



REQUEST FOR FUNDING FOR SPECIFIC PROJECT

FINANCIAL YEAR 2021 -2022

DATE: 7/9/21.....

TO: KENILWORTH TOWN COUNCIL / FINANCE & GENERAL SERVICES COMMITTEE.

Please read the Project Support Grant Criteria before completing this form

NAME / GROUP & MAIN CONTACT	Parenting Project St John's Family Wellbeing Centre Mortimer Rd Kenilworth CV8 1FS Emma Smith, Development Manager
PROJECT TITLE	Family Wellbeing Pathway – Parent Mentors
TOTAL SUM REQUESTED	£11,315
COSTING OF PROJECT WITH FULL DETAILED BREAKDOWN	We are seeking funding towards the cost of a Parent Mentor Lead post, within the Parenting Project, at 15 hours a week: 15 hrs a week with on costs = £11,315. <i>A smaller grant would still enable us to provide the project, but to fewer families.</i>
DETAILS OF OTHER SOURCES OF FUNDING APPLIED FOR AND NAMES OF PARTNER ORGANISATIONS IF PROJECT IS JOINT/ MULTI GROUPS AND DETAILS OF FUNDING SUPPORT REQUESTS MADE BY THEM	We have been successful for funding within the Warwick District through the County Councillors Grant, Thomas Oken and Nicholas Eyffler Trust, King Henry 8th Endowed Trust, Warwick Town Council and Leamington Town Council. The funding has enabled us to support vulnerable families in Warwick and Leamington through our Family Wellbeing Pathway. We are seeking funding to enable us to support families in Kenilworth.
PLEASE CONFIRM THAT YOU HAVE ENCLOSED YOUR MOST RECENT AUDITED BALANCE SHEET OR EQUIVALENT.	enclosed
TIMESCALE / DATE OF EVENT	The funding would be used over a period of 12 months
NUMBER OF KENILWORTH RESIDENTS TO BENEFIT	36 families, average of 4 people per family = 144 people.

OTHER INFORMATION IN SUPPORT OF THE APPLICATION

We have established a Family Wellbeing Pathway, within which there are a number of innovative and creative solutions to identify and meet the challenges families are facing. The solutions are mindful of enabling families to develop and improve their own lives. The support we provide is based on the needs identified by families.

Our mission is to enable and support parents and their children to achieve good outcomes by providing the tools and understanding to overcome their difficulties and improve their emotional wellbeing at the earliest opportunity.

The pathway includes Counselling for Parents of children aged 0-19/25 SEND, Family Support and Parent Mentors.

We are seeking funding to be able to continue to support vulnerable families in Kenilworth through our Parent Mentors. The emphasis of the project is to improve outcomes by securing family mental health and emotional wellbeing.

Mental ill-health is a growing concern for local and national agencies working with children. Research data tells us that 1 in 4 parents are experiencing mental ill health or emotional distress at any one time (NHS 2019). Since Covid 19 Pandemic the impact on mental health has increased and it is having a detrimental effect on parents and their children.

The Parenting Project rigorously recruits all volunteers, they attend an induction session and Parenting Project training sessions, they have regular group supervision with the project Lead and on call support.

Research (Aldridge, 2011) has suggested that children may experience a range of adverse consequences when living with parents with mental illness. Effects on children are described in the literature as mainly negative – including poor psycho-social development and attachments, compromised emotional and mental well-being and poor transitions into adulthood. However, not all children will be adversely affected when parents have mental illness and positive outcomes have also been identified, including enhanced maturity and children's capacity to develop resilience and effective coping mechanisms. These outcomes are more likely to occur when children and families are supported adequately and appropriately.

The Parenting Project measures the impact of our work, with a strong emphasis and expectation to secure sustained improved outcomes in the long term for families.

Impact / Outcomes we are aiming to achieve:

- ☐ Raised parental awareness of their mental health.
- ☐ Strategies to support and improve their mental health.
- ☐ Parents have processed their experiences and have improved mental health and wellbeing.
- ☐ Improved relationships, Increased confidence.
- ☐ Increased emotional confidence to achieve 'good enough' parenting.
- ☐ Increased parental capacity, safer children.

Through this application to Kenilworth Town Council, we are seeking funding towards a Parent Mentor Lead post, to enable us to continue to deliver our Parent Mentor project in Kenilworth.

Parent Mentors are volunteers – previously we have successfully recruited people who have worked within a "helping" role, they have been matched with families who have previously accessed family support or counselling and need low level additional support. Parent Mentoring would offer them bespoke emotional and practical support, with a focus on improving the families wellbeing and mental health and access within their local community.

We have recruited 10 parent mentors to date, all of whom are supporting a number of families in Kenilworth.

We will if successful with funding, recruit additional Parent Mentors to increase and extend our reach and capacity.

We are looking for funding towards the cost of a Parent Mentor Lead, who will extend the project in Kenilworth, recruit more volunteers, offer them induction training, formal individual supervision, on call support and Team Meetings. The Lead will also continue to market and promote the project with partner organisations, manage the referral process, meet with referred families to gather information, undertake assessment risk assessments, prior to identifying a Parent Mentor, introducing them to the family and formalising the support. The Lead will also be responsible for gathering data and monitoring information.

We adhere to safer recruitment procedures, all staff and volunteers undertake a DBS and references are sought. The project Lead and senior members of the organisation are all WCC Designated Safeguarding Leads.

On average a Parent Mentor is matched with two families and sees them weekly for one/two hours, for between 3- 6 months. Over a year the funding would enable us to recruit at least 9 Parent Mentors, who together will support over 36 families.

We also undertake comprehensive monitoring of the Parent Mentor project seeking information at the beginning, middle and end of the programme, compiling reports on the data gathered.

Below is information from the Parent Mentor Lead about the support we have delivered with Kenilworth families, through Kenilworth Town Council funding:

Through the pandemic the Parenting Project reached out to families in Kenilworth that were struggling with mental health issues, disability/illness, behaviour issues, grooming, drugs, alcohol and finance/debt issues.

We recruited and trained 10 Parent Mentor volunteers to regularly call, make visits and support parents and signpost and refer families on to other projects. Most importantly they were there to listen to parents who felt that they needed some support in whatever capacity was needed.

The volunteers were in turn supported by the Parent Mentor Lead through six weekly supervisions and information and training requirements.

Typically a family would be supported for around 16-20 weeks.

The Kenilworth schools, nurseries, churches, other voluntary groups, GP's and Early Help Teams were contacted about what we offer and were able to make referrals. Feedback about our service from parents has been very useful. Below are some comments from Kenilworth parents.

"I found the support very useful and I didn't feel judged by M at all."

"Having a parent mentor was invaluable."

"Having someone to talk to who knew all about what I was going through helped me offload."

"C was very kind and listened to me. She helped me find ways to cope with L and her behaviour. Things are not perfect but I feel I can manage better now."

Every referral made into the Project was unique but it was noticed that the majority of the referrals in Kenilworth were around behaviour issues, particularly with teenagers. Parents often approached schools but found that in the school environment the behaviour was managed. It was in the home that behaviour became a problem.

The Parenting Project triage each referral before matching to a mentor so often parents could be directed to free courses and given a few strategies to begin with by the Parent

Mentor Lead before the matching process took place. Also the Lead was able to identify if other support services might be appropriate such as drug and alcohol support.

Once a mentor was in place it gave parents a safe space to explore what was happening and why. Parents were all given the option to be referred to counselling if they thought that would support them too.

Having had a year to set up the Parent Mentor Project in Kenilworth, it now feels it is an ideal time to build upon what we have begun. We have our mentors trained and ready to go, they are DBS checked and are competent around safeguarding.

Referrers are confident to refer and Primary Schools and Nurseries in Kenilworth could be further targeted going forward as they were identified as a group that did not directly refer.

There is certainly a need for this service within the Town and it would be fantastic to be able to take the project forward in 2021-22.

Data Protection Statement

The information which you give when completing your application form will be used in accordance with the Data Protection Act 1998 and for the following purposes: to enable the organisation to create an electronic and paper record of your application; to enable the application to be processed; to enable the organisation to compile statistics, or to assist other organisations to do so, provided that no statistical information that would identify you as an individual will be published. The information will be kept securely, and will be kept no longer than necessary.

PLEASE RETURN THE COMPLETED FORM AND ENCLOSURES TO

**THE TOWN CLERK
KENILWORTH TOWN COUNCIL**

VIA EMAIL TO kentc@kenilworth.org

On your covering email – please confirm the following

Name and contact email and daytime telephone number.

Bank details – name and address of payee, bank sort code and account number