

Lancashire County Council
Champions Approval of Expenditure - Non Key Decision

Champion for Mental Health – Application for Funding, March 2022:

- Spring into Action

Contact for further information:

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Executive Summary

The Champion for Mental Health proposes to fund the organisation as set out in the report accordingly.

Decision to be taken

The Director of Corporate Services is requested to approve the contribution of £1000 to Spring into Action towards the cost of materials to deliver their sessions.

Information:

The role of Champion was first established in 2002 and the county council currently has six Champions, whose role is to support the Leader and individual Cabinet Members within their individual remits.

The six Champions are as follows:

- Young People
- Older People
- Parishes
- Disabled People
- Armed Forces and Veterans
- Mental Health

Each Champion has been given an annual allocation of £10,000 for use at their discretion to finance their activities, to which any unspent balance up to a maximum of £2,500 from the previous financial year could be added, giving a maximum budget of £12,500 in any one financial year.

The Champion for Mental Health has indicated his proposal to provide funding towards the cost of supporting this project.

Spring into Action are a group of volunteer friendship and relationship ambassadors who have learning disabilities and/or autism.

They have undertaken volunteer training throughout 2020 after applying to become ambassadors for Spring into Action's Meet N Match project. They have been delivering friendship workshops to their peers and to social workers and NHS staff via zoom.

They also organised an online peer support group, but this was difficult to run as an online session. They recognise the importance of having friends and that this is good for mental health and wellbeing. In September 2021, we were given the opportunity to undertake a Wellbeing Challenge with Lancashire Mind. This is a 12-week mental health course. The course helped them to understand the five 5 ways to wellbeing and they learned about stress and common mental health issues, as well as skills such as teamwork, timekeeping and communication skills.

From this they have developed sessions that promote positive mental health and wellbeing using art as the tool. They have developed six workshops, including zen doodling, mood boards and puppet making. They would like to go out and deliver sessions to their peers, that is other people who have a learning disability or autistic adults.

The funding requested will be spent on all relevant materials, admin support, volunteer travel and marketing.

Implications:

This item has the following implications, as indicated:

Risk management

No significant risks have been identified in relation to the proposals contained within this report.

Financial: The cost of the proposal follows accordingly:

- £1,000 Spring into Action

The total cost of £1,000 can be met from the allocation available in the budget to report the activities of the Champion for Mental Health People. The current unallocated balance in the fund (including carry forward from previous years) is £2,280. The approval of the proposal in this report will leave a balance of £1,280.