



# **REQUEST FOR FUNDING FOR SPECIFIC PROJECT**

FINANCIAL YEAR 2023-2024

DATE: 17/11/23

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

**Please read the Project Support Grant Criteria before completing this form**

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| <b>NAME / GROUP<br/>&amp; MAIN CONTACT</b>                                                                                                                                                               | Parenting Project<br>St John's Family Wellbeing Centre<br>Mortimer rd<br>Kenilworth<br>CV8 1FS<br><br>Emma Smith, Development Manager<br>emma.smith@parentingproject.org.uk                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>PROJECT TITLE</b>                                                                                                                                                                                     | Family Wellbeing Pathway – Counselling                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>TOTAL SUM REQUESTED</b>                                                                                                                                                                               | £9,600                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>COSTING OF PROJECT WITH<br/>FULL DETAILED BREAKDOWN</b>                                                                                                                                               | We are seeking funding towards the cost of a qualified Associate Counsellor, to provide counselling for parents.<br><br>£40 per hour<br><br>5 hrs a week (48 weeks) including on costs = £9,600.<br><br><i>A smaller grant would still enable us to provide the project, but to fewer parents.</i><br><i>The increase in grant request, reflects the increase in the hourly rate for associate counsellors in 2023.</i>                                                                                                                                                                                                           |
| <b>DETAILS OF OTHER SOURCES OF<br/>FUNDING APPLIED FOR AND<br/>NAMES OF PARTNER<br/>ORGANISATIONS IF PROJECT IS<br/>JOINT/ MULTI GROUPS AND<br/>DETAILS OF FUNDING SUPPORT<br/>REQUESTS MADE BY THEM</b> | We have been successful for funding within the Warwick District through: Thomas Oken and Nicholas Eyffler Trust, King Henry 8 <sup>th</sup> Endowed Trust, Warwick Town Council and Leamington Town Council.<br><br>The funding has enabled us to support vulnerable families in Warwick and Leamington through our Family Wellbeing Pathway, which includes: Family Support, Group Work, Volunteer Parent Mentors and Counsellors.<br><br>We are seeking funding to enable us to be able to specifically provide counselling for Kenilworth parents, within our Head Office at St John's Family Wellbeing Centre, in Kenilworth. |
| <b>PLEASE CONFIRM THAT YOU<br/>HAVE ENCLOSED YOUR MOST</b>                                                                                                                                               | Enclosed 2023 audited accounts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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| <b>RECENT AUDITED BALANCE SHEET OR EQUIVALENT.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                        |
| <b>TIMESCALE / DATE OF EVENT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | The funding would be used over a period of 12 months                                                                                                                                                                                                                                   |
| <b>NUMBER OF KENILWORTH RESIDENTS TO BENEFIT</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | This funding would enable 15 Parents, whose Mental Health is impacting their parenting, access 1-1 trauma informed and persona centred counselling, each parents would be able to access 18 sessions of counselling. (additional sessions can be provided when identified as required) |
| <b>OTHER INFORMATION IN SUPPORT OF THE APPLICATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                        |
| <p>We are a Kenilworth based local charity, working alongside families who are experiencing challenges which include: mental health, parenting difficulties, poverty, housing, relationship difficulties.</p> <p>We have developed a Family Wellbeing Pathway in South Warwickshire, 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.</p> <p><i>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.</i></p> <p>Mental ill-health is a growing concern for local and national agencies working with children and families. Research data tells us that 1 in 4 parents are experiencing mental ill health or emotional distress at any one time. Since Covid 19 Pandemic and the ongoing cost of living crisis the impact on mental health has increased and it is having a detrimental effect on parents and their children.</p> <p>Through this grant we will focus on the mental health and wellbeing of families in Kenilworth, through the delivery of 1-1 trauma informed, person centred counselling for Parents of children aged 0-19/25 SEND.</p> <p>Parents are able to access up to 18 sessions of free counselling, the sessions will be delivered face to face at St John's Family Wellbeing Centre or via Zoom, depending on the preferred delivery model for the parent.</p> <p>The new funding will enable us to continue to directly provide counselling for parents in Kenilworth, in 2023 we were able to provide counselling for 16 Kenilworth parents. Through data collected from those parents:</p> <ul style="list-style-type: none"> <li>- 25% of clients who were assessed had experienced trauma, abuse or neglect in their own childhood.</li> <li>- 50% of clients identified their child/ren to have a mental health diagnosis or awaiting a CAMHS appointment for suspected diagnosis or challenging behaviour.</li> <li>- They were aged between 27 and 51.</li> <li>- 13 are white females and 3 are Chinese females</li> </ul> <p>We recognise and uphold that counselling, and in particular the therapeutic relationship, aims, not to take the expert position, but instead, listens non-judgmentally, conveys empathy and upholds respect for the client. Counselling facilitates exploration so the client can arrive at their own choices, decisions and a sense of what is right for them, at its core is the Person Centred Approach. It is our priority to work with families to improve their long term mental health and wellbeing. We have come to understand that, by supporting parents to improve their own mental health and address historic and current issues, the wellbeing, development and outcomes of their children are improved, which is why we take a 'whole family' approach to mental health.</p> |                                                                                                                                                                                                                                                                                        |

Since March 2020, we have continued to see a consistent increase in referrals for counselling from parents who are experiencing significant complex mental health and wellbeing concerns, which has required us to include qualified associate counsellors within our delivery model. All of the associate counsellors are qualified counsellors who have undertaken their 100 hour placement with us while undertaking a degree or post graduate qualification in Counselling. Some of the associate counsellors are newly qualified, others have qualified in recent years and are working in private practice and also with us on an associate basis. The development of the associate role, came through us acknowledging that there is an increasing number of parents presenting for counselling with complexity with respect to their mental health, previous lived experiences and current circumstances. Suicide ideation has significantly increased, for example since April 2022 48% of parents within the service we have expressed an ideation of suicide or self-harm.

Using associate counsellors means that parents with complex mental health, are able to be quickly seen by a qualified counsellor. Our associate counsellors are experienced counsellors and have the skills and expertise to support parents who are experiencing complexity and challenging circumstances. The associate counsellors have independent supervision, alongside mentoring and advice from our Counselling Team Coordinators and Managers.

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.

We use the Core 34 Outcomes Measure Questionnaire (Core-OM) in counselling, which measures the wellbeing of clients in 4 areas – wellbeing, risk, symptoms and functioning and each parent assessment, has provided us with rich data on the themes we need to respond to when developing our activities. All parents who will access counselling through this project will complete a Core 34 Outcomes Measure Questionnaire at the beginning, middle and end of their counselling sessions. This data will enable us to evaluate outcomes, for parents and the impact counselling has had on their mental health and wellbeing, resilience and capacity as a parent. On average across the counselling service 95% of parents report improvement in all 4 areas by the end of their counselling sessions. We also see feedback, quotes and complete case studies.

*Through the funded sessions in Kenilworth in 2023, 100% of clients who completed a final core form showed an improvement in their overall wellbeing by the end of their counselling.*

The long-term impact and improvement through counselling means that parents are able to experience improved relationships, gain confidence, make better decisions, have increased resilience, understand themselves and move forward with their lives. Outcomes for their children are also improved in a number of ways; they are more able to be themselves, thrive at school, form positive friendships, avoid self-soothing behaviours such as substance misuse and are less vulnerable to negative influences. Their own mental health is improved.

Examples of feedback from parents in Kenilworth who accessed counselling in 2023:

*"Amazing that it is a free service. Turnaround time is really good compared with the NHS and weekly, regular sessions have been more beneficial. Grateful for the quality of therapy and relationship".*

*"I like that I felt heard. I liked that you remembered what was said. You showed me a different way of seeing things. I felt accepted and all my feelings felt valid. I felt safe".*

*"My counsellor was incredibly kind, compassionate, thoughtful and considerate. I felt that she really understood how I was feeling even at times when I couldn't articulate how I was feeling. She also gave me strength and helped me realise that my feelings were valid. I gained a great deal from our sessions, tools I'm currently using in my current phase. Thank you X for helping me find strength".*

The counselling service and all of our counsellors are members of the; British Association Counselling and Psychotherapy (BACP).

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

### 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](mailto: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**