

**THE NATIONAL LOTTERY COMMUNITY FUND  
MEETING OF THE ENGLAND COMMITTEE**

**9<sup>th</sup> OF FEBRUARY 2021**

**Microsoft Teams**

**MINUTES**

**PRESENT:**

|                 |        |
|-----------------|--------|
| John Mothersole | Chair  |
| Kevin Bone      | Member |
| Rosie Ginday    | Member |
| Ray Coyle       | Member |
| Tarn Lamb       | Member |
| Maggie Jones    | Member |

**FOR SPECIFIC ITEMS:**

|                  |                                                          |
|------------------|----------------------------------------------------------|
| Joe Rich         | Head of Youth Voice                                      |
| Loren Townsend   | YPiL                                                     |
| Rachel Olumayiwa | YPiL                                                     |
| Emma Thomas      | CEO, Young Minds                                         |
| Chris Martin     | CEO, The Mix                                             |
| Emma Hardwell    | Youth Participation Officer, The Mix                     |
| Ruth Hollis      | CEO, EmpowerHer                                          |
| Imogen Pursch    | Youth Worker, EmpowerHer                                 |
| Lois             | Young Person, EmpowerHer                                 |
| Kevin Franks     | CEO, Youth Focus NE                                      |
| Simone           | Youth Worker, Youth Focus NE                             |
| Sarah            | Young Person, Youth Focus NE                             |
| Felicity Bennet  | Funding Relationship Manager                             |
| Lorraine Joyce   | Funding Relationship Manager                             |
| Kathy Dee        | Children's Health Service Manager,<br>HeadStart Newham   |
| Penny Phillips   | Parent and Creative Activities<br>Manager, HeadStart     |
| Emelia Kuagbela  | Peer Parent Facilitator, HeadStart                       |
| Thomas Mcculloch | Head of Funding                                          |
| Dr Matthew Price | Partner, A Better Start Bradford                         |
| Ben Yeo          | Partner, A Better Start Lambeth                          |
| Kerry Bennett    | Integration & Change Manager, A<br>Better Start Bradford |

**IN ATTENDANCE:**

|                   |                              |
|-------------------|------------------------------|
| Kimberley Forsyth | Young People in the Lead     |
| Elly De Decker    | Director, England            |
| Shane Ryan        | Deputy Director, England     |
| John Eastwood     | Deputy Director, England     |
| Mark Purvis       | Deputy Director, England     |
| Sophy Proctor     | Deputy Director, England     |
| Adam Payne        | Governance Officer (minutes) |
| Katie Crystal     | Governance Officer (minutes) |

## **1. WELCOME AND APOLOGIES FOR ABSENCE**

- 1.1. The Chair opened the meeting and welcomed all. There were no apologies received.

### **Declarations of Interest**

- 1.2. There were no declarations of interest.

### **Minutes of the Meeting Held on the 27<sup>th</sup> of January 2021**

- 1.3. The Minutes from the meeting held on the 27<sup>th</sup> of January 2021 were approved as an accurate record of the meeting.

### **Matters Arising**

- 1.4. The Chair requested that matters arising be taken at the end of the meeting.

*Joe Rich, Loren Townsend and Rachel Olumayiwa joined the meeting.*

## **2. YOUNG PEOPLE IN THE LEAD**

- 2.1. Joe Rich introduced the day, explaining the focus on child and youth mental health. The Committee is joined by Young People in the Lead members as well as youth voice from across the sector.
- 2.2. Lauren and Rachel addressed the Committee regarding their lived experiences surrounding mental health. The aim of the session was to highlight the importance of early access to mental health services and what TNLCF can do to support this. The YPiL emphasised how lives can be changed through the proper resourcing of mental health services. The need to invest in mental health training for youth workers to further provide support for communities was highlighted. The YPiL also emphasised the need to continue work on ending the stigma surrounding mental illness so more young people feel comfortable seeking help.
- 2.3. The Chair thanked the YPiL for their valuable contribution.

*Emma Thomas, Chris Martin and Emma joined the meeting.*

## **3. MENTAL HEALTH SECTOR CONTEXT**

### *Young Minds*

- 3.1. Emma Thomas, the CEO of Young Minds, addressed the Committee regarding the context of mental health in the sector. Emma provided a broad overview of the impact that Covid has had on the mental health of young people, how services are responding and what the priorities are moving forward. The Committee was informed that those with existing mental health conditions are at risk of increased relapse. Additionally, there is a new cohort of people

experiencing issues due to the crisis. Both groups need support to avoid lifelong consequences.

- 3.2. Emma informed the Committee that the standard treatment method is shifting towards an early intervention model. It was also noted that the sectors shift to digital services happened quickly. Throughout the crisis the voluntary sector has demonstrated its critical role in supporting young people to address mental health concerns. Emma thanked TNLCF for the continued support in adapting services.
- 3.3. In the medium to long-term it is critical that messaging around mental health focuses on informing young people that reaching out for support is natural. Additionally, ensuring that those wanting to reach out know where to do so is crucial. Emma noted that while there have been promising changes from schools, teacher resources need to be able to better identify those at risk. It was also highlighted that additional support from parents and carers would be beneficial. Emma emphasised the need to target support towards those that have been disproportionately impacted by the crisis while ensuring that schools have the funding to provide that support.

#### **4. HOW DOES ONLINE MENTAL HEALTH WORK?**

##### *The Mix*

- 4.1. Chris Martin from The Mix provided the Committee with an overview of his organisation. The Mix specialises in online mental health support for young people, offering early intervention through mechanisms that young people are most comfortable with, such as texting. The services are co-designed with young people and include:
  - i. Moderated discussion boards
  - ii. 24-hour crisis text line: response within 3 minutes
  - iii. Counselling phone line: many accessing this service are on waiting lists for other forms of counselling.
- 4.2. During the lockdowns the organisation saw a peak in demand for their website as well as for community services. The use of the helpline has also doubled. As a result of the crisis, young people are reporting increases in anxiety and depression, tendencies to self-harm, relationship issues, suicidal ideation and intent, and loneliness and isolation. Chris also noted that many young people still do not know where to seek support.
- 4.3. A youth panel ran by the organisation revealed that young people are concerned about their mental health, financial health, isolation and lack of voice. Chris noted that there must be a focus on how to engage with young people meaningfully regarding what comes next. Young people should be provided support to find routes from seeking help, to advocacy, to sharing their voices to help others.
- 4.4. Chris emphasized the need for organisations to maintain their digital offer following the lockdown. Achieving a robust youth sector will require a hybrid offer consisting of digital and face-to-face services. Emma also highlighted the need for the sector to increase its partnership working to avoid duplication of services.

*Emma Thomas, Chris Martin and Emma left the meeting.*

*Ruth Hollis, Imogen Pursch, Lois, Kevin Franks, Simone and Sarah joined the meeting.*

## **5. VIEW FROM IWILL PROGRAMME**

### *EmpowerHer*

- 5.1. EmpowerHer focuses on developing emotional wellbeing among young women. The programme allows for the development of supportive relationships between participants and youth workers and aims to improve confidence, self-esteem and belief in abilities.
- 5.2. Lois, a young person representing EmpowerHer, reflected on her involvement in the programme, informing that Committee that the experience has been one of the best in her life. The programme allowed her to develop self-confidence and provided her with the tools and skills to make a difference within her community.
- 5.3. Ruth provided the Committee with insights from the programme. Creating safe and supportive environments where young people are conscious of their own mental health and involved in their communities builds resilience. Space for this to continue must be maintained as we emerge from the crisis.

## **6. YOUTH SECTOR ADAPTING TO CHANGE**

### *Youth Focus NE*

- 6.1. Kevin provided the Committee with an overview of how Youth Focus NE has adapted to the crisis and the insights they have gained. Kevin emphasised the need to increase collaborative working across the sector to improve the quality of services available for young people. It was noted that different parts of the public and private sectors are currently working separately. Priority should be given to linking different support services such as youth work, health care and education. Kevin noted that the organisation has adapted to the crisis in the following ways:
  - i. Moved contact with young people to digital engagement
  - ii. Providing online interactive group sessions
  - iii. Checking in with vulnerable people
  - iv. Working with the National Youth Agency to disseminate information on Covid guidelines to the sector
- 6.2. The Committee noted the importance of youth workers and questioned how they could be supported to further excel in their work during the crisis and beyond. Ruhina stated the importance of investing in upscaling the skills of youth workers. Since the onset of the crisis, youth workers have been faced with increasingly difficult situations such as bereavement. In many instances, youth centres are young peoples point of contact and they will not seek help elsewhere. Youth workers need to be trained to deal with these types of situations so they can provide professional support.

*Ruth Hollis, Imogen Pursch, Lois, Kevin Franks, Simone and Sarah left the meeting.*

*Felicity Bennet, Lorraine Joyce, Kathy Dee, Penny Phillips and Emelia Kuagbela joined the meeting.*

## **7. HEADSTART**

- 7.1. The Committee welcomed members of HeadStart Newham.
- 7.2. Lorraine provided a brief overview of HeadStart, noting that its core aim is to build resilience and trusted relationships across sectors to improve the wellbeing and mental health of young people. The programme also provides supportive relationships for parents and carers.
- 7.3. Kathy noted that the crisis had been a catalyst for change within the programme. The following points were noted as ways the organisation has adapted:
  - i. Providing support for the wellbeing of school staff
  - ii. Your Time: 1 to 1 intervention with youth practitioners for young people
  - iii. Training the wider network in the resilience approach as well as case work
  - iv. Texting as initial contact for young people
- 7.4. The crisis has resulted in an increase in organisations working together across sectors to harness support on the ground and reach those who are most vulnerable. Going forward, HeadStart will use the learning from the crisis to support coproduction and produce social agency among youth and parents at the community level so they may support each other better.
- 7.5. The Committee was interested in feedback on how to best invest in the mental health of young people and families. Kathy emphasised the need for a whole community response. When one member of a family engages, there is a ripple effect which often results in further engagement. Investment needs to be at the community level in order to achieve the widest possible engagement.

*Felicity Bennet, Lorraine Joyce, Kathy Dee, Penny Phillips and Emelia Kuagbela left the meeting.*

*Thomas Mcculloch, Dr Matthew Price, Ben Yeo and Kerry Bennett joined the meeting.*

## **8. CHILDREN AND FAMILY SECTOR**

*A Better Start*

- 8.1. The Committee were joined by representatives and partners of A Better Start.
- 8.2. Ben provided an overview of child psychology and the benefits of early intervention for infants. Partnership working was highlighted as a very important aspect of the work. No single intervention or service will meet the needs of a baby or family.
- 8.3. Experiences during early brain development are critical in the formation of attachment styles. Through its partners, A Better Start has offered training to practitioners across sectors in the

area of infant psychology which has improved awareness around attachment, brain development and parent infant engagement.

- 8.4. The investment in A Better Start has facilitated the creation of an infant mental health offer. The programme will continue to implement its learnings to increase the knowledge of infant mental health across sectors. Matthew recommended that the Committee continue to invest to expand the prevention and early intervention space for infants. Additionally, more work needs to be done to raise awareness for parents and carers and remove the stigmas attached to the difficulties around the infant parent relationship.

*Thomas McCulloch, Dr Matthew Price, Ben Yeo and Kerry Bennett left the meeting.*

## **9. DISCUSSION AND REFLECTIONS**

- 9.1. The Chair invited the members to share reflections and insights from the day.
- 9.2. The Committee noted the importance of investing in play for children under 8 who are especially isolated as a result of the crisis and dependant on their home environment. Play is crucial for development and a lack of access for young children could cause significant issues in the future.
- 9.3. The importance of moving towards a prevention model for mental health was also discussed. Providing young people with the tools to care for their own mental health is increasingly important. Succeeding in this will involve implementing a youth lead approach across the sector which will foster leadership and empowerment. Investing in training for youth workers was also noted as an important area to focus on.
- 9.4. There is a growing need to connect projects funded by TNLCF to build relationships across the sector and encourage working in partnership. A bridge should be established between national and local funding through connecting A4A and Reaching Communities.
- 9.5. The Committee discussed creating a funding advice note for our funding teams that could also be shared with the sector. This would involve information surrounding what the Fund has learned, what we think may be coming and what successful funding looks like from our experience. The need to incorporate learning around EDI was also noted. The Committee recommended having members of the YPiL team peer review the advice note.

## **10. ANY OTHER BUSINESS**

- 10.1. The Chair noted the need to create future based lead responsibilities. Tarn Lamb agreed to be the Committee lead on MHCLG. It was agreed that Ray Coyle will work with Tarn on this Committee lead role.
- 10.2. The current plan is to hold the July meeting in person in Birmingham. The Committee is also keen to visit the east of England to better understand its funding requirements.
- 10.3. Being that there was no other business, the meeting concluded at 16:00.

**SIGNED:**

A handwritten signature in blue ink, appearing to read 'John Mothersole', with a horizontal line underneath.

**John Mothersole  
CHAIR**

**DATE:**

17/03/2021