

North Monmouthshire Area Committee

Pre - Meeting Information

Background

- Independent local Mental Health Charity formed over 40 yrs supporting the people of Monmouthshire, providing free quality services to those in need.
- The charity has a partnership with National Mind, and gain good support, but are very much a local independent charity - many people do get us confused it is vital everyone is aware.
- Vision: To Support and respect anyone living with a mental health problem in Monmouthshire
- Mission: To empower and support anyone living with a mental health problem, deliver excellent services and promote understanding
- Our values Open, Strong, Responsive, Independent, Unstoppable, Innovative and Ethical
- Supported/funded by two main contracts: Monmouthshire Council Supporting People & ABUBHB
- Office and staff based in Abergavenny Monk Street; work across the county.

Services

- The local charity delivers a wide range of free services these include: counselling, tenancy support, information advice and assistance, 1-1 recovery, psychoeducational/recovery courses, walking group, campaigning, supported living, welfare rights support & the charity has recently started a farmer's project to support those in need.
- MM lease 3 houses in Abergavenny and manage supported living for people with mental health problems to support people to live independently.
- MM have secured funding over the last two years providing much needed additional mental health and well-being support to secondary school pupils. Due to funding this service has stopped, however there is clearly a need. MM have worked with King Henry writing a joint bid to try and secure some funds.

March 2019 – April 2019 Outcomes

- Provided vital services supporting over 2500 people at risk of poor mental health across Monmouthshire
- 1189 counselling sessions
- Information, Advice and Assistance (IAA) through 1.5 FTTE staff provided to: 1019 Monmouthshire adults and careers experiencing or at risk of mental health issues, on 2,295 issues.
- Supported 8 student work placements gaining 455 hrs of on the ground experience
- 219 people supported through our welfare rights P/T worker providing advice regarding benefit applications, benefit decisions, mandatory reconsiderations and appeals.
- Welfare rights income gained/maintained over £930K of this amount £461,087.02 (over £450K) is extra resource bought into Monmouthshire to support those in need.
- Supported 439 people through 1.8 FTE wellbeing workers this includes at least 1, 473 attendances at self-management courses, peer support / open access sessions and wellbeing checks.
- 60 Open Access Peer and Wellbeing Support Groups Aber, Caldicot and Monmouth, 121 Recovery Support to 28 individuals, well-being checks, 19 psychoeducational/recovery courses (6 – 8 weeks in duration)
- 1-1 housing support to 142 clients, helping people who are experiencing poor mental health to maintain a tenancy or independent living.
- Prior to support from Mind Monmouthshire 87% of our tenancy clients were homeless, at risk of homelessness or needed support to remain in their own homes. Following support from the Tenancy and Supported Living team 71% of clients were in accommodation and the end of support and 54% were maintaining accommodation independently for 6 months or more.
- Supported over 200 young people across Monmouthshire Secondary Schools through the delivery of 32 self-management courses and 1-1 drop in support
- For every one client that accesses our wellbeing service, on average they will access 4.5 activities provided by the wellbeing team services

Farming Pilot Project

Why:

- National statistics were showing that mental health and suicide was an increasing problem in the farming community
- Mind Monmouthshire were not receiving referrals from the farming community
- Identified a need to support the rural workers in accessing services in the community that provided a more tailored 1-2-1 support service for our local farmers. This was in order to support farmers mental health and support in signposting to needed services & organisations in Monmouthshire.
- Traditional sources of help are not easy for those in the farming community to access.
- It was evident through word - of - mouth that support was needed, however there was no local evidence to suggest how much support was required and by whom.

Project Development:

- Planned and delivered a launch/networking event on the 31st July, bringing a number of partners together at the farmers market, raising considerable awareness for Monmouthshire nationally and locally.
- Prior to the launch staff attended the farmers market on the day, talking to over 100 farmers providing information and advice.
- MM secured some initial funds from supporting people and social services which has enabled us to put a support worker in place for the farming community. The Farming Support Worker started in July providing 1-1 and family support.

Outcomes to date:

- Supporting 9 clients with 1-2-1 support
- Increasing local evidence base
- Developed a waiting list
- Information provided to 300-400 farmers, increasing awareness
- Tenancy support
- Help clients access support in the county
- Through attending local farming events & markets, MM have been able to collect information regarding current needs of farmers in the area

Challenges As a Charity

- Reliant on two main statutory contracts, the charity is at capacity and go above and beyond in their delivery.
- Uncertainty around funding, could lead to possible redundancies and closing of current services.
- Schools are at capacity and need further support/expertise. Have met with various organisations along with 6 secondary schools mapping out current work and gaps in provision/secondary school needs.
- Staff are at capacity but the charity needs more flexibility, to be able to help reach more people.
- A need to ensure people know who we are and the amount the charity does
- Cross Street building not in use over the weekend and evening

Support

- Long term partnership – work with you to support peoples’ mental health and well-being in the North Monmouthshire area.
- Financial support towards:
 - Continuing and developing the farming project
 - Providing support for secondary schools
 - Delivery of self management group courses
- Could Mind Monmouthshire be your charity of the year?
- Promotion of up and coming campaigns and information e.g. Red January
- Provide letter of support to MM to apply for grants and awards
- Help advocate on our behalf, ensuring people know who we are, our history and the work we do locally. Ensuring our work is recognised through your various links.

If there are other ways in addition to the above you could help support, we would be happy to discuss please contact Business Development

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