


Commissioner Decision Report 12 th April 2016	 TOWER HAMLETS
Report of: Luke Addams, Director	Classification: [Unrestricted]
Mental Health User Led Grants Programme Recommendations	

Originating Officer(s)	Carrie Kilpatrick/Caroline Billington
Wards affected	All wards
Key Decision?	Yes
Community Plan Theme	A safe and cohesive community

Executive Summary

The Tower Hamlets Mental Health user led grants programme enables user led groups to provide a wide range of social and therapeutic activities to promote social inclusion, well-being, and independence for people with mental health problems aged over 18.

User led groups are at the heart of the Council’s strategy to develop services that give more choice and control to service users. In particular the Health and Wellbeing Board Strategy places a significant emphasis on the fact that service users have told us that they want more choice and control over services.

The mental health user led grants programme is aligned with the delivery of the Mental Health Council Wide Strategy and facilitates the delivery of a number of core commitments within the strategy action plan. User Led groups deliver preventive services which increase wellbeing and keep people out hospital.¹ They are effective value-for-money ways of keeping people well in the community.² Local JSNA data supports the success of the Tower Hamlets preventative approach in keeping people with mental health problems well in the community, thus preventing more acute and costly care and support needs.

The grant scheme has been running for 8 years and has steadily increased the level of peer support available in Tower Hamlets. The scheme invites small user-led groups for people with mental health problems to apply for a maximum grant of £5,000 per year to develop peer support networks.

Funding for the 2016/17 grant programme was secured at Commissioners’ Decision Making Meeting on 12th January 2016 where it was recommended that the commencement of the 2016/17 Mental Health User Led grants programme be

¹ Repper, J and Carter T.(2011). ‘A review of the literature on peer support in mental health Services.’ Journal of Mental Health, August 2011; 20(4): 392–411

² http://www.centreformentalhealth.org.uk/news/2013_peer_support_workers.aspx

approved at the current level of spend of £85, 500.

The scheme was advertised in January 2016 inviting applications for the period April 2016 to March 2017. In total 36 applications were received; 24 from existing groups and 12 from new groups ranging from £1,940 to £5000. This paper recommends awards to 31 groups, with 5 groups not recommended for award due to not meeting the grant criteria.

The successful applications will ensure the availability of a range of new and existing opportunities for mental health service users across the borough. This includes health and fitness, music and choirs, rambling, healthy eating, martial arts, social outings and networking to reduce isolation, photography, arts and crafts.

Recommendations:

The Commissioners are recommended to:

1. Approve the proposed awards of small grants to independent user led groups at a total value of £90, 838 per annum, in line with the individual decisions detailed in the body of this report.

Awards will be on the basis that there will be no right of appeal against the refusal of a grant and that grants approved must clearly state the purpose for which the funding is being given.

1. REASONS FOR THE GRANT PROGRAMME

- 1.1 Annual funding of the user led groups has proved immensely beneficial to the large majority of service users who use user led groups; with service users reporting that they feel very positive about their involvement in either facilitating groups or being an active member. Mental Health user led groups are becoming increasingly popular year on year, as they enable service users to take active control of meeting their own needs, to be innovative and creative in doing so, and to develop new skills and knowledge in the process.
- 1.2 User Led groups deliver preventive services which increase wellbeing and keep people out hospital.³ They are effective value-for-money ways of keeping people well in the community.⁴ Local JSNA data supports the success of the Tower Hamlets preventative approach in keeping people with mental health problems well in the community thus preventing more acute and costly care and support needs.
- 1.3 At a cost of £ £90,838 the programme presents good value for money in

³ Repper, J and Carter T.(2011). 'A review of the literature on peer support in mental health Services.' Journal of Mental Health, August 2011; 20(4): 392–411

⁴ http://www.centreformentalhealth.org.uk/news/2013_peer_support_workers.aspx

terms of the quality and the volume of services delivered; enabling us to meet key priorities stated within the Tower Hamlets Mental Health strategy to:

- Reduce stigma and discrimination by offering alternatives to traditional segregated services;
- Support people to take control of their lives;
- Ensure that people are able to access support easily; and
- Promote service user involvement in developing and improving services.

2. ALTERNATIVE OPTIONS

- 2.1 The user led group grant schemes continue to be an innovative approach to enabling peer groups to support recovery and improve well-being for participants. The grant scheme assists groups to reach up to 1000 members each year.
- 2.2 Taking into consideration the continued success and impact of the scheme no other viable options have currently been identified to create similar or better outcomes with the funding available.

3. BACKGROUND

- 3.1 The Tower Hamlets Mental Health user led grants programme funds user led groups to provide a wide range of social and therapeutic activities to promote social inclusion, well-being, and independence for people with mental health problems aged over 18. A significant proportion meet out of usual office hours, including evenings and weekends and so provide social support when other services are not available. They provide targeted support to a wide range of communities across the borough including some of our most vulnerable and hard-to-reach communities.
- 3.2 Funding for the 2016/17 grant programme was secured at Commissioners' Decision Making Meeting on 12th January 2016 where it was recommended that the commencement of the 2016/17 Mental Health User Led grants programme be approved at the current level of spend of £85, 500 for a 12 month period. These are renewable for a further year dependent on performance. The framework for the programme has been refined for 2016/17 to reflect the Authority's wider approach to grant programmes.
- 3.3 Grant applications were requested for a maximum of up to £5,000 per group. The mental health user led grants budget is held by the Adult Services Directorate within its Mental Health Commissioning budget.
- 3.4 To qualify for a grant groups have to be led by a person or people with a mental health problem. When a group of service users have ideas on how

their social care needs could be better or more creatively met, through the user-led grant process, they therefore have the opportunity to apply for funding to realise their ideas in practice.

3.5 Groups are currently offered support with the administrative and organisational aspects of running a group, along with help solving problems as they arise, through a separately commissioned Support User Network (SUN Network) coordinated by Community Options, a local third sector organisation specialising in mental health.

3.6 User-led services provide many benefits which have an impact on our strategic priorities such as:

- Intrinsic value for the individual involved, for example, increased confidence in social situations and reduced social isolation;
- Increased capacity of services, for example, by using service users' lived experience, time, skills, resources and networks we are providing a higher amount of higher quality services; and
- Monetary value, for example, preventing more acute needs arising and so reducing the use of expensive crisis services.⁵

3.7 User led groups are at the heart of the Council's strategy to develop services that give more choice and control to service users. In particular the Health and Wellbeing Board Mental Health Strategy places a significant emphasis on the fact that service users have told us that they want more choice and control over services. A high proportion of the funded user-led groups have been established over the past eight years, with the firm foundation that they actively encourage and promote healthy lifestyles, focus on health promotion and endorse a positive outlook on the lives of service users through physical exercise and alternative therapies. The purpose of the grants scheme is to:

- Increase numbers of people with mental health problems involved in delivering services and/or activities
- Increase number of people in user group leader/involvement roles achieve personal goals and aspirations
- Increase levels of peer support available in community settings

4 Mental Health User Led Grant Programme 2016/17

4.1 Based on the approach used in 2013/14 and 2014/15, an advert was published in East End Life on 25th January 2016 with closing date of 22nd February. (See Appendix 2 and 3 for published advert and timetable).

The process was also promoted during, and prior to the advert going to print, via the Community Options User Involvement Project, to ensure that all service users expressing an interest in applying for funding were aware of the

⁵ http://www.neweconomics.org/page/-/publications/Co-Production_web.pdf

forthcoming application process. In addition, the process was promoted within the SUN Network meetings organised by Community Options.

- 4.2 The advert highlighted the 'eligibility' criterion which is fundamental to the evaluation process. Applicants were requested to demonstrate how the grant would be used to address the listed criteria:
- a. Support residents of Tower Hamlets with identified mental health needs aged over 18
 - b. Be led by mental health service users
 - i) Existing funded groups:- to demonstrate performance (track record) of being a user-led group.
 - ii) New groups:- to demonstrate experience or aspiration for being a user-led group
 - c. Provide peer support, therapeutic or social activities
 - d. Provide a quality service to an active membership
 - e. Priority will be given to groups that provide activities that take place out of hours
 - f. Priority will be given to groups that target users who are currently under represented in the overall funding scheme
 - g. Priority will be given to groups who demonstrate a commitment to the agreed outcomes and outputs
 - h. Priority will be given to groups who demonstrate a commitment to sustainable development
- 4.3 Facilitators were also asked to commit to 4 training sessions in 2016/17 that would be designed around the needs of the groups and the future skill requirements of facilitators. This new requirement was a result of research undertaken for the previous report which stated that groups run by trained peers were more beneficial.⁶
- 4.4 Interested parties were sent an application pack containing the following:
- Application Timetable
 - Funding Application Process Flowchart
 - Guidance notes and eligibility criteria for applicants
 - Application Form for the 2014-16 Small Grants User-Led Groups
 - Draft Terms and Conditions of Grant
 - Copy of the Mental Health User-Led Group 'Quarterly Activities Return,' 'Quarterly Financial Return' and 'Individual Outcomes' forms
- 4.5 Applicants were asked to submit a i) completed application form, ii) a 12 month activity plan and iii) a 12 month budget.
- 4.6 Support from *Community Options* was available throughout the application process including guidance on how to complete the application form, activity plan and budget.
As part of the current Community Options Service User Involvement Project (SUIP), LBTH and the NHS Tower Hamlets CCG jointly commission a

⁶ https://www.nesta.org.uk/sites/default/files/peer_support_-_what_is_it_and_does_it_work.pdf

Development Worker who offers assistance and support to groups with the applications process. The Development Worker was also able arrange interpretation services for the groups, as and when requested.

5 Evaluation and Award Recommendations

- 5.1 An evaluation panel was convened to carry out interviews and agree recommendations at the end of the evaluation process. This consisted of:
- A member of the Council and Tower Hamlets CCG Mental Health and Joint Commissioning Team
 - The Community Options Service User Involvement Project Development Worker
 - The Senior Operational Lead from Adult Mental Health Services, and
 - A service user representative from Newham
- 5.2 In recommending the awards, priority was given to groups who demonstrated their commitment to future sustainability and independence. Groups were asked to demonstrate how they would use the 2016/17 funding to prepare the groups for a future reduction of grant resources.
- 5.3 All grant applications were assessed against minimum grant requirements including the use of council buildings to provide the service. All organisations recommended who use a council building to provide the service have an agreed, up-to-date lease in place
- 5.4 Priority was also given to groups who demonstrated a commitment to the new agreed outcomes:
- **I feel more supported because of the group.**
(For example, people have shared information and experiences with you, listened, talked and related to you about your problems)
 - **I feel more positive about the future because of the group** (For example, you feel more optimistic, hopeful, motivated, purposeful and can think about activities, planning changes, goals or achievements)
 - **I feel less socially isolated because of the group** (For example, you know you are not alone and feel socially included and involved)
 - **I feel I have developed because of the group.** For example, taking up new interests and skills, growing more confident, sharing responsibility.
 - **I can better manage my mental health problems because of the group.**
- 5.5 In order to develop these new outcomes and their correspondent monitoring requirement a coproduction approach was taken as follows:
- December 2015 – a Public Health Graduate Placement undertook research into the benefits of user led grants and options to measure these benefits
 - January 2016 – Research information was shared at two separate events open to all the group attendees in order to identify and

coproduce outcomes that are applicable to all groups and suggestions for ways of measuring them. A neutral facilitator was brought in to insure equal input from all the service users, commissioners and other stakeholders.

- January 2016 – Decision making meeting with group facilitators coproduced the new monitoring material intended to measure the new outcomes.
- January 2016 – Draft monitoring materials were shared with the SUN network for amendment before inclusion in the application pack (see appendix 5)

5.6 New applicants and those where further clarification was required were invited to a face to face interview with the panel. There were 16 face to face interviews and 3 telephone interviews.

6 Award Recommendations

6.1 In total 36 applications were received which included 24 from existing groups and 12 from new groups. Of these 31 are recommended for award.

In general the quality of applications was good and the majority of applicants demonstrated commitment to the new outcomes and innovation in regards to preparing for future sustainability. New applications have increased the variety of our offer, notably in relation to music which had recently been missing now the groups include a choir, a band and a music group which learn song writing.

6.2 Table of Recommended Groups:

Name	Original bid	Recommended award
Aspire 2	£2,200	£1,800
Asumjwe	£4,900	£3,900
BSAMG	£5,000	£2,944
Burcham St Gardens	£2,500	£2,500
Café Nia	£5,000	£4,351
Expressions with Art	£4,800	£4,800
Feel Good Friday	£4,800	£4,321
HUSH	£4,989	£4,739
Handy Crafts	£3,720	£2,971
Health fitness Group	£4,000	£3,062
KUSHI	£3,310	£1,971
New start Pamper Group	£3,540	£3,111
Ocean Somali Womens Group	£5,000	£4,235
Performance Arts & Cinema Club	£4,700	£2,366
SUNDAY Lunch Club	£4,420	£2,754
Thai Boxing Fighter Academy	£5,000	£5,000
UPBEAT	£4,990	£1,424

Name	Original bid	Recommended award
Urban Rambling	£2,070	£911
Vietnamese Mental Health Society	£4,186	£3,596
Sohba Taiba (Good Friendship)	£3,800	£2,750
Peace of Mind Group	£3,500	£1,424
Mindfulness Photography	£4,000	£1,424
BOYAAN	£4,861	£3,269
Cool To Believe	£1,940	£1,690
Evening Music Group	£2,500	£2,500
Mind Wanderers	£2,950	£2,031
Melody Makers Music Group	£3,969	£3,169
Phoenix	£3,000	£3,000
The Songbirds	£3,995	£3,995
Time to Talk Peer Support	£3,160	£2,810
Voices Within	£2,020	£2,020
Total	£118,820	£90,838

- 6.3 In line with the eligibility rules for the scheme a total of 19 applications from the recommended groups will provide activities out of hours when most services are closed.
- 6.4 In total 8 applications from under-represented groups have been recommended for funding. This includes:
- Bangladeshi Women x2
 - Bangladeshi Men X 2
 - Afro-Caribbean Mixed
 - Arab Women
 - Vietnamese Men
 - Somali Women
- 6.5 There were 11 applications from groups that use Bowhaven as their base, and 5 from groups that use MIND in Tower Hamlets and Newham as their base (Open House). Bowhaven and MIND are two of the primary providers of voluntary sector mental health support in the borough, with Bowhaven historically being a user-led organisation itself. In 2013, an evaluation of Bowhaven took place, which found it to be a highly effective and cost effective service. Mind (<http://www.mithn.org.uk/>) is a major provider of voluntary sector services for people with mental health problems in the borough. Both Bowhaven and MIND provide space for user led groups to meet on their premises. These groups are accessible to all residents of Tower Hamlets from across the borough, and provide many of their activities in community locations across the entire borough, including cafes, cinemas, gyms
- 6.6 The geographical distribution of the group addresses is broadly in line with the distribution of mental health need across the borough. This is demonstrated by the maps and supporting information in Appendix Four and Five:

- Appendix Five: demonstrates the distribution of mental health service users in receipt of commissioned social care from the Council. This demonstrates the fact that the greater use of commissioned social care by people with mental health problems in the borough, is in the north west and centre of the borough. There are a number of supported accommodation schemes and hostels for people with mental health problems in these areas, which accounts for the high use of commissioned social care. A separate map of these services is available on request
- As seen in Appendix Four and Five the Vietnamese Mental Health Society takes place in a centre just outside of the borders of Tower Hamlets. Everyone who attends this group is a Tower Hamlets resident. This particular venue is used for its particular cultural and community benefits.

6.7 Notwithstanding the above, it should be noted that the actual address of the group submitted is in many cases not the sole location from which activities take place: Many groups provide activities that take place across the borough, through visits to the cinema, gyms, cafes etc

6.8 All successful groups will be required to submit quarterly monitoring returns (individual outcomes, qualitative and financial) as well as attend a minimum of one quarterly training session designed specifically for Group Facilitators.

6.9 Returns will be actively monitored to ensure groups are delivering and working towards their agreed outcomes within the means available, ensuring that new members are taken aboard and the maximum number of members benefit from the funding allocated.

The performance of all groups will be reviewed at the end of 2016/17 as a condition of receipt of the grant in year two.

6.10 In total 31 applications passed the selection criteria and were agreed for grant award. However, the total of their request was £118,820 which exceeds the total budget by £33,320. Therefore, a number of criteria were applied in determining the amount of grant funding per application resulting in the majority of the groups not receiving the amount they had requested:

A. Applying a VFM funding ceiling based on the mean average of cost per person per session

There is a vast disparity in terms of cost per person per session. The groups deliver sessions ranging from just over £3 per person to more than £40 per person. This is based on attendance figures projected from Q1 and 2 in 2015/16. The mean average cost for a person to attend a session is £11.87 whilst the median is £9.49. In order to secure value for money and achieve more equitable distribution of resources the mean average was applied as a funding ceiling to all the groups.

As a result 5 groups had their grant application amended to reflect the average cost per person per session.

B. Limiting funding for categories considered as not essential to the core work of the groups

The primary purpose of the groups is peer support. The 2016/17 funding envelope necessitates a prioritising of the core needs of the groups. This includes accommodation and activities central to the group such as supplies for the art/craft groups, gym entrance for fitness groups. The reduction was strategically targeted at the two highest categories: food and social outings. We did not refuse to fund these categories as they can be beneficial; however, a limit was imposed as follows:

- Funding for food limited to the mean average of £551 per year. One exception to this is the Sunday Lunch club whose primary purpose is providing food. NB attendees also contribute a sum to this.
- Funding for additional activities (such as trips to theme parks, expensive leisure activities, and unsubsidised cultural activities) are limited as the benefits could arguably be achieved through alternate, more cost effective means. It will be limited to the mean average of £450 per year.

C. Limiting the funding of groups who were unable to claim their grant funding in previous years

Two groups were previously awarded grant funding however were unable to take this up due to reasons outside of their control. As a way of ensuring their continuity whilst limiting the risk to the programme we are recommending a reduced grant award in the first year. Alongside this we will work with the group to ensure mechanisms are now in place to enable them to manage the grant through Community bank accounts and financial hosting by a 3rd sector partner.

7. Groups not recommended for funding

- 7.1 Applications from groups who did not meet the minimum performance criteria in 2015 were also excluded.
- 7.2 One such criterion was attendance at the Service User Network meetings during 2015/16 grant programme. These meetings enable groups to share best practice, challenges and access support. 3 existing groups failed to attend any of the 5 meetings of the 2015/16 period (see appendix 4) and as such failed to meet this grant criterion.
- 7.3 Applications which were not complete and/or clearly failed to meet eligibility and application process requirements were also deemed to be unsuccessful. The full list of Groups not recommended for funding is listed in the table below:

Name	Grant requested	Reason for not recommending
BYM	£4,800	Non-compliance
Stifford Centre	£4,970	Non-compliance
Thursday Group	£4,954	Non-compliance
Golden Moon Youth Project	£4,500	2015 removal of funding
Positive Easts Re-Mind Wellbeing Group	£4,712	Failure to meet grant criteria

- 7.4 The impact of not funding existing groups will be the likely closure of these groups. One of these groups has been running since the start of the User Led Grant Programme and has a high level of attendance. However, there will be 31 alternate groups to attend which offer similar activities such as cultural visits and health related activities. One of the existing groups works with Bangladeshi women however there are 2 other Bangladeshi women's groups.

8. COMMENTS OF THE CHIEF FINANCE OFFICER

- 8.1 This report recommends awards totalling £90,838 to the organisations listed at 6.2. This will be funded from the Mental Health budget within the Adults directorate in 2016/17.

9. LEGAL COMMENTS

The Council's Relevant Powers and Duties

- 9.1 The Health and Social Care Act 2012 ("the 2012 Act") makes it a requirement for the Council to establish a Health and Wellbeing Board. Section 193 of the 2012 Act inserts a new s116A into the Local Government and Public Involvement in Health Act 2007, which places a duty on the Health and Wellbeing Board to prepare a joint strategic health and wellbeing strategy in respect of the locals needs identified in the Joint Strategic Needs Assessment, so that future commissioning/policy decisions are based on evidence. The duty to prepare this plan falls on local authorities and the Clinical Commissioning Group, but must be discharged by the Health and Wellbeing Board.
- 9.2 Under Sections 1-7 of the Care Act 2014 the Council has a number of general duties, including to promote an individual's well-being relating to their physical and mental health, emotional well-being and personal dignity. It places a duty on the Council to co-operate generally with those it considers appropriate who are engaged in the Council's area relating to adults with needs for care and support, and there is a general duty to prevent needs for care and support

from developing. Section 8 provides that those needs may be met in a number of ways, including providing advice and information, and that the Council may arrange for those services to be met by another person.

Grants

- 9.3 There is no strict legal definition of grant. However, a grant is in the nature of a gift and is based in trust law. There will be many grants which are made by the Council for the purpose of discharging one of its statutory duties. However, as a grant is in the nature of a gift, it is considered there must be some element of discretion on the part of the Council as grantor as to whom a grant is made to and whether this is made. If the Council is under a legal duty to provide a payment to a specific individual or organisation, and cannot lawfully elect not to make such a payment, then that should not amount to a grant.
- 9.4 The power of the Commissioners to make decisions in relation to grants arises from directions made by the Secretary of State on 17 December 2014 pursuant to powers under sections 15(5) and 15(6) of the Local Government Act 1999 (the Directions). Paragraph 4(ii) and Annex B of the Directions together provide that, until 31 March 2017, the Council's functions in relation to grants will be exercised by appointed Commissioners, acting jointly or severally. This is subject to an exception in relation to grants made under section 24 of the Housing Grants, Construction and Regeneration Act 1996, for the purposes of section 23 of that Act (disabled facilities grant).
- 9.5 The wording used by the Directions is that the Commissioners will exercise the power "relating to the making of grants under any statutory power or duty". There is no definition of grant given under the directions and therefore, the assumption must be that a grant is that which would be deemed to be a grant under the law.
- 9.6 The proposed grants may be supported by the Council's general power of competence. Section 1 of the Localism Act 2011 gives the Council a general power of competence to do anything that individuals generally may do, subject to specified restrictions and limitations imposed by other statutes.
- 9.7 The Council has a duty under the Local Government Act 1999 to make arrangements to secure continuous improvement in the way in which its functions are exercised, having regard to a combination of economy, efficiency and effectiveness. This is referred to as the Council's best value duty. For the short term pending new arrangements for the provision of services it is considered that the continuation of the present arrangements provides value for money for the reasons specified in the report. Best Value considerations have also been addressed in paragraph 7 of the report.
- 9.8 The Council must operate a fair and open application procedure to process a request to obtain funding. Requests for grant funding should ordinarily be measured against a predetermined set of criteria and the criteria themselves must be fair and transparent.

- 9.9 The grant agreement should include a clear monitoring process against defined parameters in order for the Council to demonstrate either: that delivery is in line with the application and, therefore, the grant achieved its purpose; or provide clear delineation where outcomes were not achieved and the reasons for such failure are apparent. Monitoring should therefore include measuring performance against the expected outcomes.
- 9.10 When implementing the scheme, the Council must ensure that no part of the funds issued represents a profit element to any of the recipients. The inclusion of profit or the opportunity of making a profit from the grant or third parties indicates that the grant is really procurement activity and would otherwise be subject to the Council's Procurement Procedures and other appropriate domestic and European law. This would mean therefore, that the Council would have failed to abide by the appropriate internal procedures and external law applicable to such purchases.
- 9.11 All the proposed grants appear to fall under the *de minimis* threshold for the purposes of European restrictions on State aid.
- 9.12 When making grants decisions, the Council must have due regard to the need to eliminate unlawful conduct under the Equality Act 2010, the need to advance equality of opportunity and the need to foster good relations between persons who share a protected characteristic and those who do not (the public sector equality duty). A proportionate level of equality analysis is required to discharge the duty and information relevant to this is contained in the One Tower Hamlets section of the report.

10. ONE TOWER HAMLETS CONSIDERATIONS

- 10.1 An original driver of the programme was to target individuals with mental health support needs from vulnerable and hard to reach communities. Some communities have high levels of mental health problems but because of stigma and a lack of culturally appropriate services often only access services at point of crisis.
- 10.2 The aim of this programme is to provide accessible, preventative services which harness the resources of the communities and to prevent mental health problems from escalating.
- 10.3 The previous paper showed the diversity of attendance at the user led groups from a variety of different group's representative of Tower Hamlets ethnic makeup. This is a result of the policy to encourage service users from these communities to lead their own groups that both meet culturally specific needs and are accessible to their community networks. The grants process specifically targets communities who are currently underrepresented to apply for grants and is able therefore to be flexible in response to any identified gaps or changing demographic needs.

- 10.4 A number of areas outlined within 'A healthy community' are endorsed and promoted through the funding of the user-led groups. A high proportion of the existing funded groups promote healthy eating, alternative therapies and physical exercise which clearly evidences positive effects on group members. This in turn has enabled members to look at their lifestyles holistically and improve, enhance and develop other areas of their lives which have a direct impact on their mental wellbeing.
- 10.5 There have also been a number of members who have felt confident enough to cease attending the groups and who have progressed onto volunteering and training opportunities. This not only gives confidence to the member/s who have moved-on and progressed, but also to existing members who may see this as direct encouragement and an insight into opportunities which they may not have necessarily have known about prior to being a group member.

11. BEST VALUE (BV) IMPLICATIONS

- 11.1 The best value duty is a duty to "make arrangements to secure continuous improvement in the way in which its functions are exercised, having regard to a combination of economy, efficiency and effectiveness." The Mental Health User Led Grants Programme demonstrates economy and efficiency in that it will significantly improve and increase the range and quality of services.
- 11.2 The Mental Health User Led Grants programme delivers a high volume of support within a limited envelope. This is demonstrated in relation to:
- the number of workshops delivered by the service;
 - the number of people who attend these workshops;
 - the choice and variety of different workshops and activities;
 - the ability of the groups to offer services to hard to reach communities;
 - the capacity to include people with multiple and complex needs; and,
 - the equal geographical distribution of groups in relation to need in the borough.
- 11.3 The User Led Grants Programme is effective in that it enables us to meet priorities stated within the Tower Hamlets Mental Health strategy to:
- Reduce stigma and discrimination by offering alternatives to traditional segregated services
 - Support people to take control of their lives
 - Ensure that people are able to access support easily
 - Promote service user involvement in developing and improving Services.
- 11.4 User Led groups deliver preventive services which increase wellbeing and keep people out hospital. They are effective value-for-money ways of keeping people well in the community. Local JSNA data supports the success of the Tower Hamlets preventative approach in keeping people with mental health problems well in the community thus preventing more acute and costly care and support needs.

12. SUSTAINABLE ACTION FOR A GREENER ENVIRONMENT

The proposals within the report do not specifically contribute to a sustainable environment nor identify any environmental implications. Authors should explain how the proposals in the report will contribute to a sustainable environment and/or identify any environmental implications of the proposals and the action proposed to address these.

13. RISK MANAGEMENT IMPLICATIONS

- 13.1 The increased focus on outcome, independence and sustainability will be a challenge for some of the service user groups with its accompanying increased responsibility. We will mitigate this risk by:
- Coproducing the mandatory outcomes and measurements with the groups to agree reasonable requirements
 - Providing a tiered level of support from the Recovery and Wellbeing service that will develop sustainability within the groups and capacity to access alternative funding
 - Supporting the introduction of any new monitoring mechanism and the attainment of the quality assurance standard
 - Providing training and skills development courses at the Recovery to support the pathway for group leaders

14. CRIME AND DISORDER REDUCTION IMPLICATIONS

By promoting and supporting recovery focused activities, the proposals seek to enable people to achieve their full potential encouraging participation in meaningful activities and reducing risk of criminal activity and anti-social behaviour.

15. SAFEGUARDING IMPLICATIONS

- 15.1 Through the safeguarding training and ongoing support this programme is building understanding and capacity within the mental health service user community. This will enable them to better manage safeguarding issues amongst peers who otherwise may not have engaged with mainstream services. All support and training will be driven by Tower Hamlets Safeguarding strategies and procedures.

Linked Reports, Appendices and Background Documents

Linked Report

- List any linked reports [if Exempt, Forward Plan entry MUST warn of that]
- State NONE if none.

Appendices

- Appendix 1: Summary of Evaluation against the Award Criterion
- Appendix 2: East End Life Advert published 25/01/2016
- Appendix 3: Application Timetable
- Appendix 4: Grant locations in relation to mental health service users who receive commissioned social care
- Appendix 5: User Led Group Locations

Background Documents – Local Authorities (Executive Arrangements)(Access to Information)(England) Regulations 2012

- List any background documents not already in the public domain including officer contact information.
- These must be sent to Democratic Services with the report
- State NONE if none.

Officer contact details for documents:

Or state N/A

Summary of Evaluation against the Award Criterion

Name	Original bid	Recommended award	Compliance with previous grant conditions	Under represented group	Out of Hours	Outcomes	Sustainability	Engagement	New members	equalities	User Led
Aspire 2	£2,200	£1,800									
Asumjwe	£4,900	£3,900		Afro Carib Women	7pm wed/ weekend						
BYM	£4,800	Not recommended		Bangladeshi Women							
BSAMG	£5,000	£2,944		Bangladeshi men	Sunday						
Burcham St Gardens	£2,500	£2,500			Saturday						
Café Nia	£5,000	£4,351		Arfro Carib Mixed	regular weekend events						
Expressions with Art	£4,800	£4,800			eve						
Feel Good Friday	£4,800	£4,321									
HUSH	£4,989	£4,739			4-7 Friday						
Handy Crafts	£3,720	£2,971									
Health fitness Group	£4,000	£3,062			sat 12pm						
KUSHI	£3,310	£1,971		Bangladeshi women							

New start Pamper Group	£3,540	£3,111									
Ocean Somali Womens Group	£5,000	£4,235		Somali women							
Performance Arts & Cinema Club	£4,700	£2,366									
Stifford Centre	£4,970	Not recommended			£4,970						
SUNDAY Lunch Club	£4,420	£2,754									
Thai Boxing Fighter Academy	£5,000	£5,000									
Thursday Group	£4,954	Not recommended									
UPBEAT	£4,990	£1,424									
Urban Rambling	£2,070	£911									
Vietnamese Mental Health Society	£4,186	£3,596		Vietnaamese men							
Sohba Taiba (Good Friendship)	£3,800	£2,750		Arabic Women							
Peace of Mind Group	£3,500	£1,424		Bangladeshi men							
Mindfulness Photography	£4,000	£1,424									
BOYAAN	£4,861	£3,269	new	Bangladeshi women							
Cool To Believe	£1,940	£1,690	new						NA		
Evening Music Group	£2,500	£2,500	new								

Golden Moon Youth Project	£4,500	Not recommended	failed 2015 review								
Mind Wanderers	£2,950	£2,031	new								
Melody Makers Music Group	£3,969	£3,169	new								
Phoenix	£3,000	£3,000	new								
Positive Easts Re-Mind Wellbeing Group	£4,712	Not recommended	new								
The Songbirds	£3,995	£3,995	new								
Time to Talk Peer Support	£3,160	£2,810	new								
Voices Within	£2,020	£2,020	new								
Total	£118,820	£90,838									

East End Life Advert published 25/01/2016

2016-17: Small Grants for Mental Health User-Led Groups

APPLICATIONS ARE REQUESTED FOR MENTAL HEALTH USER-LED GROUP FUNDING.

To be eligible for a grant, your group must:

- a. Support residents of Tower Hamlets with identified mental health needs aged over 18
- b. Be led by mental health service users
 - i) Existing funded groups:- to demonstrate performance (track record) of being a user-led group.
 - ii) New groups:- to demonstrate experience or aspiration for being a user-led group
- c. Provide peer support, therapeutic or social activities
- d. Provide a quality service to an active membership
- e. Priority will be given to groups that provide activities that take place out of hours
- f. Priority will be given to groups that target users who are currently under represented in the overall funding scheme
- g. Priority will be given to groups who demonstrate a commitment to the agreed outcomes and outputs
- h. Priority will be given to groups who demonstrate a commitment to sustainable development

The maximum grant award to any user-led group is £5,000. Please note due to a finite budget for the small grants, the level of grant awards to successful groups will depend on the number of total applications.

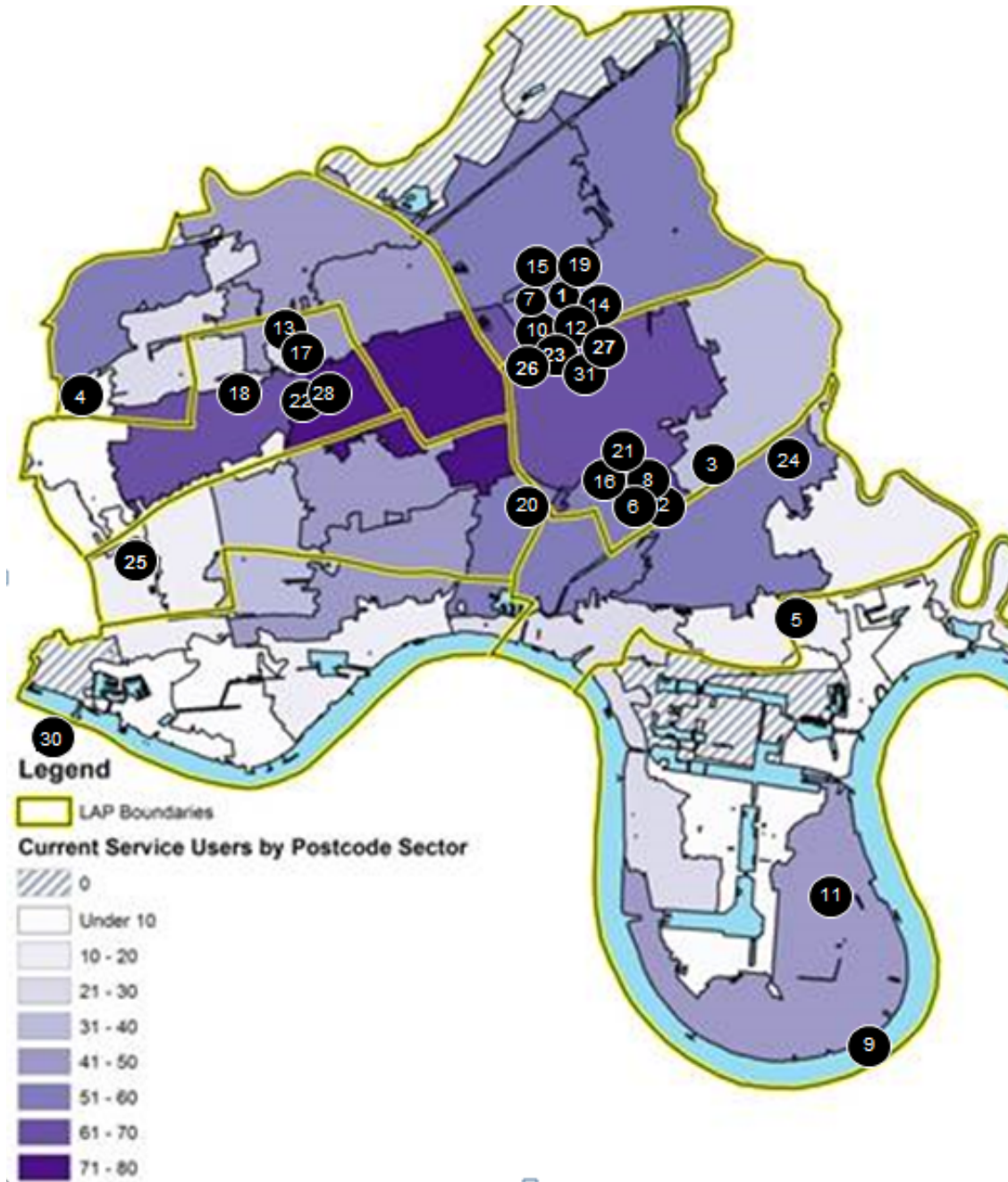
Deadline for returning all small grants application is Monday 22nd February 2016.

Application Timetable**Small Grants for Mental Health User-Led Groups****Application Timetable 2016-17 Funding**

25 th January 2016	Advert goes into East End Life and via SUN network
Monday 22 nd February 2016 at 5pm	Deadline for return of all funding Applications to be emailed to: Ambia.Khatun@community-options.org.uk or posted to: Ambia Khatun Central Working, 83-89 Mile End Road, London, Whitechapel, E1 4UJ
Start: 23 rd February 2016	Assessment of applications
24 th , 25 th , 26 th February 2016	Telephone / meetings with new and/or existing applicants where necessary
12 th April 2016	LBTH –Commissioner Decision Making in Public
15 th April 2016	Award confirmation letters to successful applicants
22 nd April 2016	Successful applicants to return Signed Terms and Conditions and to confirm bank details
Start 29 th April 2016	Authorised payment to successful groups subject to the receipt of signed Terms and Conditions and confirmation of bank details
<p>For further information about the applications' process, you can contact:</p> <p>Ambia Khatun - Development Worker at Community Options Central Working, 83-89 Mile End Road, London, Whitechapel, E1 4UJ 020 8313 9725 or 07703472588 Ambia.Khatun@community-options.org.uk</p>	

Grant locations in relation to mental health service users who receive commissioned social care

Framework i Cases flagged with Mental Health Issues and Currently Using Services



9

Grant Location

User Led Group Locations

Map ref.	Name of Group	Community focus of group	Primary Base [post code]	Meeting Location	Funding 2014-15	Funding Request 2016-17	Grant Recommendation 2016-17
1)	Aspire2	All TH citizens	E5 5EU	Bow haven; William Place; Roman Road; London E3 5EU	£2,772	£2,200	£1,800
2)	Asumjwe	Female - African Caribbean TH Citizens	E3 4DA	Open House 13 Whitethorn St., E3 4DA	£3,582	£4,900	£3,900
3)	Bangladeshi South Asian Men's Group [BSAMG]	Bangladeshi - All TH citizens	E3 3PX	All Hallows Church, Blackthorn Street, London E3 3PX	£3,601	£5,000	£2,944
4)	BOYAAN	Bangladeshi Women	E2 7EY	St Hilda's East Community Centre, 18 Club Row, London, E2 7EY	NEW	£4,861	£3,269
5)	Burcham Street Gardeners	All TH Citizens	E14 0SH	Burcham Street Centre, 96 Burcham Street E14 0SH	£1,558	£2,500	£2,500
6)	Café Nia	African-Caribbean - TH citizens	E3 4DA	Open House 13 Whitethorn Street E3 4DA	£3,625	£5,000	£4,351

Map ref.	Name of Group	Community focus of group	Primary Base [post code]	Meeting Location	Funding 2014-15	Funding Request 2016-17	Grant Recommendation 2016-17
7)	Cool to Believe	All TH citizens	E3 5EU	Bow haven; William Place; Roman Road; London E3 5EU	NEW	£1,940	£1,690
8)	Evening Music Group	All TH citizens	E3 4DA	Open House 13 Whitethorn Street E3 4DA	NEW	£2,500	£2,500
9)	Expression with Art	All TH citizens	E14 3BN	Christ Church Manchester Road London E14 3BN	£3,592	£4,800	£4,800
10)	Feel Good Friday	All TH citizens	E3 5ED	Bow Haven, William Place Centre, Roman Rd, E3 5EU	£2,576	£4,800	£4,321
11)	H.U.S.H [Hidden Universe of Self-Harm]	All TH citizens	E14 8JT	Barkingtine Café, Barkingtine Health Centre, Westferry Road, E14	£3,280	£4,989	£4,739
12)	Handy Crafts	All TH citizens	E3 5ED	Bow Haven, William Place Centre, Roman Rd, E3 5EU	£2,484	£3,720	£2,971
13)	Health & Fitness (Out of Hours) Group	All TH citizens	E2 9PJ	Meet at York Hall, 5-15 Old Ford Road, Bethnal Green E2 9PJ	£2,900	£4,000	£3,062
14)	KUSHI	Female - Bangladeshi / Indian - All TH citizens	E3 5ED	Bow Haven, William Place Centre, Roman Rd, E3 5EU	£2,959	£3,310	£1,971

Map ref.	Name of Group	Community focus of group	Primary Base [post code]	Meeting Location	Funding 2014-15	Funding Request 2016-17	Grant Recommendation 2016-17
15)	Melody Makers Music Group	All TH citizens	E3 5EU	Bow Haven, William Place Centre, Roman Rd, E3 5EU	NEW	£3,969	£3,169
16)	Mindfulness Photography	All TH Citizens	E3 4DA	Open House 13 Whitethorn St., E3 4DA	£2,900	£4,000	£1,424
17)	Mind Wanderers	All TH citizens	E2 9PL	St. Margaret's House 21 Old Ford Road Bethnal Green E2 9PL	NEW	£2,950	£2,031
18)	Muay Thai Boxing	All TH citizens	E3 4DA	Oxford House, Derbyshire Street, Bethnal Green London E2 6HG	£3,625	£5000	£5000
19)	New start Pamper Group	Female - All TH citizens	E3 5ED	Bow Haven, William Place Centre, Roman Rd, E3 5EU	£3,318	£3,540	£3,111
20)	Ocean Somali Women Group	Somali women	E3 4AA	420-421 Rail Archways, Burdett Road E3 4AA	£3,604	£5,000	£4,235
21)	Peace of Mind Group	Bangladeshi Men	E3 4DA	Open House 13 Whitethorn St., E3 4DA	NEW	£3,500	£1,424
22)	Performance Arts & Cinema Club	All TH citizens	E2 6JY	Beside, 3 Birbeck Street, London E2 6JY	£3,480	£4,700	£2,366
23)	Phoenix	All TH citizens	E3 5ED	Bow Haven, William Place Centre, Roman Rd, E3 5EU	NEW	£3,000	£3,000

Map ref.	Name of Group	Community focus of group	Primary Base [post code]	Meeting Location	Funding 2014-15	Funding Request 2016-17	Grant Recommendation 2016-17
24)	Sohba Taiba (Good Friendship)	Arab Residents	E3 3LL	Marnier Centre, Devas Street, London E3 3LL, Idea Store	£3,625	£3,800	£2,750
25)	Songbirds	All TH citizens	E1 7AJ	Toynbee Hall, 52 Old Castle Street, London, E1 7AJ	NEW	£3,995	£3,995
26)	SUNDAY Lunch Club	All TH citizens	E3 5EU	Bow haven; William Place; Roman Road; London E3 5EU	£3,436	£4,420	£2,754
27)	Time to Talk Peer Support	All TH citizens	E3 5EU	Bow haven; William Place; Roman Road; London E3 5EU	NEW	£3,160	£2,810
28)	UPBEAT	All TH citizens	E2 0EA	PRHA, 458 Bethnal Green Road, E2 0EA	£3,204	£4,990	£1,424
29)	Urban Rambling	All TH citizens	Various depending on walk route	Various locations	£1,667	£2,070	£911
30)	Vietnamese Mental Health Society	Vietnamese TH citizens	SE1 2XF	25 Fair Street; London SE1 2XF	£3,625	£4,186	£3,596
31)	Voices Within	All TH citizens	E3 5EU	Bow Haven, William Place Centre, Roman Rd, E3 5EU	NEW	£2,020	£2,020