

**Targeted Finance Fund
2022-2023**
Report Author: Caroline Owen
CAOwen@carmarthenshire.gov.uk
Tel: 01269 590216

Budget Available - £68,901.24

1 of 1

Application Reference: TFF-22-06

Project Title	Llanelli Mind Hub
Applicant	Llanelli Mind
Ward	TYISHA
Key Account Management	<p>The Targeted Finance Fund is a discretionary fund available to Key Account Management (KAM) clients. For an organisation to become a KAM client they must be a third sector not for profit organisation that falls into one of the following 3 categories:</p> <ul style="list-style-type: none"> • Existing social enterprises that have the potential to grow, be sustainable and create employment ✓ • Emerging projects that have the potential to create jobs • Third sector organisations that deliver vital services within our communities ✓
Project Description	<p>Llanelli Mind have operated in Llanelli and surrounding villages for over 35 years, offering mental health and wellbeing support. During the pandemic they saw a surge in referrals with a 25% increase from children and young people, who revealed that they had felt loneliness, suicidal and had self-harmed, resulting in children and young people withdrawing, struggling with self-esteem and confidence, lacking motivation, sleep schedules disrupted and worrying about balancing schoolwork against home life. They were successful in securing funding from the Coop to deliver a children and young person's project to build upon young people's resilience.</p> <p>Space and a base have been an issue, pre pandemic they were renting a small building from CCC but were limited in what they could offer due to the size of rooms, also funding only allowed for limited opening hours.</p> <p>Llanelli Mind were extremely fortunate to receive a large bereavement donation and these funds were used in purchasing a much larger property, previously owned by Neath Port Talbot College in Inkerman Street, Llanelli and they have secured funding to extend their opening days and hours to provide a streamline service to those who need their support.</p> <p>The property was vacant for almost 4 years, which created issues, such as a leaking roof, causing some damp issues, the boilers, toilets, and radiators have also leaked and caused damage to flooring, walls etc. They require funding to help with some of the renovations and general repairs, also to install a user-friendly functional kitchen, purchase appliances, and fit carpets and non-slip flooring.</p>

	<p>This project will be set up to help as many people in the Community, equal to all, and we want to extend the reach offer more drop ins and set up several support groups as well as peer led groups. This hub will be all about building and connecting the community, it will be the heart of Llanelli offering a range of health & wellbeing activities based around the NHS 5 Steps to wellbeing.</p> <p>Funding will enable them to offer more creative and emotional support through arts and crafts, cooking and nutrition, exercise and walking group, men’s group, women’s group, children, and young people support sessions, hearing voices support, carers support, drop-in sessions, IT suite to help people learn new skills and become digitally included.</p> <p>They aim to explore new ways of providing non statutory local services, trial new and innovate ways of delivering social care within towns and rural communities, also focussing on peoples physical and mental health, to ensure people can access support services within town centres and rural areas to improve the health and wellbeing of the population of Carmarthenshire.</p> <p>They also intend setting up a bereavement group, for people who have lost loved ones during the pandemic and for those parents, spouses who have lost loved ones who completed suicide.</p> <p>This funding will help us make adaptations and uplifts to the current conditions of the building for people to attend a clean decorated warm friending environment whereby they will feel comfortable and want to attend a centre to receive some timely mental health and wellbeing.</p>
<p>Economic Benefit</p>	<ul style="list-style-type: none"> • Number of individuals into training/education – 1,000 • Number of individuals into volunteering - 30 • Number of community groups/organisations assisted - 1 • Number of social enterprises created - 0 • Number of jobs created – 2 • Number of jobs safeguarded - 2 • Public and private leverage funding - £25,000
<p>Total Project Cost</p> <p>Eligible Capital</p> <p>Eligible Revenue</p> <p>Ineligible Costs</p> <p>Amount and % of grant requested</p> <p>Match funding</p>	<p style="text-align: center;">£38,000.00 (Gross)</p> <p style="text-align: center;">£38,000.00 Refurbishments costs</p> <p style="text-align: center;">Nil</p> <p style="text-align: center;">Nil</p> <p style="text-align: center;">£13,000 @ 34.2%</p> <p style="text-align: center;">£25,000.00 Welsh Government CFP - secured</p>
<p>Cllr and Officer Consultations Undertaken</p>	<p>Consultation and discussions with:</p> <ul style="list-style-type: none"> • Michael O’Shea – Welsh Government • Cllr Suzy Curry • Cllr Terry Davies

**Evidence of Need /
Community
Engagement**

They conducted research in August 2021 called: Fighting for the Mental Health of people living in poverty.

The two-way relationship between poverty and mental health problems is well established and in a tough economic environment, the scale of this challenge is increasing rapidly. Many of the people Llanelli Mind already support is on low incomes, and they are already serving some of the most deprived communities in Wales. Further research was needed to fill gaps in knowledge; to understand people's experiences of current support and identify their preferences for them to know where their future activities were most needed.

Llanelli Town in particular Tyisha ward which is where the new property sits has been identified as one of the most deprived areas in the country, with both social-economic and environmental challenges. Other areas include surrounding villages within Carmarthenshire as the most deprived areas in Wales, which include those that live in following areas Glynamman, Brynamman, Crosshands, Gorslas, Cefineithin, Tumble, Pontyberem, Pontyates, Ponthenri, Carway, Trimsaran, Burryport, Kidwelly these areas throughout Carmarthenshire have a community wellbeing index score between 49 and 59.

Poverty is prevalent for those who have poor physical health and mental health and the main concerns highlighted throughout the villages of Carmarthenshire include access to healthcare, high prescription rates, lack of social space due to types of housing and crime within the community. Evidence gathered suggests people living in these areas are disadvantaged due to their geographical area.

Mind have identified three areas where insight is required to inform future work: who live in the community

- Experience - What are people's experiences in relation to the current support offer?
- Along with national Mind, held various mapping exercises with both external stakeholders and people who have been identified to use the service
- Preference- we asked what people want from future support? they held several online focus groups, a service user participation event and several in- depth interviews.
- Process- What can Mind learn from previous or existing service delivery? they collated both qualitative and quantitatively data

Studies have shown that peoples mental health and wellbeing has been significantly impacted due to covid 19, which has resulted in all ages withdrawing, struggling with self-esteem and confidence, lacking motivation, sleep schedules disrupted and worrying about balancing both school/college/ volunteer and paid work against home life.

They spoke to people living with mental health problems and experiencing poverty, a spread of ages from 16+, all with experience of a range of poor physical and/or mental health symptoms of varying severity living in both urban and rural areas in Carmarthenshire.

A combination of those who have received mental health support and those who have not A diverse spread of ethnicities, as there is evidence that some ethnicities are more likely to experience poverty all falling within the standard of poverty as per the Joseph Rowntree definition

	<p>Continued learning and evidence of need - Staff attended several webinars focusing on people with housing related issues and young people forums. Guest speakers included young people directly impacted by Covid-19 and for others, how service closures affected them.</p> <p>Peoples feedback to their current staff include</p> <ul style="list-style-type: none"> • What provisions and services they would like to see and be involved in • More direct access to support • Learn new skills including cooking on a budget, digital inclusion • Other courses to learn new techniques to build their confidence and self esteem • Meditation, Mindfulness five steps to wellbeing, tools they can call upon to help them process the pandemic and to support their development. <p>Throughout the last 12-20 months, to ensure there was an interest in this project, they listened to people's views and put their ideas into this proposal, adapting their current projects according to people's voices.</p> <p>They trialled the 5 steps to wellbeing, helping people try new things teach new techniques, focusing on healthy alternatives and living, introducing, and bringing diverse sectors and stakeholders together.</p> <p>They have encouraged people to learn innovative technology and online platforms, support all age groups, engaging the community in activities, including sponsored walk, three peaks challenge, fun days, litter picking, recycling, upcycling, dog walking, growing vegetables on allotments, food & mood activities.</p> <p>They believe the above shows a definite need and these will all help towards finding solutions to social, economic, and environmental challenges.</p>
<p>Contributing to key Strategies</p>	<p>Llanelli Mind is strategically important to the local economy, has growth plans in line with the Southwest Wales Economic Regeneration Strategy and Regional Learning Partnership Delivery Plan.</p> <p>Llanelli Mind aims to addresses many key priorities of local, regional, and national strategies:</p> <ul style="list-style-type: none"> • Carmarthenshire County Council Corporate strategy 2018-2023 • Waste Strategy 2016 - 2022 • Strategic Equality Plan 2020-24 • Equality Act 2010 • Carmarthenshire County Council Wellbeing Plan 2018 -2023 • Swansea Bay City Region Economic Regeneration Strategy 2013-2030 • Well-being of Future Generations (Wales) Act 2015 • Carmarthenshire's Economic Recovery and Delivery Plan • Welsh Language Standards (Welsh Language (Wales) Measure 2011) <p>Wales faces several challenges now and, in the future, the wellbeing of future generations Act was introduced as a law due to current crisis including climate change, poverty, health inequalities, jobs, and growth. To tackle these Llanelli Mind and other third sectors, local authority, local health boards need to work together to ensure they give current and future generations an excellent quality of life.</p>
<p>Ownership/Lease</p>	<p>Ownership</p>

<p>Business Plan/Officer Comments including details of support moving forward/next steps linked to growth and sustainability</p>	<p>There is no other service like they offer in the area, this funding will provide an opportunity for local people to gain volunteer experience and employment. They are a not-for-profit organisation which works to bring a positive change and build in resilience to the people of Llanelli and surrounding villages.</p> <p>They raise awareness and promote good mental wellbeing, have an exceptionally good reputation and the public raise funds to help them continue to offer support and provide opportunities for anyone seeking help or advice, supporting people from 11 years and upwards with no upper age limit.</p> <p>They have grown over the years with a work force of 33 paid staff, 30+ unpaid volunteers and ambassadors but do depend heavily on the generosity of the community and funding organisations for financial support.</p> <p>They continue to respond to the needs identified by the LA and current research studies with the hopes of being able to provide support and advice to a wider range of identified vulnerable people who have found themselves struggling, the project will build upon relationships with those who would ordinarily not reach out.</p> <p>They envisage, using the intelligence learnt from this study to gain further funding by holding community events throughout the period of the project to raise their profile, the services they provide and continued fundraising to ensure continued sustainability to deliver much needed services.</p>
<p>Recommendation</p>	<p>Award - £13,000.00</p>
<p>Subject to:</p>	