

Summary of OBG funded services

APPENDIX 1

Name of Organisation:	ADHD & Autism Support Harrow	Name of Project:	The Transitions Project
Funding Allocated:	£11,774.20	Expected Beneficiaries:	100
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>The transition project aims to work with young people age 11-25 years to provide them with person-centred support and guidance through key transition periods such as moving to high school, college applications and into the workplace, the ultimate aim being that they are enabled to live as independently as possible.</p> <p>Referrals can be made by individuals or statutory bodies, following which the youth transition worker does an assessment of needs and liaises with volunteers and outside agencies to establish a support system. She also works with the young person to help them understand their condition, provides them with tools to manage in the community and is involved in facilitating our teen support courses such as WhyTry? and CALMS training.</p> <p>The project involves working with the family in its entirety, providing a more holistic support system by offering ADHD and ASD specialist parenting training courses to run alongside the adolescent courses, meaning caregivers can understand and support their child through difficult periods.</p> <p>The project has had an extremely high level of demand in terms of both numbers and the depth of support needed. We are therefore looking to secure further funding to provide an additional 10 hours support per week for the project. This would enable us to offer life skills groups complimenting the existing transition service, such as cooking, gardening, CV and interview workshops, as well as helping facilitation of the parent support element of the service, providing extra help for the youth transition worker and co-ordinating project volunteers.</p> <p>We would like to rent additional office space in our current building that would be specifically for our youth and adult services. The increase in volunteers supporting the transitions project has meant that our current communal working space has become overcrowded and noisy. A separate office would allow for a more confidential and structured working environment.</p>			

Summary of OBG funded services

Name of Organisation:	Age UK Harrow	Name of Project:	Sustainable Services Project
Funding Allocated:	£20178.00	Expected Beneficiaries:	5000

INFORMATION FROM APPLICATION FORM

Project Description

The aim of this project will be to provide a range of Health, Social and educational activities for older residents in need in order to improve their quality of life by giving them the opportunity to mix in new social circles, have a choice of venues and try a diverse range of activities.

The project will consist of several components:

- Basic English language/writing/reading skills for older clients who do not have English as their first language and who have been reliant on their partners to speak for them.
- Partnership with Wealdstone Methodist Church to provide a lunch club/games session on a weekly basis to increase the numbers attending their existing club by promoting it to our members and making the sessions longer, to include board games and indoor bowling.
- Activity sessions at sheltered housing provision in South Harrow bringing together several communities, and also at a centre in North Harrow. Activities offered will be seated and standing exercises, arts and crafts, basic I/T support and shared lunch.
- Dementia Cafes in conjunction St. Anselm's Church and Wilsmere House Care Home for older people suffering from dementia, and their carers. Activities will be provided for clients on a rolling monthly basis and their carers will have an opportunity to meet each other in a relaxing and supportive environment.
- Partnership with HAD and transport organisations such as (SEWA) to provide a day of activity and lunch for those on personal budgets.

The funding will be used to help pay for one part-time Support worker plus an assistant, and will also be used for basic running costs including paid activity specialists. Additional income will be brought in by charging a nominal amount which will cover the cost of the activities/venues.

Summary of OBG funded services

Name of Organisation:	EACH Counselling & Support	Name of Project:	Trauma Mental Health Counselling & Support
Funding Allocated:	£45000	Expected Beneficiaries:	120
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>The project's overall aim is to empower and support vulnerable members of the Tamil, Somali communities and South Asian communities in Harrow to recover from trauma, violence and abuse, thus enabling them to improve their lives and well-being in terms of life choices, emotional health and personal safety. It will utilise funding to:</p> <p>a) Provide culturally appropriate individual counselling by employing 3 part-time counsellors (with one also having project co-ordination responsibilities) with relevant skills and languages, involving assessments and a care-planned approach to help vulnerable people achieve their goals, develop resilience and be able to live independently</p> <p>b) Deliver a programme of Psycho-educational and well-being workshops and sessions within the communities, including gender-specific sessions, to support participants to develop better coping mechanisms to life events and their circumstances and to be able to make informed choices. The programme will include sessions on stress management, confidence-building and life skills</p> <p>c) Undertake an outreach programme within the communities to provide information, such as through community events, information stalls and raise awareness of the issues around trauma, violence and abuse, thus reducing barriers to access the project and appropriate services</p> <p>d) Recruitment, training and support of peer volunteers drawn from the Tamil, Somali and South Asian communities, including ex-project users to develop confidence, sustain independence and develop employability skills by achieving a recognised national qualification and through take up of volunteering opportunities both within the project and externally</p> <p>e) Information and presentations to professionals and community groups to raise their awareness of the issues and develop more appropriate responses, so that they feel more confident to respond to and support vulnerable members of these communities</p>			

Summary of OBG funded services

Name of Organisation:	Harrow Association of Disabled people	Name of Project:	Overcoming barriers of poverty and exclusion
Funding Allocated:	£24960	Expected Beneficiaries:	250

INFORMATION FROM APPLICATION FORM

Project Description

The overall aim of this project is to empower disabled people to take clear steps to overcome barriers they face to economic survival, inclusion and equality in mainstream life, by achieving goals such as maintaining their own economic survival, attaining appropriate funding through the benefits system to meet their disability needs, or move towards employment. The funding will be used to help over 500 people improve their economic circumstances, many of whom would otherwise be living in real poverty, or be socially isolated, without the support we give them.

We will provide staff and train volunteers to:

- *Advise people of their benefit entitlements, taking into account the way all their different personal circumstances interact with the many different parts of the system (eg. age, disability needs, family composition, immigration status etc)
- *Help people who cannot do part, or any of the application process, by themselves, because of their disability needs, apply for and attain necessary welfare benefits - eg. if someone's learning disability needs mean they do not understand the claim form, or their physical disability means they cannot physically write, or perhaps their mental health needs mean they cannot respond to the questions. Most disabled people need help because they don't understand what they need to prioritise when they describe their disability needs.
- *Support disabled people to challenge decisions where they have been refused benefits to which they are entitled, through the appeals and tribunals process.
- *Enable people who wish to find work to learn job application skills, do work experience or voluntary or paid work, find appropriate training, and learn to meet their own disability needs in a workplace
- *Provide a positive role model of disabled people working, leading an organisation, and striving for equality and inclusion for others, which will be supportive to those seeking work.

Summary of OBG funded services

Name of Organisation:	Harrow Churches Housing Association	Name of Project:	Reducing worklessness and homelessness under 25's in Harrow
Funding Allocated:	£44988	Expected Beneficiaries:	54
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>170 young people aged 18-25 who are homeless in Harrow including 54 young men and women who were homeless and now live in HCHA accommodation and others who are not resident with us will have one-to-one personalised training and guidance in: Job-specific skills; Developing aspiration and motivation; Job-search skills; Stability of life-style; Basic skills; Social skills for work; Dealing with challenges</p> <p>This will equip them to be able to access employment and further education or vocational work, and thereby move on to a more secure financial future that includes progression from HCHA housing into their own affordable accommodation.</p> <p>In addition to the 54 young people in HCHA accommodation who move on every two years, the project will also be made available to at least 20 other young people each year in the borough who may be self referred, or from other referral pathways including those from the Probation unit, EACH, the homelessness drop-in centre in Sheepcote Road.</p> <p>The funding will be used to pay for a skilled and fully trained co-ordinator who will be assigned to the Young People and work with each individual to identify their particular needs and target correct training sessions, workshops and personal development, this may include interview skills, dressing correctly, presentation and speaking, working on developing a cv and seeking out relevant work experience to make themselves marketable in the workplace. This training will be delivered by specialists to the target group and to HCHA staff so that in-house knowledge and specialisation increase and can be used beyond Year 3 to enable HCHA to deliver the project ourselves and become a centre of excellence in training young people and extend this service to other referring agencies. By charging other agencies in Year 4, combined with seeking out other sources of funding we believe that the project will become sustainable.</p>			

Summary of OBG funded services

Name of Organisation:	Harrow Citizens Advice Bureau Service Ltd	Name of Project:	Advice Line for Harrow
Funding Allocated:	£45000	Expected Beneficiaries:	2200

INFORMATION FROM APPLICATION FORM

Project Description

Advice in Harrow has traditionally been provided by face to face drop in services. Over the last eighteen months however, we have considerably enhanced our telephone advice services in preparation for a channel shift to a telephone only triage and advice service. This is a more cost effective method of delivering advice to large numbers of people.

Telephone advice confers a number of advantages over face to face -

- 1) it is possible to give advice to larger numbers of people for the same price
- 2) it reduces frustrating queuing/waiting times
- 3) It is more convenient for clients who cannot or do not wish to travel into central Harrow
- 4) it can be given in complete anonymity.

The overall purpose of this project will be to provide advice by telephone with the aim, where possible, of empowering clients to resolve their own problems through the provision of accurate information about individual rights. If the client has an emergency situation or cannot resolve their own problems due to language or literacy issues for example, there will be a limited number of appointments available to give practical and emergency assistance and casework.

If we are successful in our funding application, we would use the funding to pay the salary of the service supervisor and volunteer costs and an appropriate portion of the telephone, postage, stationery, rent and management costs.

Summary of OBG funded services

Name of Organisation:	Harrow Law Centre	Name of Project:	Harrow Law Centre
Funding Allocated:	£28110	Expected Beneficiaries:	500
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>We will:</p> <ul style="list-style-type: none"> a) provide free legal advice to disadvantaged people in Harrow who are at risk of homelessness, poverty and debt; b) provide second tier legal advice to local voluntary organizations and agencies to enable them to better support their vulnerable clients; c) undertake public legal education to better inform local people of legal rights and responsibilities d) undertake social policy work at a local, national and European level collecting data of our client's experience to improve services for our clients and other local people; e) undertake test case litigation work where appropriate to improve the legal position for our clients and other local people. <p>The funding will be used to employ a full time solicitor and for related office costs over a three year period.</p>			

Summary of OBG funded services

Name of Organisation:	Harrow Shopmobility	Name of Project:	Continued Integration and Independence of Disabled People of Harrow
Funding Allocated:	£16564.2	Expected Beneficiaries:	3473
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>There will be three key areas of activity, continuing the service, raising awareness and partnering to facilitate transport to increase activities that Disabled Users can engage in eg outings to museums, seaside and marketing the organisation to increase sustainability. This project is to continue Harrow Shopmobility's (hereafter referred to as H.S.) service of loaning wheelchairs, scooters and other mobility aids free of charge on a daily basis and wheelchairs at a nominal amount for those requiring long-term use of our wheelchairs resulting in disabled people living, working in Harrow having access to all Harrow services. This would enable Users to lead independent lives.</p> <p>Funding will be applied to cover the cost of continuing to run the service, covering costs of the Administrator and additional staffing, insurance, equipment repair and maintenance for high safety standards, subscriptions and Affiliation costs, and recruitment and remuneration for volunteers, stationery and marketing costs.</p> <p>Training costs for annual refresher courses in First Aid for Staff, Trustees and Volunteers, CRB checks for Volunteers, Meal allowances for Volunteers when accompanying Users on outings, basic accounting courses and further computer training costs are sought. These costs will also apply with new Volunteers unless sponsored by the business partners.</p> <p>The third thrust of the programme is to promote awareness of H.S. by improving signs of the organisation in and outside St. George's Centre and by publishing a biennial newsletter for distribution to other Disability groups to increase their and their members' awareness of Harrow Shopmobility's service, by presentation to the business community, Armed Services Disabled, different ethnic groups, and by printing leaflets and brochures.</p> <p>Finally, the project will seek to secure its future through promoting sustainability by tapping into the resources of the business and corporate sector, both financial and workforce.</p>			

Summary of OBG funded services

Name of Organisation:	Ignite Trust	Name of Project:	Expression Youth Community
Funding Allocated:	£39098.20	Expected Beneficiaries:	825

INFORMATION FROM APPLICATION FORM

Project Description

Expression aims to create a socially cohesive community where young people (yp) share mutual respect and understanding; anti-social behaviour (ASB) and fear of crime is reduced; yp participate in the wider community; communities are bridged and diverse groups feel they belong.

Expression combines 5 elements

1. Youth Community Groups bring yp across Harrow into a diverse community where positive values are instilled and friendships built. Activities include sport, games, eating meals together, group debates and talks from members of the community. We provide 1:1 support during sessions to encourage yp to re-engage with education, training or employment.
2. Detached and outreach youth work in areas with high levels of ASB. Engaging hard-to-reach yp in their own environment builds respect and enables access to our services. Detached youth workers engage with residents and business owners to hear their struggles with yp, develop and implement strategic plans to improve the area and represent yp on local forums.
3. Targeted social activities for yp during school holidays to engage a diverse group in positive activities and provide personal development opportunities.
4. Through community-focused mentoring we will
 - Provide 1:1 support for yp to source opportunities to volunteer or engage with community events (e.g. reading to children at the library)
 - provide peer mentoring through our peer leadership programme
 - train and support volunteers from the local community to mentor yp
 - provide small group mentoring opportunities for yp
 - organise events for local community members and yp.
5. Peer leadership programme trains 15 peer leaders annually and includes
 - 8 training days
 - 6 forums where yp and community representatives debate relevant issues e.g. stop and search
 - contribute to local forums e.g. youth LSCB
 - leading assemblies in high schools on issues relevant to young people
 - leading positive activities during school holidays e.g. Ignite's annual Fun Week.

Summary of OBG funded services

Name of Organisation:	Mind in Harrow	Name of Project:	Harrow Mental Health Information Service
Funding Allocated:	£34986.24	Expected Beneficiaries:	2636

INFORMATION FROM APPLICATION FORM

Project Description

The Mental Health Information Service (1.2 WTE staffing) will help 6,670 people over 3 years, who are vulnerable and disabled by mental health problems or those caring for them, to enable them to access support services that reduce isolation and improve health and well-being and to increase self-management so that they can live an independent and fulfilling life. Offering best value for money, this Service will provide a universal & preventative support and will offer a choice of access points:

- 1) Mental Health Information Helpline delivered by a team of trained volunteers: open Tues-Thurs 9.30am-5pm to provide timely, brief interventions for 300 callers with complex needs to help prevent loss of capacity to cope. A Worker will recruit, train & supervise to maintain a team of 6 helpline volunteers.
- 2) Face-to-face Outreach and Signposting: a Worker will provide 3-12 week specialist mental health interventions with 30 clients, prioritising BME/new arrival communities who are experiencing mental health needs and face barriers to access social care services. They will collaborate with 5 BME and faith community organisations as often the first point of contact for BME/new arrival communities when in crisis & distress.
- 3) Harrow Mental Health Directory Resource: a Worker will manage a specialist, universal and upto date information resource available 24/7 of 100 Harrow health & well-being services, 100 national organisations and 24 Harrow factsheets, such as crisis support and housing/homelessness, and the unique 'People Like Us' directory of local services offered in 7 mother tongue languages. Factsheets will be uploaded to Shop4Support info hub.
- 4) A new quarterly welfare changes bulletin: circulated to 1,500 mental health service users mostly likely to be at risk from the impact of cuts to welfare benefits/services.

Delivered through a strategic approach with other local info providers to ensure improved coordination, avoid duplication through new IAG protocols.

Summary of OBG funded services

Name of Organisation:	Relate London North West	Name of Project:	Emotional support for individuals and families towards a fulfilling life
Funding Allocated:	£15657	Expected Beneficiaries:	2700

INFORMATION FROM APPLICATION FORM

Project Description

Relate London North West will offer impartial, non-judgmental relationship counselling to individuals, couples (heterosexual, same sex or transgender) and families of any make-up such as single parent, blended, adoptive, extended or nuclear.

We recognise that the UK has numerous family compositions and that within these are very many people who are distressed and isolated for a variety of reasons

The intervention begins with an initial consultation of one hour with a relationship counsellor. This will be offered within 2 weeks of initial contact and enables the person to begin to identify core issues and to plan the way forward. This might be one of our ongoing counselling services or sign posting to another organisation. Depending on the core issues that arise at the initial consultation, they may then be offered one of the following:

Face to face couple or individual counselling. These sessions will usually take place weekly for one hour for an average of 8 sessions

Family counselling which brings different members of the family together. These sessions will 1 hour and take place weekly, fortnightly or even monthly according to need. They may involve different family members at different times.

Young people & children counselling in which counsellors identify and unlock the trauma and offer play therapy and psychological interventions to help the young person or child to identify what is hurting them. These sessions will be 1 hour and take place weekly, fortnightly or monthly according to need.

The interventions aim to address problems in relationships, improve communication and conflict resolution skills and deepen commitment to the family. From this base, individuals are freed up to take a place in the wider society.

Summary of OBG funded services

Name of Organisation:	Roxeth Youth Zone - Space Project	Name of Project:	The Space Project
Funding Allocated:	£26025.77	Expected Beneficiaries:	20
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>SPACE aims to raise self-esteem & develop emotional wellbeing as a protective factor in vulnerable young women through 3 core activities. We aim for girls to live happier, healthier and more fulfilled lives. Services are available to young women aged 11-24 who live or school in Harrow.</p> <p>AIM 1 – weekly 1:2:1 mentoring sessions are delivered by trained mentors from the local community at St.Peter's Medical Centee, (where SPACE is based), in schools or the community. Depending on the needs & age of clients, mentoring or listening models are used to raise self esteem and develop emotional wellbeing. Clients receive an average of 10 sessions. Where further or different support is needed, SPACE's signposting service increases access to other services through supported referrals.</p> <p>AIM 2 – The Co-Ordinator, with support from the Director of Mind & Soul, a mental health charity, has written the True2U Self Esteem course, designed for small groups of vulnerable girls aged 14-19. It raises self-esteem and confidence through increased understanding of the relationship between thoughts, feelings and choices. It gives tools to manage negative thoughts & creates safe & positive peer environments. The course is delivered as 3 versions: a 10 week course at SPACE; a 3-session workshop at The Helix Pupil Referral Unit (PRU) and a 4 week early intervention (EI) version in schools with girls at risk of exclusion. Helix and EI versions will be piloted in spring/summer 2013. The full version was piloted twice in 2012.</p> <p>AIM 3 - Outreach in schools through lessons & assemblies on self-esteem, confidence & stress enables promotion of and access to 1:2:1 & True2U services and acts as a voice for healthy self-esteem in schools.</p> <p>In 2011/12 we worked with 1827 young people (including schools). Funding from the OBG would fund the Coordinator's salary, securing the project for a further 3 yrs, enabling increased volunteer base, expanding services & reaching a potential 10,973 young people.</p>			

Summary of OBG funded services

Name of Organisation:	South Harrow Christian Fellowship	Name of Project:	Supporting the Elderly
Funding Allocated:	£8001.22	Expected Beneficiaries:	33

INFORMATION FROM APPLICATION FORM

Project Description

We require funding for staff costs of 2 committed workers to work with the elderly. The project will include working with one of the most vulnerable groups in society - the elderly living alone at home. We hope to have social interaction group every week to enable them to come together in a relaxed and friendly social setting to form friendships and social bonds with like minded individuals.

We hope to use this opportunity to introduce weekly themes to get them involved in a hobby (one that they are familiar with or a totally new one) such as knitting, crocheting, card making, fitness, reading and writing poetry/stories etc. We will decide on the hobbies depending on the group and their interests. This will not only give them something to look forward to but also something to occupy their time during the week at home.

We also hope to have a lunch club (where hot meals will be served) once a month to encourage new users to try our service as well as to give some thing for the regulars to look forward to.

We also hope to aid those who are more infirm and live alone and to befriend the lonely & the isolated with weekly visits to sit in and have a chat. We hope to offer practical assistance in terms of assisted shopping, form filling, making telephone calls, writing letters, posting etc.

Summary of OBG funded services

Name of Organisation:	St Luke's Hospice (Harrow and Brent)	Name of Project:	The continued expansion and development of St Luke's Hospice at Home Service for the residents of Harrow
Funding Allocated:	£45000	Expected Beneficiaries:	153
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>Hospice at Home provides packages of care (day and night) to support patients and families in their own homes, across Harrow. This may include lifting, washing, transferring, toileting, pressure area care, as well as providing support to carers. A by product of the service although inherent within its philosophy is indirect support for family carers.</p> <p>The service is managed by a Senior Nurse/Clinical Manager who is supported by a Registered Nurse and Administrator. Care packages are delivered by Health Care Assistants with specific training in Specialist Palliative Care and Registered Nurses.</p> <p>The service can respond quickly, adapting packages of care to meet rapidly changing patient needs. It helps to support the National End of Life Care Strategy by enabling patients choice to die at home, offering respite for informal carers and preventing inappropriate admission to hospital. Its aims are to</p> <ul style="list-style-type: none"> prevent inappropriate hospital admissions facilitate rapid response care at home for patients at the end of their life who express a wish to die at home. facilitate a rapid discharge from hospital/hospice for patients at the end of life reduce isolation of patients (and carers) enable patients to live as independently as possible and give them choices regarding preferred place of care offer emergency respite to alleviate crisis situations <p>A pilot project was launched in 2012 to recruit, train and manage volunteers to work within Hospice at Home. Volunteers will provide simple care and social contact to patients and provide an opportunity for the unpaid carer to have time away from the caring role. For patients that live alone volunteers will supplement our staff by providing extra visits with the aim of befriending and supporting patients to remain at home longer avoiding hospital admissions and reducing their isolation. Hospice at Home staff and trained volunteers will also provide respite for carers to have a break without the worry of leaving the patient alone.</p>			

Summary of OBG funded services

Name of Organisation:	The WISH Centre	Name of Project:	ISVA -Sexual Violence Prevention, Advocacy and Support Service
Funding Allocated:	£30615.6	Expected Beneficiaries:	2000
INFORMATION FROM APPLICATION FORM			
Project Description			
<p>Provision of an Independent Sexual Violence Advocate (ISVA) with specialist prevention work, counselling and support for girls and women ages 12 upwards and boys who have experienced sexual violence. Outreach service in schools and agencies managing disclosures of sexual violence and access for young people to relevant services and advocacy within and outside the criminal justice system. Provision of specialist counselling support for victims of rape, sexual gang violence, sexual exploitation and other violence to keep them safe. Drop in's; targeted workshops in schools; awareness raising; specialist group work.</p> <p>Working in partnership with Harrow Police, Children's Services, schools and the Harrow Domestic and Sexual Violence partnership in response to local need for the service identified by these agencies.</p> <p>The ISVA will support victims to decide if they wish to report to the police and to provide information about the legal process and their rights. If a young person chooses to report the incident of sexual violence to the police the ISVA supports the young person in all stages of the legal process. For example, if the case goes to court, the ISVA can be present with the victim when they give evidence. The ISVA also works with victims who do not wish to report but who need help identifying what support they need. As such they will have the opportunity to talk about the situation in a safe space with someone who will not judge them. The ISVA will listen to the victim, conduct a needs assessment and assist them to gain support from other agencies where necessary for example housing, health, specialist counselling.</p> <p>The ISVA is a qualified accredited counsellor and is therefore able to provide one to one counselling for those young people who feel they need support to explore their traumatic experiences. The ISVA also offers a dedicated mobile and text support service should victims need to contact the ISVA for out of hours support or in times of crisis.</p>			