

COMMITTEE: CENTRAL AREA **REF NO:** CAC/23/03

DATE: 21 JUNE 2023

SUBJECT: FUNDING REQUEST – INSIDE OUT
COMMUNITY

REPORT AUTHOR: BETH ROBINSON

SENIOR OFFICER: ROBIN PAYNE

<p><i>Short description of report content and the decision requested:</i></p> <p>This report requests that the Central Area Committee consider allocating £4,995 to Inside Out Community (Inside Out) to contribute to the costs of 25 creative workshops for one year, aimed at supporting the mental health and wellbeing of individuals from multiple demographics. Workshops will involve visual arts, music, creative writing, dance and performing arts, taking place bi-weekly or weekly depending on the time of year.</p>
<p><i>List of Appendices included in this report:</i></p> <p>a) Appendix 1 - Completed Application</p>
<p><i>This report has been prepared by Beth Robinson,</i> <i>Tel: 01473 432837</i> <i>Email: beth.robinson@ipswich.gov.uk</i></p>
<p><u><i>This report was prepared after consultation with:</i></u></p> <p><i>Internal consultees</i></p> <p><i>External consultees</i></p> <p><u><i>The following policies form a context to this report:</i></u> <i>(all relevant policies must also be referred to in the body of the report)</i> <i>Building a Better Ipswich</i></p>

1. Item of business and issues for consideration

- 1.1 To consider the application of Inside Out Community and decide whether to agree:
- i) Option 1 - Fund the total amount requested.
 - ii) Option 2 - Fund a lesser amount to the amount requested.
 - iii) Option 3 - Not fund.
- 1.2 The Committee will make its decision based on whether the application meets the funding criteria and the funds available to the Committee.
- 1.3 Inside Out run creative workshops led by self-employed artists, with the intent of supporting vulnerable individuals struggling with their Mental Health. Members are referred by the NHS, partner organisations or through self-referral.
- 1.4 Inside Out utilise the power of creativity for prevention and management of mental health, with creative activities mitigating the detrimental impact of stressful environments and reverse negative health impacts of living or growing up. Services promote mental health and wellbeing, tackle disadvantage, promote community cohesion, and develop sustainable and supportive communities.
- 1.5 Inside Out have worked with more than 10 ethnically diverse communities, and aim to reach those most marginalised, including LGBTQ+ people, older people who otherwise have less access to limited provisions in the area, and those of low socio-economic status.
- 1.6 Inside Out have consulted 40 service users, who report success in managing sedentary behaviours and getting back into an active social life with the help of the workshops, as these also offer peer support, supplemented with a members growth pathway for members to progress as volunteers, artists, staff, and Trustees themselves.
- 1.7 Inside Out are creating an internal consulting committee and are experiencing an increased demand for their services.
- 1.8 This project will enable Inside Out to run 25 creative workshops from July 2023-July 2024. These will take place in Eastern Angles and target Central Ipswich residents from this area, from 2-4pm on Wednesday and 11am- 1pm on Fridays. Occasionally and subject to activity, other Central venues such as Dance East and Ipswich Library will be used. They will be weekly or bi-weekly depending on the time of year, e.g., with half terms/holidays.
- 1.9 The workshops will be aimed at adults, with some specific sessions aimed at those aged 18-25 and those aged 60 and over.

- 1.10 There will be 100 service user beneficiaries from the project, with hopes to further these numbers through outreach, by linking with current and new partners, and via a creative ambassador's outreach programme.
- 1.11 Workshops will be free for participants, with the option to donate if they wish.
- 1.12 Artists who support the running of the sessions are sourced locally in Central Ipswich and within the target demographic, as are volunteers.
- 1.13 Current partners total 20+, including Ipswich Romanian Community, Ipswich Sikh Community, Ipswich Community Media, Karibu, University Job Centre, Dance East, NHS - NSFT, Suffolk Black Forum and more.
- 1.14 Inside Out also participate in local and annual festivals to showcase their work and promote their services, including Indian Mela, BSC Multicultural Festival, LGBTQ+ month, Black history month Mental Health awareness week, and more.
- 1.15 Inside Out was awarded the Queen's award for voluntary service in 2021 and Pride in Practice GOLD award in 2023.

2. Links to Area Action Plan

- 2.1 Department of Communities and Local Government - Domains of Deprivation:
 - **Education, Skills, and Training**, which is an Area Action Plan priority.
 - **Health and Disability**, which is an Area Action Plan Priority.
 - **Barriers to Housing and Services**
- 2.2 Building a Better Ipswich underlying principles:
 - **A Healthy Community**, which is an Area Action Plan priority.
 - **An enjoyable place to live, work and study.**

3. Financial implications

- 3.1 There is £14,552 remaining unallocated in the Central Area Committee's budget, which is available to fund grant applications.
- 3.2 Cost breakdown:

Description of expenditure		Cost (£)
Venue Hire		3,000.00
Material costs		500.00
Hiring Professional artists and logistical support		3,500.00
Total project costs		£7,000
Total requested from Area Committees	North East	N/A
	North West	N/A
	Central	£4,995
	South East	N/A
	South West	N/A
	TOTAL	£4,995

- 3.3 Inside Out have also received £2,000 from the Evdeмония Fund towards this project, covering costs in its entirety.
- 3.4 Inside Out will continue to apply to other grant schemes, attend fundraising events, and use crowdfunding and member donations to meet increasing need, develop new accompanying projects, and ensure sustainability after this funding has been spent.

4. Legal Implications

- 4.1 The Council has the power to make grants to community projects through the Area Committees. The Area Committees have delegated Executive powers and devolved budgets.
- 4.2 Area Committees have the power to award grants in accordance with part 3, section 2 of the Council's Constitution i.e., the Area Committee terms of reference.
- 4.3 Inside Out Community (registered Charity no.1136104), has provided its constitution, named officers, proof of bank account, year-end accounts, and safeguarding policy as required by the Area Committee Funding Guidelines.

5. Risks considered

Risk Description	Consequence of risk	Risk Controls	Probability of risk occurring taking account of controls (1: almost impossible - 6: very high)	Impact of risk, if it occurred taking account of actions (1: negligible - 4: catastrophic)
Safeguarding risk, especially of adults in Mental Health Crisis	Emotional or physical harm to individual	Safeguarding system Records check on staff and volunteers. Liaison with Mental Health Services	3	3
Actions to mitigate risk	Inside Out operate a safeguarding system and work in close liaison with NHS services such as NSFT and Woodlands Inpatient facility in Ipswich. They have trained mental health practitioners to offer support to those in crisis, with clear referral pathways in conjunction with their specialist partner organisations.			

Maintaining staff with increased demand for services	Lower capacity to run the service	Development of new pathways	2	2
Actions to mitigate risk	Inside Out have developed a 'member growth pathway' to encourage internal development of service users to maintain interest, and their partnership work continues to expand and recruit new staff members/volunteers.			

6. Options

- 6.1 Option 1 – Approve allocation of funding of £4,995 to Inside Out Community.
- 6.2 Option 2 – Approve allocation of less than £4,995 as contribution to the same.
- 6.3 Option 3 – Do not fund.

7. Record of Decision taken

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8. Exemption from call in (if applicable)

I certify that this decision is urgent and therefore exempt from call-in for the following reasons:

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Signed.....

Chair of the Area Committee