

Neighbourhood Mental Health Café

Grant Briefing

VAL is working in partnership with the Integrated Care Board (ICB) LLR to disseminate these grants to groups across Leicester Leicestershire and Rutland.

There are currently 25 Neighbourhood Mental Health Cafés across Leicester, Leicestershire & Rutland (LLR) delivered by a range of voluntary sector providers who have received grants to deliver these cafés in local areas, including at local community venues and universities. Drawing on lessons learned over the last year, the ICB are now looking for new applications to provide Mental Health Cafés in 6 specific locations, with a focus on understanding and meeting the needs of people based in these areas.

What is a Neighbourhood Mental Health Café?

Neighbourhood Mental Health Cafés are a safe supportive space for individuals to go to if they are struggling with their emotional and mental health. They are places that people can go to talk to someone about the issues affecting their mental health needs and subsequently be guided to appropriate additional support, either informally at the café or to more specialist mental health support.

Delivery objectives for a Neighbourhood Mental Health Café provider

- To provide a regular safe, friendly environment for individuals to drop in without the need to book an appointment
- To provide first line support to individuals who are experiencing a challenge that's impacting on their mental health
- To actively listen to individuals, understand their situation and guide them to the support that best matches their needs
- To escalate individuals to urgent support when required, with guidance from professionals at the LLR Mental Health Urgent Care Hub.
- To be person centred, supporting people to understand their strengths and the local resources they can use to tackle and cope with their challenges
- To provide appropriate activities and interventions according to the persons needs either in 1-2-1 situation or in groups
- To ensure the café supports the needs of individuals from communities facing health inequalities such as; individuals from Black, Asian or Minority Ethnic communities, the homeless, middle-aged men, domestic violence survivors, LGBTQ+, people with drug and/or alcohol dependency and the student population within LLR.

Best Practice for a Neighbourhood Mental Health Café

- Where appropriate providers follow up or support the service user to access other services.
- Support the service user to develop a plan that clearly states their goals and steps to overcome their challenges.
- The cafés should be staffed by recovery and peer support workers who have the skills and understanding to offer emotional and practical support, including signposting to other local services and agencies.
- Each Neighbourhood Mental Health Café should have a minimum of 3 support workers, who will have sensitivity to local communities and also be able to reflect the cultural and language needs of the local population.
- Be open access, no one will be turned away because they are not ill enough or too ill to access the cafés.
- Each Neighbourhood Mental Health Café will have a code of conduct, that will be discussed with each attendee upon arrival.
- The cafés will have policies and procedures related to day-to-day operations, risks and information governance.
- Where appropriate an individual will complete a short questionnaire about their mental health & well being.
- To involve and encourage support from families and wider social networks in supporting those attending, including providing information to carers.
- Neighbourhood variation needs to be considered, for each area that the cafés are delivered in to address inequalities in access, experience and outcomes of crisis care amongst different groups.
- Providers will be expected to collect routine monitoring information at the Cafés to build a clear understanding of the people who attend for support. This will be shared back monthly with commissioners.

A Neighbourhood Mental Health Café should:

- Be provided from venues in the local community with a safe and homely, environment. If you do not already operate from the premises in which you intend to deliver the Neighbourhood Mental Health Café, you must be able to demonstrate that a venue has been identified and negotiations for this space are sufficiently developed.
- Be accessible and operate from fixed locations; venues should be reachable by public transport.
- Be wheelchair friendly and accessible to all.
- Be able to provide a private and confidential space if required by the individual. Ideally people will not have to walk through a group activity to get to the private space.
- Take into account the local data when establishing their café which indicates 6pm-12am is the time of highest attendance at A & E (including the lead-in hours running up to this period).
- Make hot or cold refreshments available.
- Each provider will deliver 6 hours of support per week, ideally running two, 3 hour sessions.
- Remain open all working days of the year unless otherwise agreed with the funder.
- Applicants must specify the location that they will be delivering the Café from and be able to demonstrate that conversations and agreements are underway for the use of venues that are not their own.
- Cafés must be able to begin operation within a short time frame of award.

Locations

Applications will be welcomed from organisations who will deliver Cafés in one or more of the following locations/areas:

CITY
■ Leicester University
■ DeMontfort University
COUNTY
■ Loughborough University
■ Thurnby Lodge
■ Earl Shilton
■ Wigston
■ Melton

What support will I get as an organisation?

- A link to mental health services and clinicians who can provide support when the need arises
- Organisations will receive communications support for branding, launching and promoting their Café, however the organisation will still be responsible for reaching their beneficiaries and will be in charge of their own respective budgets.
- Regular provider network meetings to share best practice and learning with other providers
- Some training provision for providers including Decider Skills training.

What can I apply for?

- Funding up to £30,000 is available per café (Duration of 12 months) in the locations stated. It is expected that the majority of the budget is related to service delivery, and this will need to be reflected in applications
- Organisations are eligible to apply for funding to run more than one Neighbourhood Mental Health Café
- Please ensure you fill an individual application form for each café, however please submit them together considering any cost efficiencies of running multiple cafés on your budget.

For further information regarding any aspect of the grant please refer to our web-page:
<https://valonline.org.uk/neighbourhood-mental-health-Cafés/>

How do I know if I am eligible?

- Organisations are eligible to apply for a Neighbourhood Mental Health Café grant if they are a Voluntary Sector or not-for-profit organisation who is either registered with the Charity Commission or Companies House.
- Smaller organisations are eligible to be part of a larger partnership bid, however the lead applicant does need to be registered with one of the above regulatory bodies.
- Not for profit companies and social enterprises must have a minimum of 3 unrelated directors and clearly stated objects in their governing document.

What to submit and how?

Organisations should complete every question on the application form. Failure to complete all questions may result in your application being rejected.

Please submit or attach a copy of your governing document along with your application form.

Applications can be submitted:

By email to:	grants@valonline.org.uk
Or printed and posted to:	Heather Shawley Voluntary Action LeicesterShire 9 Newarke Street Leicester LE1 5SN

If you have any questions, please get in touch.

Please note: The Integrated Care Board LLR are responsible for the data monitoring and feedback for the duration of your grant.

Timeline & Dates:

Application Deadline

Wednesday 14 Feb 2024 - 5pm

Panel will convene

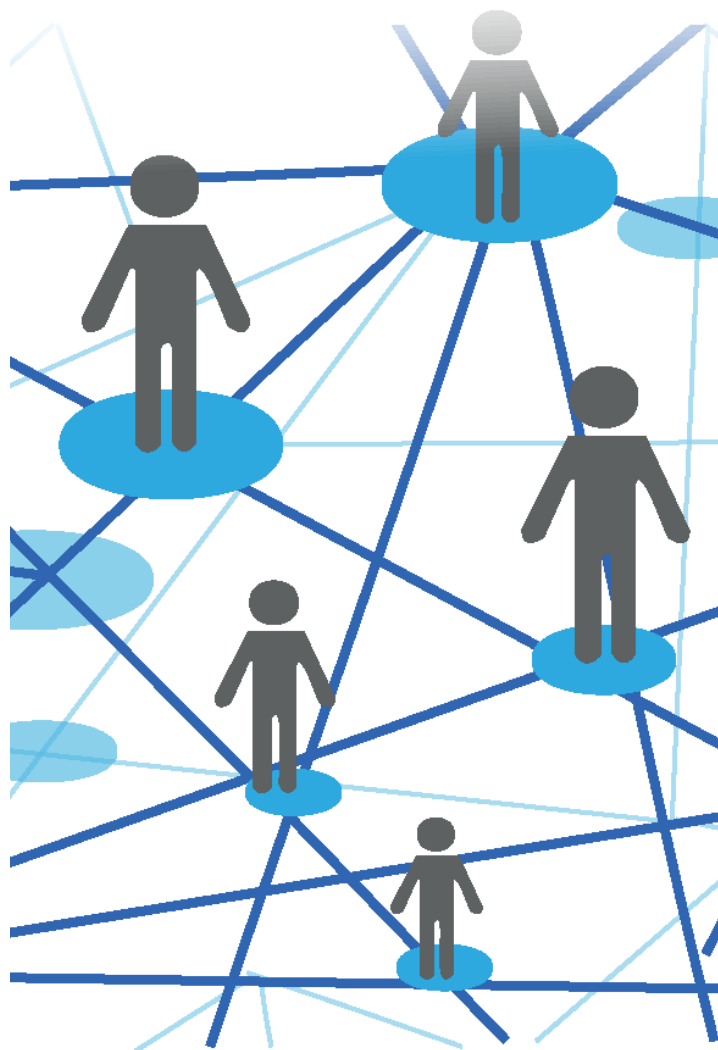
Early March

Grants to be awarded

March 2024

New Neighbourhood Mental Health Cafés

To go live April 2024



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NHS
**Leicester, Leicestershire
and Rutland**

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