

HeadsUp Project Coordinator Background Paper August 2019

About Mind in Harrow

We are an independent charity affiliated to national Mind. Established in 1969, every year we help 7,500¹ adults disadvantaged by mental ill-health be it depression, anxiety, bi-polar disorder or complex dual diagnosis support needs – towards recovery and a more fulfilling life. We passionately believe no one should have to face a mental health problem alone and provide the highest quality culturally-appropriate services to challenge mental health stigma & ensure the views of those with lived experience are heard by decision makers. Our 12+ services include:-

Therapeutic Support - Every year 1500 people use our Talking Therapies Service and 6000 contact our unique Helpline/Info Service for crisis information & support.

Improved Well Being - Our trained volunteers befriend 20 of Harrow's most vulnerable experiencing mental ill health. Now in its 21st year, our flagship Stepping Stones educational/leisure courses supports 230pa. Our Mindkit Project engaged 3000 young people in 'strategies for mental health management' workshops

Peer Involvement - Our 600-strong Harrow User Group(HUG) is England's largest/most active service user/ peer-led group. In a recent survey 94% of HUG users said HUG significantly supports their mental health recovery.

BAME/Refugee Projects – Keeping pace with Harrow's changing population, we currently have 2 ethnic specific projects including our unique project - England's only Somali Advocacy Project

Mind in Harrow is a dynamic and creative independent local mental health charity affiliated to national Mind, with a strong user empowerment ethos. We currently employ a team of 30 full and part-time staff and over 100 volunteers supporting 2,500 users per annum. We have a mix of funding sources totalling £0.8M: NHS, local authority grants and contracts, personal budget purchases, grants from Lottery and charitable trusts, charity shop and community fundraising. We have achieved the top level 3 award for the Mind Quality Mark, our national quality assurance audit. Mind in Harrow offices are located close to the Metropolitan line Harrow-on-the-Hill tube station.

Our values

Mind in Harrow wants to make a long-term lasting difference through **hope**.

- **holistic**: We see the whole person, not just their symptoms.
- **outreach**: We innovate at the grassroots of our diverse local community.
- **people**: We create change together with people, not for them.
- **expertise**: We are a local charity with national mental health expertise.

The current management style is collaborative and consultative, with a strong emphasis on high quality service delivery and reflective practice, supported by regular supervision for all staff. We offer all staff flexible working, an individual training budget and occupational pension scheme.

Heads Up Project 2018 - present day

The Heads Up project has been grant funded by the City Bridge Trust for three years from January 2018 to December 2020.

Heads Up is an innovative three year project aimed at young people between the ages of 13 and 25. Through the provision of wellbeing sessions, the project helps young people increase their understanding, skills and approaches to support their mental wellbeing. It also helps build young people's resilience to manage the challenges of life.

We train, equip and support people with personal experience of mental health problems to provide Wellbeing Sessions for young people. The sessions will be delivered in schools, colleges, youth centres and other settings for young people. Where appropriate they will also be tailored for delivery to minority groups.

HeadsUp is a consortium partnership made up of five organisations, each with an evidenced track record of supporting young people with mental health problems, have formed a pioneering consortium to provide culturally-appropriate and specialist mental health support for young people (aged 14-25) resulting in their improved mental health.

The HeadsUp Consortium comprises a specialist & seamless mental health service to support marginalised & disadvantaged Londoners in Harrow reduce the mental health inequalities they face. Providing simple and easy access to those who are vulnerable to mental ill-health the consortium aims to

- recognise Harrow's diverse young community is best served by a choice of specialist services at diverse access points to ensure we engage 'upstream' with the hardest to reach
- develop an approach starting with input from the young person's perspective to overcome barriers to their engagement

- provide specialist mental health support including peer-led, therapeutic and group sessions for young people with severe, moderate and lower level/emotional mental health issues
- Invest in a model of 'early intervention' to improve young people's skills and resilience to cope with the challenges of life.

Head for Work Coordinator Role

The full-time post holder will have operational responsibility for the Heads Up project, which will include:

- Coordinating the delivery of a peer volunteer run workshop programme to offer outreach and early intervention for young people aged 13 – 25 to improve mental health coping strategies and self care.
- Being responsible for recruiting and training volunteers to support and deliver peer led training sessions to schools, colleges, youth centres within the borough.
- To coordinate with four consortium partner organisations to offer seamless access for young people to specialist mental health support.
- To develop bespoke training for external providers
- Project marketing, evaluation and developing strategic partnerships.

Notable successes in recent years

Some achievements of Mind in Harrow include:

- We are cited along with our Head for Work Project as a best practice case example in an ACAS report 2016 'Management of Mental Health at Work':
<http://www.acas.org.uk/index.aspx?articleid=1900>
- We are leading a partnership consortium of 5 local charities to offer a new Support & Wellbeing Information Service for Harrow (SWiSH) to help over 15,000 residents, commissioned by Harrow Council.
- We are cited as a best practice case study in Dept of Health guidance for NHS commissioners about improving access for migrant communities to mental health services.
- Mind in Harrow was selected by Kensington Palace via national Mind for a visit by the Duke and Duchess of Cambridge to celebrate World Mental Health Day on 10 October 2015, because of our work with young people to promote mental wellbeing. Pictures of the visit below

