having learnt coping mechanisms
- 100 % of volunteers reported increased self-confidence and skills.
- Mid-way through the project we ran a Focus Group to encourage service users to explore and feedback their observations and suggestions about the Drop-ins. Service users recommended a change to the time of the class; to run more classes and perhaps an evening session; they requested that the class should be free of charge to make it more accessible for some; to make more use of the therapeutic garden in the meditation practice; and to use music, essential oils and candles to enhance the relaxing atmosphere.

Successful Successful Successful 6 149

Totals: 77 1432

Assessment Scale:	Unsuccessful	Some	Noticeable	Successful	not applicable
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St Peter's Bethnal Green: health literacy classes for parents supported by group volunteers

www.londoncatalyst.org.uk

Registered Charity: 1066739 Company: 3460296