



Forum Area or Division:	Carlisle - Petteiril Community Panel
Reference:	CCGA/2010-24
Group Name:	Spiral
Community Development Officer:	Jackie Hayhow
Community Development Assistant:	Joanne McKenna
Amount Requested:	£9,000.00
Total Project Cost:	£22,841.00

APPLICATION REPORT

Application Summary

Spiral is a charity which works with young people aged 8-25 and guardians of young people facing various issues related to bullying, including those vulnerable to bullying behavior. The young people, staff, and volunteers work with are experiencing increased anger, low mood, and anxious thoughts; these are all factors that can lead to bullying behavior and becoming a target of bullying. The approach adopted by staff and trained volunteers at Spiral is to provide psychoeducation to young people enabling them to gain knowledge on their and their peers developing brain and learn how to manage difficult and overwhelming emotions.

This project is funded by Cumbria community Foundation and is coming up to its third year. I am applying for funding towards staff members hours, to increase their hours 8 a week, 16 hours are funded through the Cumbria Community Foundation. The employee has recently finished studying a degree in psychology at the University of Cumbria and has completed their taking level 2 in Youth Work.

Preventing the effects: This project provides emotional coaching via Teams and face-to-face for young people aged 8-25 who are facing issues around bullying, as young people are wanting more face-to-face this is becoming more time consuming and staffing hours need to be increased. The emotional coaching is client centered and can last between 2-8 sessions, depending on the service offered and the need of the young person, the employee or volunteer will work with young people who are vulnerable to bullying related issues and being bullied, and bullying.

Structure of the 1:1s:

Initial meeting – find out more about the young person and their situation. If the young person is not suitable for Spiral they will be supported to access another service.

Session 1:

On the first session, the assessment, goals, and evaluation forms are completed. It is important that goals are set as this provides structure to the sessions, ensures the work in 1:1s are within Spiral's structure for this project (what is funded), and to measure outcomes clearly.

Sessions:

This is the space where they can work creatively with the young person, as long as it is within Spiral structure of self, for the safety of both staff and the young person. This will be done by adding clarifying and directional structures like purpose, and vision, or by adding simple organisational structures like better planning, and mental/emotional flexibility and adaptability through openness, acceptance, and non-judgment.

Last session:

On the last session staff spend time with the young person, celebrating what they have achieved and look at the sessions as a whole.

1. Area to continue development

2. Triggers (active thoughts, feelings, and situations)
3. Warning signs (thoughts, feelings, and behaviors)
4. Self-care (activities that can be done to maintain well-being)
5. Coping strategies (skills that help you manage problems, situations)

The context of the coaching will include and encourage the young person to explore the body's natural responses to understand how the brain and body develops and responds to stressful situations, explore the anatomy of emotion, learn approaches to understand behavior and make changes, realistic goal setting, as well as mindfulness and various techniques to self-soothe.

Structure of drop-in sessions:

The employee will work online or in person with 2 young people at separate times, on a set afternoon or morning which ever is agreed with the school. The T-grow model will be used during the session to get a clear direction. The young person can come back to check-in with the her on their progress up to 3 times, if they do return this allows her to talk over barriers that came up and how to move around them.

This will be done in areas where young people are more vulnerable.

Local young people will benefit from this service are young people in the Carlisle West and Petteiril area. Moving forward into year 3 of the project the hope is to continue to maintain the waiting list no higher than 4 months and deliver drop-in sessions to young people in the Petteiril area. The funding from Cumbria Community Foundation was to cover Carlisle and Eden, coming into the final year of the project referrals have been paused from the Eden area due to an increased demand on the service in Carlisle.

As a charity Spiral are there to fill a gap that statutory bodies do not meet. Working with young people at a prevention level gives the tools to support themselves, before it gets to the point of the young person needing more intense / therapeutic support through statutory services.

An employee provided drop-in sessions in 2023 in Newtown School, below is some feedback from a staff member;

'Linda's sessions supported many of our pupils over many weeks at Newtown. Our children benefitted from 1-1 sessions with her, as and when necessary to support their emotional health and well being. She provided many children with a variety of strategies to use to manage in a range of situations. We were very grateful for the support in school and could definitely see the benefit/impact that it had for many of our pupils. Greatly appreciated.'

Through providing drop-ins and emotional coaching, Spiral want to continue to reach the outcomes provided in Spiral's summary report 2023.

To round-up what the 4 main outcomes are:

1. The young person can manage overwhelming emotions and tricky situations - anger, bullying
2. The young person is less likely to act on impulse
3. the young person feels more confident within themselves
4. increased participation

Schools which Spiral will continue to work in are; Richard Rose Morton and Central Academy, Newtown School, Newman School, and Petteiril bank School. School's which Spiral are delivering 'think before you send' workshops in to raise awareness of Spiral and the services we provide; St Cuthberts, Caldew Lea, and Belle Vue School. As well as working in those school's staff and volunteers meet with young people in Spiral's office, they meet with young people within the Petteiril and Carlisle West catchment area, as they are not in education or only attending part time. One young person living in the Raffles area attending Richard Rose, was not in education, after attending 6 sessions and Mum also received support from Spiral due to the stress, the young person is now in back in full time education. I also went to the Pink with the you g person and they started to use this service also.

Key Themes Met

Petteiril - Children and Young People and emotional/Wellbeing/Mental Health.

West - anti-social behavior

Within Spiral's external report from 2023 of which is available it indicates that the most common issues in young people are anger, self-confidence, and worries. After young people have attended sessions the report shows that 'It has made me less worried', 'helped me with feelings' and 'helped me to be more confident in daily life and encouraged me to do more activities out of school'.

Spiral is the only charity that specialises in targeted work with young people experiencing bullying. The emotional coaching currently offered has been developed over the years to target bullying related issues therefor making it a unique service. I can also confidently say that the people that are connected to spiral genuinely care about the growth and development of the organisation.

Due to the demand of drop ins - Spiral are looking to relocate to a larger premises.

Spiral receive funding from Cumbria Youth Alliance, Co-op, FCST, Lottery.

Number of People Benefiting

10- 50

Breakdown of Project Costs

£22,841.00 total cost of salary increased for 12 months

looking for £9,000.00 to cover the short fall from 8 hours to 16 hours to help with the demand of referrals within the area

Previous CCC Funding

£4605 - 2022 'preventing the effects £1,045 -2022 training

Grant Amount Recommended

4,000.00

Officer comments

Investment recommendation

Carlisle west - £4,000.00 - to be confirmed

Petteril - £4,000.00

Due to the demand of referrals from schools, organisations as a one off support on the proviso they look for additional funding for future years

Comments from Elected Member(s) / Neighbourhood Forum / Grant Panel

Member Signature:

Date: