

Initial Outcome Proposal to the East Suffolk Community Partnerships Board - FY2021/22

(Stage 1 Proposal)

1. Key outcome(s)

Please detail the KEY OUTCOME(S) (Measurable and time specific) the proposal is looking to achieve:

KO1 – delivered between September 2021 and January 2022

Providing access to Mental Health Awareness training to KS4 and KS5 (FE) students.

Training informed by Mental Health First Aid England (MHFAE) (<https://mhfaengland.org/>)

- 300 students across 6 schools/sixth forms to be upskilled via training in mental health awareness, delivered by accredited Student Life instructors.

KO2 – delivered between December 2021 and February 2022

Providing access to Mental Health First Aid (MHFA) training to KS5 (FE) students.

Training accredited to MHFAE (<https://mhfaengland.org/>)

- 75 students across 6 schools/sixth forms to be upskilled via training in MHFA, delivered by accredited Student Life instructors. A globally recognised qualification.

KO3 – delivered between February 2022 and April 2022

Mental Health Ambassadors (MHAs) to be created in each year group.

- Following training, 300 students across 6 schools/sixth forms will become MHAs in their year group.

KO4 – delivered between February 2022 and May 2022

Mental Health Policies written for education settings

- 300 MHAs will work with Student Life and Senior Leadership Teams (SLTs) to create a stand-alone Mental Health Policy

2. How has the need been identified?

In a world where mental health is still stigmatised, young people turn to Student Life to escape this and to fight for mental health normalisation. Empowering the next generation to fight for what they believe in and for what they have experienced is so very vital in enabling them to mature into skilled and experienced adults.

Upskilling young people throughout all avenues of collaboration within Student Life is overwhelmingly clear; whether this be via the print, digital or film processes. Student Life enables young people to explore what means the most to them and to write about these topics whilst upskilling their creative writing skills, their English Language skills, design skills, and teamworking skills. To experience this package within a caring and professional environment can enable them to transition into working life much easier; students have reported feeling more prepared entering working life after experiencing professional life with Student Life.

Throughout the last 4 years, a need was identified by our young people to offer much better support around mental health and our Mental Health Ambassador project was created, peer-led by the people who wanted it most – young people. Children and Young People's Mental Health provisions are still, unfortunately, led by adults and non-service-users. This is something that needs to change, in order to provide the best support and care for these people, the people

receiving it should be the ones to shape it. Student Life practices this with Governance of Student Life exactly that; we are led by over 25 students who sit on the steering group and board members of the charity include the former president of the University of Suffolk's Students' Union and a former Suffolk sixth form graduate, who is now a third year student at University of Surrey.

The case study below from Kesgrave highlights the impact that the work can have:

"Since working with Student Life, I have experienced nothing but positive changes. My first real contribution was having an article I wrote surrounding my experiences of mental health published, and not only did this really raise my confidence, but it also helped me really realise my potential as a young person. Since then, having made a mental health film with Student Life and having two regular monthly features in the magazine aimed to help fellow pupils with both their studying and personal life, I have felt a strong surge in my confidence and self-worth as a person. Being able to help other people and support them in ways that other people have supported me, sharing knowledge and ideas, has really helped me grow as a person. More so that this however, I have met an incredible team of people who have helped me achieve as part of our team, helping boost my social ability and communication. Overall, I have nothing but positive things to say about my experience with Student Life and hope to continue with my involvement for much time to come".

3. Who will benefit from the outcomes?

1. The 300 Mental Health Ambassadors themselves, through the training process
2. The immediate peer/year group (upwards of 1,000 additional young people) who will have mentors to support them
3. The further student population in the setting (upwards of 8,000 additional young people) who will have mental health normalised through this project and this will hugely help reduce stigma
4. The staff teams who will have 'eyes and ears' helping them
5. The SLTs who will have a newly written Mental Health Policy

4. How will the outcomes(s) be sustained after the funding period (if appropriate)?

MHAs will transition through school and sixth form, mentoring the year groups below them. This will heavily reduce the cost to Student Life, as these mentors will be involved in delivering training.

5. Name of Project/activity that will deliver the outcome(s)

Student Life – Mental Health Ambassador Pilot

6. Brief description of the project / activity that will deliver the outcome(s).

DESCRIPTION (up to 200 words):

Student Life supports the mental health of young people as they go through education, into employment. Helping young people to:

- Participate in the production of a print and digital lifestyle publication heavily focused on mental health as well as 15 other core topics.
- Train as Mental Health Ambassadors to improve knowledge, support their peers and introduce best practice in the relevant education setting.
- Develop a supportive structure to other young people, providing training to develop capabilities.

- Develop their skills, both socially and emotionally, to enable them to participate in society as mature and responsible individuals. With the aim of supporting the next generation to have a less stigmatised outlook on mental health.

We offer collaboration on our projects to young people in high schools, sixth forms, colleges and universities across Suffolk, Kent, Norfolk and Essex and to ensure inclusion for all young people, we engage with residents at Young Offender Institutions (YOIs) and with students in alternative provision (AP) settings, including pupil referral units (PRUs). Student Life became a Community Interest Company (CIC) in June 2017 and converted to a registered charity in November 2018. Student Life is the only peer-to-peer platform of its kind in the **country**.

Project / activity START DATE (mm/yy): 09/21

END DATE (mm/yy): 04/22

7. Who is involved?

Who is involved in developing this outcome proposal?

Who will deliver the project/activity?

Name of East Suffolk Community Partnerships Board Member supporting the project:

Project / activity joint lead: Richard Stewart
Project / activity joint lead: Rachel Mitchell

Organisation: Student Life
Telephone: 01473 353512
Email: richard@studentlife.org.uk

Louise Hardwick, Ipswich and East Suffolk CCG

8. Give information about match funding here:

Source of match funding:	Funding confirmed?	Amount (£)
Ipswich and East Suffolk CCG	YES	£5,250

Total project / activity cost	£21,000
Total of confirmed match funding	£5,250
Total amount of Strategic funding required	£15,750

9. Identify where the Community Partnerships Board Strategic Budget money will be spent:

Description of activity or item (by who and by when where appropriate)	Cost (£)
1. Mental Health Awareness training (staff and materials)	15,000
2. Mental Health First Aid training (staff and materials)	3,000
3. Administration, staff costs, travel costs, oversight (MH Policy)	3,000
Add more rows if required	

10. How will the project / activity be monitored, and outcomes reported (including project risks)?

- Monitoring and outcomes will be reported via the number of young people receiving training across the 2 training stages

- Reporting will also follow the number of young people being signposted to school support staff and third parties by MHAs
- Reporting will then look at the number of Mental Health Policies introduced at settings.

Declaration:

I confirm that this proposal contains accurate information

Name:

Signature:

Date:

Please submit this proposal to the Funding Team at grants@eastsuffolk.gov.uk Hard copies can be submitted and returned to: Funding Team, East Suffolk Council, East Suffolk House, Station Road, Melton, Woodbridge, IP12 1RT.