

1. Group/Organisation Information

Group/Organisation name: ST MUNGO'S ACADEMY

Person Responsible: MAIRI SMITH / Paul McWatt

Address: CROWNPOINT ROAD, G40 2RA

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Is your group/organisation constituted? **NO**

If so, please give further information, ie. Charity Number etc.

If another organisation is supporting your proposal please give information below.

Organisation name:

Address:

Email:

Phone number:

Contact person:

Charity Number:

2. About your proposal (please feel free to add extra sheets if necessary)

Proposal title: YOUNG PEOPLE AND ADULT MENTAL HEALTH AMBASSADORS

Tell us about your proposal - What will be done, who will do it, where will it take place, how long will it run for, how do you know that it is needed?

Putting Children's Rights into Practice

Reflecting on the United Nations Convention on the Rights of the Child (specifically Articles 2, 3, 6, 12, 24 and 29) every young person has an entitlement to health care and education which allows them to develop fully to the best of their ability without discrimination. This aspiration fully underpins our application to empower adults and young people to work collaboratively to improve access to education through the promotion of mental wellbeing as a key driver to address the inequity of poorer outcomes of people from neighbourhoods with higher levels of poverty.

Mental Wellbeing and Resilience for Better Outcomes

Almost 90% of the young people at St Mungo's Academy live within the 20% most deprived neighbourhoods in Scotland (SIMD); many of these young people live within Calton Ward 9. There is a well-documented link between poverty, adversity and poor health outcomes, and this is evident in many of our young people and their families. This project would allow the school to develop an approach to promote health and resilience which is developed with our young people, delivered by our young people, for our young people, with the support of parents, staff and community partners. Promoting resilience through a peer and partnership support initiative would build capacity between school staff, parents and pupils, and partners within the local community. This capacity would support the development of personal resilience and health to make education more accessible and impactful, thus improving health, learning and employability outcomes.

Aspirations for the Funded Project

The proposal will allow an identified room within the school to be developed into 'Safe Space Hub' where young people can engage with peers, staff and partners in a calm and supportive environment. A capital investment to develop and decorate this room will allow the project to be used sustainably beyond the funding period. Recruited young people, staff, parents and community partners would undertake 'Mental Health First Aid' training and 'Safe Talk' training to be able to raise awareness of mental health issues, and support young people to be able to recognise and respond positively to any concerns. It is hoped that funding from this proposal would be able to support 5 periods of training for each programme to ensure enough people can then continue the project sustainably through ongoing recruitment and training of further ambassadors. Funding would also be used to purchase marketing materials to ensure the visibility and communication of the project and its impact.

The project would run for an initial period of 1 year, with the human and physical resources required to ensure sustainability for successive years to come.

Who in Calton Ward will benefit, and how?

Pupils, families, parents, staff and community partners associated with St Mungo's Academy within Calton Ward 9 would benefit from this project.

- Pupil and adult ambassadors would develop the skills of peer mentoring for mental health and wellbeing which could be deployed within the school and the local area
- Young people receiving the peer and adult support of the programme would improve their understanding of mental health and how to support mental wellbeing
- The school community would benefit from a Safe Space Hub which could support school and community participants to engage in collaboration within the school setting
- Families would benefit from training as Ambassadors or through engagement with peer and adult mentors
- Local partners would benefit from better understanding of the challenges facing young people through closer collaboration

Start date: May 2019

End date: June 2020

3. About your proposal costs

Please split your costs into:

- a) Capital (ie. Building costs, equipment)
- b) Operating/revenue (ie staff costs, running costs)

Please note that capital costs cannot be more than £62, 500 and operating/revenue costs cannot be more than £10, 000.

	Item	Cost
Capital costs	<ul style="list-style-type: none"> • Preparation of the Safe Space Hub (room) <ul style="list-style-type: none"> ○ Removal of current class-based shelving/drawers ○ Removal of 1 sink and boxing pipes ○ Replace sink unit with home-style kitchen units ○ Half-room carpet; half-room linoleum ○ Remove wall panels and paint/paper ○ Soft lighting – from ceiling? ○ Free-standing lighting (& LEDS) ○ Coat stand ○ <u>Living room space-</u> ○ LCD panel; ○ 4x 2-seater sofas; ○ 4x 1 seat sofa chairs; ○ curtains/fabric; ○ rug; cushions; ○ coffee table ○ <u>Kitchen space-</u> ○ dining table and chairs ○ microwave ○ kitchen storage ○ utensils ○ emerser urn ○ Soft space- ○ swing chair- ○ 4 x bean bags ○ lava lamps ○ plants ○ posters ○ Resources 	<p>£33,000 (for removal, replacement and decoration)</p> <p>£100</p> <p>£50</p> <p>£300</p> <p>£1500</p> <p>£800</p> <p>£150</p> <p>£200</p> <p>£100</p> <p>£475</p> <p>£60</p> <p>£200</p> <p>£40</p> <p>£80</p> <p>£200</p> <p>£200</p> <p>£100</p> <p>£60</p> <p>£50</p> <p>£400</p>
Operating costs	<p>5 x Mental Health First Aid Training for Young People (15 participants; SEE ME Scotland)</p> <p>5 x Safe Talk Training (15 participants; SEE ME Scotland)</p> <p>5 x Assist Suicide Training (24 participants; SEE ME Scotland)</p>	<p>£3,500</p> <p>£1,000</p> <p>£2500</p>

	Ambassador materials: 50 X Hoodies 300X Lanyards 300X Badges Marketing and communication: - Pull-up banners - Posters - Leaflets/Flyers - Business Cards £200 Hospitality costs (tea, coffee etc)	£1000 £300 £1000 £450 £150 £100 £100 £200
TOTAL BUDGET		£48,365

Have you secured, or applied for, any other funding to deliver the proposed project? **NO**

Please let us know more about other funding you have, are applying for, or are expecting to have?

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5 Does your organisation or group have a bank account with a least 2 unrelated signatories?

Yes

6 Are the staff and any volunteers who will be involved in delivering this proposal (if it was chosen through the public vote to be funded) registered with the Protecting Vulnerable Groups Scheme?

Yes

7 Do you have adequate insurance cover for this proposal?

Yes

8 Your Declaration

If this proposal is funded, I will take full responsibility for the payment made on behalf of all those involved.

Signature: 

Date:25.02.19.....

Please return all completed forms to: RIlett@cpagscotland.org.uk (note the R and I are capital letters, the rest is lower case)

or by mail to: Rosie Ilett, Child Poverty Action Group in Scotland, Unit 9 Ladywell Business Centre,
94 Duke Street, Glasgow G4 0UW

If you need any help – please phone Rosie on 0141 406 5050 or 0141 552 3303 – leave message if needed.

