



Chair's Annual Report 2021

For the operating period 1/1/2021 to 31/12/2021

**Due to the current pandemic the AGM will be held virtually.
This report has been approved by Trustees (Insert date)**

Charity Name: Brighton Exiled/Refugee Trauma Service (BERTS)

Charity Registration Number: 1188586

Registered Address:

C/O REFUGEE RADIO

113 QUEENS ROAD

BRIGHTON

BN1 3XG

Address for mail/deliveries: 15 Herbert Road, Brighton, BN1 6PB.

Trustee Details: Professor Sally Munt, Tessa Louise Axelrod, Colin Michael Blowers, Sarah Fisher (Secretary), Catherine Clerkin, Reem Ali Abushawareb.

Please note that this report has been compiled in consultation with specific key roles/functions of BERTS staff.

The Aims and Structure of BERTS

BERTS became a Charitable Incorporated Organisation (CIO) on 17th March 2020 and was previously known as The Sanctuary Project which started treating clients in 2016. 2021 was our sixth year of operation and we have continued to expand.

BERTS is a dedicated trauma service hosted by Brighton & Hove CBT, for refugees, asylum seekers and destitute migrants in Sussex. BERTS is a no-cost service and is a voluntary service run for the benefit of the community. Although we are primarily a CBT/EMDR service, we also provide other accredited mental health interventions with other modalities/training, where appropriate.

BERTS offer free specialist trauma counselling and psychotherapy to local refugees, asylum seekers and/or destitute migrants to help them come to terms with their relocation in the UK. We are a 'safe' organisation and do not ask for proof of status.

Currently all our staff are unpaid and volunteer their time for free, so that mental health support can be provided free of charge to clients. This situation may change during the next financial year as we may do a limited number of subcontracted treatments for Sussex Partnership NHS Trust. However, the principle of donated skills and time is our main focus of operations.

BERTS is primarily managed by the Chair of Trustees, Professor Sally Munt, who receives referrals as Clinical Director from associated organisations and NHS providers. Trustees have been primarily recruited from the Charity's staff – either Therapists or administrative co-ordinators.

Matters Arising

Please feel free to notify the Chair with any matters arising.

Activities and objectives

During 2021 we continued to follow BERTS founding principles as written in our Staff Handbook. We did not have specific annual objectives for 2021 as our work is ongoing and is responsive to local need. However, we have grown in size during 2021 in response to raising our profile through various activities, and in response to local need.

Achievements and performance

Simply keeping our operations going, consistently and conscientiously, has been the biggest achievement despite the ongoing 2020- 2021 pandemic. We have continued to honour our responsibilities despite staff sickness and complications. Trustees and staff have also experienced significant personal challenges this year due to illness and personal or family circumstances, so overall I think maintaining a steady service without interruption during 2021, has been a major achievement.

However, we have also significantly expanded. We have grown to over 40 staff, consisting of Trustees, therapists, support workers, and administrative staff; this is an increase on the previous year as our operations continue to grow.

BERTS has grown during the year in terms of demands on our service. During 2021 for example the CD/Chair wrote responses to over 2,300 emails and received over 300 telephone enquiries regarding client referrals, ongoing client matters, or organisational enquiries. This represents a 150% increase in activity by comparison with the previous year. At the moment this is a sustainable workload for one person to manage but in terms of the longer term it may be necessary to start to distribute some of these tasks, to other BERTS officers where possible/appropriate. SRM's retirement from her university job has partly enabled this growth as BERTS has required more time and attention; in terms of sustainability in the medium term this remains feasible.

This year we continued to grow the support worker network and thanks to our new operations manager Sally Goodwin, have now 19 active befrienders, this is great as some clients need this kind of regular contact particularly during the restrictions of the pandemic and it is much appreciated. Sometimes this is given whilst clients are waiting for treatment and also required during treatment if clients are particularly isolated or vulnerable. Occasionally we maintain support worker contact after treatment has concluded if the client continues to be socially isolated or vulnerable but we encourage independence and facilitate the client's ability to grow their own network.

Brighton Quakers, based in Ship Street, have agreed to provide weekly Pilates classes for our clients, in gender specific groups. The Meeting House in the Lanes has generously provided a room, and Mr John Rignell has kindly agreed to teach these classes. We are working on providing

consistent participation and on stabilising this provision which started in November 2021 and will be ongoing.

Colin Blowers has kindly agreed to offer a monthly supervision and training group to support workers in order for them to have a forum to raise concerns, discuss cases or issues, and to learn how to support clients and teach essential skills.

Both Secretary (Sarah Fisher) and Chair/CD (Sally Munt) are part of the NHS working group on mental health for asylum seekers and refugees which is a NHS-facilitated working group/partnership between statutory services and NGOs. This group has been under new direction following a change in the CCG and has been moving toward more solution-focussed objectives in the past year. Although the group has been active for 5 years, and the monthly meeting has undergone some personnel changes, it is fair to say we have been seeing some improvements in NHS attention, commitment and care recently in terms of their statutory duty toward minority populations and vulnerable groups, particularly in relation to the SMI fund (see later).

Financial Review

Until the past year, BERTS operated chiefly as a no-cost service, there was no bank account, no income, no fundraising and limited expenditure such as website charges and maintenance, professional indemnity insurance, security checks (DBS), Continuous Professional Development, professional fees and accreditation, transport, office, stationary and so on. These incidental costs were covered by Brighton & Hove CBT as a charitable gesture, and by individual psychotherapists as part of their annual professional fees and activities. This has become rather untenable as we have expanded. All staff continue to provide their time for free and cover their own expenses however a completely no-cost operation has become unfeasible in some circumstances and so this year we have out of necessity required limited funding (see financial summary below).

We continue to have annual professional indemnity insurance with HowdenPro Group Ltd. This covers any student/trainee placement and claims against BERTS:

Schedule and Evidence of Professional Civil Liability Insurance

Name of Policyholder: Brighton Exiled/Refugee Trauma Service

Customer Ref: P21P6338

Policy Period: (both days inclusive) **Indemnity Limit:**

Public Liability Limit: Professional Services:

Brighton Exiled/Refugee Trauma Service (BERTS) P21P6338

From: 25 September 2021 **To:** 24 September 2022 **£1,500,000**

£10,000,000

Trauma Service (Counselling, Psychotherapy, Befriending)

Annual premium 2021 = £246.50 (double the previous year because as our activities expanded we have needed broader insurance cover)

There are web hosting, telephone and email service costs which are met by SRM personally, although web support and technical support for the database continues to be provided by the generous time and technical knowledge and skills donation of David Guest, who is really essential to our continued operations and we thank him for his ongoing commitment to BERTS.

During 2021 due to our expanding income and costs we opened a Business Account with the Co-operative Bank and we now have a Financial Report which has been kindly prepared by our Treasurer David Lewis:

BRIGHTON EXILED/REFUGEE TRAUMA SERVICE (BERTS)
INCOME & EXPENDITURE STATEMENT
YEAR ENDED 31 DECEMBER 2021

Income

| | |
|--------------------|--------------|
| | 12400. |
| Grant from NHS | 00 |
| | 2000.0 |
| Donations received | 0 |
| | 1000.0 |
| Arch Health CIC | 0 |
| | |
| Total income | 15400. 00 |

Expenditure

| | |
|-------------------------|--------------|
| | 3000.0 |
| EMDR Training | 0 |
| EMDR training resources | 400.40 |
| Insurance | |
| | 381.00 |
| DBS checks | 100.00 |
| Placement expenses | 100.00 |
| | |
| Total expenditure | 3981.4 0 |
| | |
| Surplus | 11418. 60 |

BALANCE SHEET at 31 DECEMBER 2021

Assets

Cash at bank

| |
|--------------|
| 11418. 60 |
|--------------|

Liabilities

£

General fund

| |
|--------------|
| 11418. 60 |
|--------------|

Chair's Comments

From March 2017 when we commenced our clinical practice until December 2021 (57 months), BERTS has treated a **total of 94 patients** for mental health trauma, all of whom were refugees, asylum seekers and or destitute migrants in the Brighton & Hove area. **In 2021 we accepted 28 new referrals as patients**, through in-person treatment sessions where possible, but also via video call and telephone. Most of our patients have significant psychiatric diagnoses with co-morbidities present, including trauma-based psychosis, personality disorder, and enduring/severe depression and acute anxiety, defined in NHS classification as those with Serious Mental Illness [SMI]. These patients are often multiply traumatised and require lengthy interventions. Although referral to IAPT/Time to Talk/Wellbeing can provide helpful short-term interventions, NHS does not provide much locally in terms of specific treatment for this client group which often requires lengthy engagement subject to frequent DNAs due to the challenges of asylum seekers' daily lives. We also occasionally end up treating sequentially more than 1 member of a family where there are systemic presentations.

Treatment durations have been from 6 weeks to 36 months+, depending on clinical need. Most treatment involves 1:1 psychotherapy session. The typical PTSD treatment is to follow NICE guidelines and be **24+ sessions**, we find however that sometimes this duration is not long enough to address multiple and complex instances of trauma and allow for cultural differences in delivering multicultural psychotherapeutic delivery. In addition, due to frequent problems of insomnia, chaotic night/day rhythms due to night terrors, disorientation, and the unpredictability of UKHO appointments and insecure housing, our DNA/discharge policy is significantly looser/more generous than most mental health services. A consistent pattern of DNA and disengagement must be observed before consideration of discharge which is authorised and agreed with the CD. We do not propose group therapy modalities due to the confidential legal information that transpires with our clients.

Treatments in 2021 were largely online/phone due to pandemic restrictions although we do have generous access to the Brighton Library room and Hove Library room without charge because of their commitment to refugee community in the city. We continue to be very grateful to Brighton Library and Hove Library for their ongoing donation of space to BERTS. (Medical appointments were allowed and continued during national lockdowns). Moving to predominantly remote delivery also addresses our critical shortage of donated clinical space, which had become urgent since local churches etc are now charging for use of rooms and no longer offering voluntary services no-fee use of their premises. Despite us treating NHS patients for free, we continue to be unable to gain access

to NHS space to treat patients. As we don't have facilities to pay for clinical space, remote delivery may end up being our primary mode in the future which does provide other problems in terms of digital poverty and lack of access to broadband in our client group.

We continue to receive most of our referrals direct from NHS and Social Services. Statutory Services provide the bulk of our referrals although local NGOs and housing associations also refer. Most of the referrals are discussed on the phone with the Clinical Director first (SRM); we continue to refuse clients who do not have sufficient language fluency or proficiency and refer them first to Migrant English Project for social integration, stabilisation, and English Language fluency, and we recommend re-referral in 6 months, in line with patient stabilisation models of trauma care. This has caused some friction between NHS policies and procedures on inclusion, and there has been a series of conversations between NHS CCG/Clinical Director and CD on this matter where our position is to maintain that this is a clinical decision, and also an equal-access, resources-based on. The latter rationale rests on the fact that interpreter-based sessions take at least twice as long to deliver, thus potentially withholding a therapy intervention from someone else on the waiting list.

Statutory Services/NHS (Sussex Partnership Trust) mental health strategy group has now (late 2020) formulated a new mental health strategy for local provision which explicitly shifts significant responsibility onto local NGOs for mental health support of refugees/asylum seekers; this appears to be a resource-driven innovation as NHS services continue to be under acute pressure. This has had significant implications for our service and others such as Refugee Radio (who offer mental health support) going forward in terms of burden/resource criticality and expectations re our capacity to fill this gap in state provision. On the other hand, NHS Commissioning strategy has been to offer competitive funding to community organisations, during 2021, in order to partially mitigate this policy. We have successfully bid for and been given £12,000 worth of funding in 2021 from Sussex Partnership Trust in order to facilitate training in EMDR for 6 therapists, and also to fund a wellbeing activities programme which was designed by the placement students from the University of Sussex in conjunction with Operations Manager and Clinical Director in 2021, and will be delivered in 2022. We intend to hold over some funds if possible so that some activities can be repeated next year.

We have applied for further NHS funding in November 2021 and await results of these 4 separate initiatives as of February 2022.

We are grateful to Reverend Kit Gray for her generous donation to our ongoing activities.

Wait times for patients on our list has varied from 2 weeks to 6 months. Patients are allocated a therapist mainly in order of referral date, however if there is a patient with urgent or acute need they are moved up the queue with the Clinical Director's discretion, in consultation with the referrer. Currently we have 4 patients waiting for allocation to a therapist (Jan 2022). We are seeing an increase in patients who are actively suicidal, and highly vulnerable, due to the pressures on NHS primary care, Assessment and Treatment Service and CAMHS. We continue to be all too aware of the lack of available treatment options in NHS mental health services for asylum seekers and refugees in the city. It is fair to say that our relationship with ATS and CAMHS is variable. We have also observed continued reluctance by some primary care providers to refer complex/acute cases for psychiatric evaluation or prescribe appropriate psychopharmacology where needed. SRM is attending a meeting with Sussex Partnership Trust Clinical Director, Medical Director, and Commissioner (Mental Health) to discuss these issues in Feb 2022. We continue to know of patients

with severe PTSD, confusion, disorientation, and trauma-based psychosis being prescribed inappropriately or presentations of severe, enduring depression or patients with torture-related disability being advised by primary care providers to 'exercise'. The Brighton & Hove Council working group initiative commenced 4 years ago for NGOs and NHS providers to meet with the Clinical Commissioner to re-evaluate refugee mental health needs has this year become significantly more active in addressing some of these issues due to the appointment and involvement of new CCG staff, which has been a welcome development and relationships with NHS and NGOs locally seems to be improving.

The Covid19 Pandemic saw a rise in anxiety presentations in our clinical demographic. More Police on the streets, particularly during lockdowns created an increased sense of threat for many refugees/asylum seekers who have often been the victims of state violence. Additionally, we know that the lockdown has led to acute isolation for some of our clients who rely on regular social contact delivered via dedicated and essential NGOs locally, such as Migrant English Project, Voices, and Refugee Radio who provide vital opportunities for connection and enhance a sense of community/new start. The increased isolation has led to more rumination, paranoid ideation, depressed mood, and loneliness for our clients, and also led to more friction in those housed in unsuitable accommodation which has made the intervention provided by our befriending service even more necessary and appreciated. We continue to write letters of appeal/support to housing services in respect of our clients where appropriate.

Clinical Director SRM provides direct, regular supervision to the 3 clinical placements (G. Giansiricusa, Misbah Mansha, and A. Lesley) and also deals with regular enquiries from trainees looking for suitable placements.

For obvious reasons we have not been able to meet in person as a governing body during 2021 due to government restrictions and/or pandemic risk. We will continue to communicate with each other via digital/online presence for the foreseeable future during 2022.

The Chair wishes to formally thank all the people who make our work possible and whom have given so generously of their time during what has been a difficult period for us all. This is a big thank you to all Trustees and officers of BERTS, all of our volunteer support workers, to admin support Sally G, Bigem, David and all those who remain committed to supporting members of our community who are struggling with trauma as a result of seeking asylum in Brighton & Hove.

NHS Training Partnership

During 2020 NHS Woodfield Trauma Service, the specialist trauma service for refugees and asylum seekers in London, kindly sent us a number of very long annotated (2 x 4 hour, and 2 x 8 hour) ppt presentations on complex refugee trauma which were designed with the Helen Bamber Foundation. We continue to encourage any new therapist joining BERTS to watch these training videos and continued to use them to our benefit during 2021. BERTS CD is continuing to discuss with Sussex Partnership Trust NHS any new opportunities for collaboration over training. During 2021/2 4-5 BERTS therapists have been funded to do EMDR accredited training by Sussex Partnership Trust, for the reduced price of £600 per therapist (normal cost £1000). We have held over 1 funded place until September 2022 for one of our therapists who isn't able to do the training until then due to other commitments. This will mean that in total 5 of our therapists will be able to perform EMDR treatment interventions from mid-2022, where clinically appropriate and relevant.

Social Prescribing

In 2020 we noted that one thing that would help our patients manage the isolation and the concomitant mental health deterioration that comes with that is what is known as social prescribing (behavioural activation). This means engagement in social activities such as learning English (MEP), garden projects for mental health, cooking, reading groups, dancing, art, walking groups etc. We noted this in the 2020 report and during the Autumn Term of 2021 Sally Goodwin (Operations Manager) in conjunction with SRM Clinical Director has worked with the 2 student placements to develop and implement a social prescribing and wellbeing programme which started at the end of January 2022. This initiative has been made possible through NHS funding and through the generous gifting of time/resources from the local community and businesses. This scheme has been very work intensive and we are hoping to make it more permanent if funding is obtained in future years. During 2021 we also received a personal £2000 donation from Rev Kit Gray which will be put aside for use for later 2022/early 2023 social prescribing activities; specifically we hope to provide swimming lessons when the weather gets warmer.

We are building up our relationships with other local organisations, the HERA arts programme, led by a consortia of GP surgeries, has agreed to work with our clients, and a dance teacher, a martial arts instructor, and swimming coach have all offered their skills. Brighton Fabrica Gallery are currently advertising an artist – in – residence scheme run jointly with BERTS, to be run during April-May 2022, which SRM has negotiated and will be involved in recruiting and negotiating activities; this is to run in tandem with a single artist exhibition from the USA, a Syrian refugee artist, who is visiting Fabrica at the same time <https://www.fabrica.org.uk/fabrica-berts-open-call>

We are also exploring a series of 12 therapeutic workshops with a writer through the Royal Literary Fund, to be delivered in 2022. Brighton & Hove buses have supported us again with 100 day passes. We have had free tickets for the Brighton I360, and other offers of help and support for which we are very thankful.

Technical Support

In 2021, the production platform for patient records was successfully migrated to the main BERTS web host by David Guest, where the data could be secured with commercial SSL encryption. The former system was set up on a platform that required very specialist knowledge so this transfer was necessary to a more widely-used data management system. The code base was updated and is maintained at a current release in order to take advantage of security improvements and a regular back-up programme was also put in place. We continue to use password protected Googledocs for patient flow systems as these two software systems are most flexible and safe for multiple users to access and update. In 2021 we made all patient address and phone records another layer of password protection on the portal so that all contact details have restricted access to all except OM and CD.

CD/Chair has observed the necessity to have a better communication strategy within the organisation, currently communication between BERTS staff is very ad hoc and perhaps sometimes leads to a sense of incoherence or isolation amongst BERTS members. During 2021 we piloted a new email group system for information management and exchange to increase openness and improve communication during 2021 using two dedicated email groups BERTSall@ and BERTStrustees@ to enhance organisational communication and increase openness. This has improved communication and led to better liaison and sense of purpose.

Recruitment and Staff Changes

In 2021 we have had a number of staff changes:

We welcome new members – to the therapist team we welcome Clinical Psychologist Misbah Mansha who is on clinical placement with BERTS, joining Alison and Giulia, and Pilates Teacher John Rignell who is offering open-ended Pilates classes to our clients (the activity space is generously sponsored by the Quaker Meeting House in Brighton), and we've also had join us in 2021 some great new clinical psychologists and psychotherapists - Steve Morris, Jane Hoyle, Shona Cooke, as a response to the article that SRM wrote about BERTS in the BABCP magazine, *CBT Today*. Eve Ahmed, based in Leeds, joined us for 6 months. Kate Hill has rejoined us following a break and went on maternity leave in December, we wish her well!

Sally Goodwin has become Operations Manager, a role that has grown as we have expanded and we are very grateful to her for all the work she has done this year.

We have welcomed 2 student placements from the University of Sussex who are with us for 9 months, Phumiphat and Emma, who joined us in September; Phumiphat left in February and we are hoping to fill his role with other volunteers.

Reem Abushawareb, one of our Trustees, has become our Social Media Officer.

Sarah Fisher has kindly taken on the role of Trustee and Secretary. Sarah will be delivering a symptom management module during 2022 should NHS funding transpire.

This year David Lewis has kindly taken on the role of Treasurer.

If you would like to know about BERTS staff a bit more, the information is on our website

<https://brightonandhovecbt.com/about.html>

We always need more cognitive psychologist or psychotherapists, or a senior/experienced psychotherapist in another modality to offer 1-2 hours per week. Please could all therapists consider asking their colleagues to donate a small amount of clinic time if appropriate. Geography not necessary now as we are largely providing online therapies for the foreseeable future until the pandemic situation is under control. Note that our community is low priority in terms of vaccination and so this situation is not changing soon.

In addition, Catherine Clerkin (currently Vice-Chair) became Safeguarding Officer at the beginning of 2021, Bigem Aksel has kindly taken over as Patient Records Manager from December 2020.

Jane Traies has agreed to be a Trustee, subject to existing committee approval, Jane is a retired headteacher, academic and local writer who has authored a book on UK lesbian refugee experience called "Free to Be Me" <https://www.tollingtonpress.co.uk> she also previously worked as research assistant on two research council funded research projects with women refugees and asylum seekers based at the University of Sussex.

All other posts remain stet.

BERTS Support Worker 2021 Report

Sally Goodwin was promoted from Support Worker Co-ordinator to Operations Manager for BERTS, and has been doing a terrific job recruiting support workers, interviewing them and checking their credentials, and also has taken on a range of duties including supervising our student placement and streamlining our administrative systems. To see about our new staff please go to

<https://brightonandhovecbt.com/about.html>

BERTS currently has 19 support workers who have been doing fantastic, committed work with our clients.

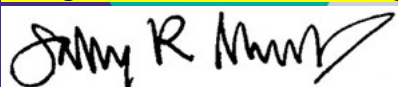
BERTS took on 2 student placements in Autumn 2021 to work with the support workers, with the University of Sussex. These student placements who are in year 2 of their undergraduate degree are with us for 9 months and work 3.5 days a week, they are intended to help with admin, write some key outputs for us including handbooks and introductory guides for patients/service users, design and run a wellbeing programme to run during 2022, and to do some research support where needed. The student placements also operate a social media communication activity under the supervision of Reem Abushawareb.

Support Workers will shortly be given a monthly forum on Zoom, courtesy of our Trustee Colin Blowers who has agreed to offer them training and facilitate a support group for them so they feel less isolated.

If it were possible to arrange some sort of training (listening, the UK asylum process) for the support workers so that they feel more equipped to support their clients, that would be wonderful. (ACTION SRM 2020 Annual Report)

Any Other Business

Thank you all BERTS staff, for the incredibly valuable work you are doing for asylum seekers, refugees, and destitute migrants in our community.



SRM 14/02/22

Appendices to follow

Innovation Grant Funding Proposal

**Investing in the Sussex VCSE to
support reduction of inequalities
with regard to serious mental
illness (SMI)**

13/07/2021

**Sussex Health and Care
Partnership Mental Health
Collaborative**

Introduction and context

The NHS knows that there is still a lot of work to do to provide quality and timely mental health care for everyone who needs it, and to tackle inequalities in access, experience and outcomes.

As part of the [Governments mental health recovery plan](#), funding has been allocated to local NHS systems to expand mental health services, particularly for those with severe mental illness (SMI). Serious Mental Illness refers to a diagnosis of **schizophrenia or bipolar disorder, or a history of psychosis**.

Sussex Health and Care Partnership (SHCP) are committed to supporting innovation within our Voluntary and Community Sector (VCSE) to help reduce inequalities with regard to serious mental illness (SMI).

Ambitious goals to improve MH services have been set nationally as part of the [NHS Long Term Plan](#), such as that to provide greater choice and control over personal care to 370,000 adults and older adults with severe mental illnesses by 2023/24.

Key Commitments

To reduce inequalities with regard to SMI the statutory organisations within the Sussex Health and Care Partnership are committed to;

- working closely with, and investing in the VCSE as equal partners, addressing the imbalance of control over funds,
- listening to service users and their carers
- learning from what is heard

People living with SMI

People with SMI face stark health inequalities and are less likely to have their physical health needs met, both in terms of identification of physical health concernsⁱ and delivery of the appropriate, timely screening and treatment.

Compared to the general population, individuals with SMI are:

- Facing a shorter life expectancy by an average of 15-20 years, mostly due to deaths from cardiovascular disease;
- 3 times as likely to smoke;
- At twice the risk of obesity and diabetes;
- At 3 times the risk of hypertension and metabolic syndrome;

The contribution of factors related to socioeconomic deprivation – such as social stress and poverty – is well documented as both the cause and consequence of SMIⁱⁱ, in

particular

employment is a huge issue, with only 8% of working age people with schizophrenia being in paid employment.

Having a safe home is also problematic for many with SMI, often leading to delayed discharges from hospital careⁱⁱⁱ.

Most affected Communities

Whilst having a diagnosis of SMI can in itself lead to inequalities, data from both National and local sources shows that there are some communities for whom serious mental illness is more problematic, in particular;

- Those with an existing physical long term condition such as cardiovascular disease, diabetes, hypertension,
- Those from Black/Black Caribbean ethnicity,
- Refugee and asylum seekers,
- Gypsy, Romany and Traveller communities,
- LGBTQ+ communities,
- Armed service personnel,
- Those living in high deprivation
- Males aged 16 to 24

Due to the nature of SMI, the families and carers of people with SMI will often require additional support and care.

This list is not exhaustive^{iv}.

Outcomes

We want to stimulate innovative and creative solutions to supporting our communities who are affected by SMI and reducing inequalities in access to services and experience.

If you are a VCSE organisation that is already providing support and care services for people with diagnosed SMI or their carers and families, then you may choose to build upon the work that you are already doing, alternatively you may have fresh ideas for gathering insight or co-designing solutions through activities such as;

- Working to better understand barriers to accessing help for communities underserved for SMI using methods such as deliberative conversations
- Co-designing culturally-adjusted good support services and/or interventions for people with SMI and/or their carers and families
- Providing supportive services that address specific vulnerabilities to poor physical health caused by SMI by helping people to overcome difficulties such as reduced physical activity, increased appetite, healthy cooking and weight gain
- Psycho-educative approaches within communities to increase awareness of the benefits of seeking mental health support earlier in preventing SMI, thus helping to avoid late presentation of serious conditions

- Training packages aimed at mental health professionals, social prescribers or primary care staff to enhance cultural understandings and sensitive techniques for working with people diagnosed with SMI

(The above are examples and other innovative approaches are welcomed.)

The application process

Financial details

VCSE partners are invited to apply for a grant for up to £20,000 using the application form below.

We will also accept applications to be spoken through via video – providing that they cover all of the areas of the application.

We are very willing to offer support to organisations with their applications and are keen to receive applications from organisations that we have not yet worked with. For additional support please contact Renee Dickinson renee.dickinson@nhs.net.

Applicants must be constituted organisations with a bank account, or with an agreed organisation to hold funding.

Organisations are only permitted to apply for one lot of funding (up to £20,000) although we would encourage working in partnership and so there is the possibility of ‘pooling’ funding.

Targeted communities and groups

Applications are invited from those working to support any of the groups listed above. For groups outside of the above list, **applications are also welcome**; however you will be asked to provide information/insight on these groups/communities being underserved for mental health services relating to SMI.

Sussex wide Funding

This is a Sussex wide initiative and so we welcome applications from VCSE across Sussex. We would aim to fund work equitably across the whole Sussex area and will share the opportunity to apply accordingly.

Awarding

There will be a panel of partners to evaluate the applications and each application will be scored, recognising innovation, intended demonstrable outcome and methodology. The panel will consist of place based MH Commissioners, experts by experience, VCSE and Local Authority.

Timescales

The grant funding applications process will be launched on Monday 19th July 2021.

Applications would need to be received by Monday 23rd August (4 weeks from launch) with VCSE organisations being notified regarding the success of their application by Friday 27th August.

Application

Which community/groups do you work with/intend to work with and in which area/s? (Up to 200 words)

Brighton Exiled/Refugee Trauma Services (BERTS) is a dedicated trauma service, for refugees, asylum seekers and destitute migrants in Sussex. It is a purely voluntary no-cost service run for the benefit of the community.

We offer free specialist trauma counselling and psychotherapy to local people to help them come to terms with their relocation in the UK, fleeing what can be very life- threatening experiences for themselves and their families in their countries of origin. The aims of BERTS are:

'To promote and protect the mental health of refugees, asylum seekers and destitute migrants who suffering from (but not limited to) Post Traumatic Stress Disorder (PTSD), depression and/or anxiety as a result of trauma, through the provision of free specialist Cognitive Behavioural Therapy, Eye Movement Desensitisation and Reprocessing (EMDR) Therapy, trauma counselling and psychotherapy.'

Our referrals come from statutory services for example GP Surgeries, other NHS mental health services (mostly Wellbeing Service and Assessment and Treatment Service), Social Services Vulnerable Adults Unit, other local NGOs working with refugee and asylum seeker clients, housing services, and national refugee charities.

We operate mainly in Brighton & Hove, and Worthing with two levels of support: a befriending service with volunteers who are mental health aware but who do not offer specialist treatment, and a trauma treatment service delivered by accredited clinical psychotherapists and psychologists who are specialists in complex trauma, CPTSD, and the co-morbidities raised by asylum seekers, refugees and destitute migrants.

**Brighton Exiled/Refugee Trauma
Service Registered Charity No.
1188586**

<https://brightonandhovecbt.com/BERTS.html>

Scored out of 5

| | |
|---|--|
| <p>Tell us about the issues or disadvantages that your proposal aims to address, in relation to health and wellbeing inequalities for people with serious mental health illness (SMI) (up to 300 words)</p> <p>Our patient demographic falls into the gap in NHS services that the MHRAM WG was set up to address, 3 years ago: being “too ill” for Wellbeing Service, yet “not ill enough” for ATS. Their MH needs are often collapsed into the social category ‘BAMER’, yet asylum seekers/refugees have very different clinical needs from British BAME communities (who are similarly indistinguished).</p> <p>Asylum seekers/refugees are reluctant to disclose SMI because of cultural reasons, or fear of it damaging their legal claim for asylum in the UK. Our clients are multiply deprived and socially excluded: destitute, socially isolated, frequently homeless or in UKHO temporary accommodation, and without funds to pay for a SIM card so they can access video calls, return text messages, or access messages left from therapists on a voicemail service.</p> | |
| <p>Most of our clients have experienced torture, abuse, extreme trauma and threat to life; frequently they’ve witnessed first-hand family members being violently murdered. The asylum journey is a source of severe trauma, often involving criminal gangs who abuse (often sexually) their charges. Unfortunately, once they get to the UK the harrowing experience of seeking asylum through the UKHO exacerbates symptoms. People can be held for months in immigration centres where abuse is rife. Asylum seekers present with a range of SMI that remains largely unaddressed.</p> <p>Our patients are ontologically unsafe; they endure serious incapacity in daily living due to complex factors including mental health impairment. 90% of refugees fit diagnostic criteria for CPTSD; dissociative disorders, flashbacks and paranoiac sometimes psychotic symptoms are common. Orientation to day/night is a frequent problem as many of our clients cannot sleep at night. Torture injuries often mean constant and severe pain, cognitive impairment, and physical disability.</p> <p>Currently, these vulnerable patients are frequently considered “too complex” for NHS treatment and are referred to BERTS on a weekly basis; we provide >500 clinical hrs for NHS patients p.a., + >400 hrs psychosocial support, for free.</p> <p style="text-align: right;">Scored out of 5</p> | |

Tell us about your proposal - what do you intend to do? (up to 750 words)

Tell us what you plan to do, (gather insight, continue providing a bespoke service or co- design solutions) who with, and how.

1. Training package in EMDR:

We have been offered 6 reduced places on a 9 day EMDR training programme¹, starting October 2021, @ £600 pp. The training requires each BABCP/BACP accredited therapist to use EMDR with 2-3 patients from BERTS.

Part 1: 7th, 8th & 9th
October 2021 Part 2: 28th &
29th January 2022 Part 3:
25th & 26th March 2022

Part 4: On-line supervision dates to be advised: 2 x 2 1/2 hours
This will enable us to consolidate EMDR in our provision *and* create a peer supervision group, to make sustainable EMDR expertise. Currently only Catherine Clerkin (Time to Talk/West Sussex) is a qualified EMDR therapist, although Sally Munt has certificate in EMDR.
<https://brightonandhovecbt.com/about.html>

Our patients record very high scores on the IOESR; we frequently need to perform 6-8 week emotional stability treatments *before* minimum 20+ session trauma work can be commenced. Because of the severity, complexity and disabling conditions patients face, a single treatment duration can extend to 12-24 months before clients become stable

¹ TRAINER DETAILS:

Sian Morgan is a BACP, BABCP Accredited Psychotherapist working in private practice in Brighton & Hove. She has nearly 30 years experience and has trained in humanistic, psychodynamic and CBT approaches. She trained in EMDR in 1999 and has used EMDR as part of her practice since that time. She became an Accredited EMDR Consultant in 2006 and was a Facilitator on EMDR training courses for 10 years. She served on the national Executive Committee of the EMDR UK & Ireland Association for 8 years and has been President of Trauma Aid UK since 2010 www.traumaaiduk.org This charity is affiliated to the national EMDR Association and manages projects in countries affected by trauma such as conflict and natural disasters where EMDR training is not readily available. Its aim is to train local clinicians to work in their communities and develop their own national EMDR Associations. Sian regularly provides EMDR training in Bosnia and the Middle East. She became an EMDR Europe Accredited Trainer in 2015.

enough to safely discharge, although <50% of our clinical treatments are completed within 6 months. Using EMDR will enable us in many cases to shorten the duration of treatment, and also manage clients where language skills may not be as fluent. This will enable us to shorten waiting lists and increase efficacy. At the moment (Summer 2021) our waiting list is currently 3 months (high suicide risk) and 6-8 months (medium suicide risk). The timeliness with which we can treat patients also reduces demand on NHS services as at-risk patients are less likely to present as mental health/suicide emergencies whilst under the care of BERTS.

Although our psychotherapists and clinical psychologists are usually senior, experienced clinicians, it is important that as EMDR 'trainees' that we can build up peer support and embed skills quickly into our professional practice; this is also very emotionally demanding clinical work for practitioners. Enabling us to fund a physical meeting space for 1 year for a EMDR-specific PSG will build up therapist support and resilience and also allow for knowledge exchange and capacity-building.

2. Access to therapies by hard to reach demographic:

Access to MH services is further restricted to asylum seekers and refugees because of unsuitable housing. Many live in shared dormitories or homeless without access to privacy or stable wifi. Although BERTS does have very restricted clinical space, we sometimes deliver remotely, which depends on clients having access to phone cards/SIM. Many of our clients are on polypharmacy (sfx) or have trauma-related insomnia which can render them confused and disorientated. Being able to access voicemail messages and respond to therapists communications is a basic need. (Our clients receive c. £10 a week for living expenses from UKHO once hostel expenses are deducted)

3. Social prescribing and Psycho-education

is very effective. Our clients frequently endure extreme isolation due to a range of social and economic factors; they are unable to get out because they cannot walk to appointments due to disability from torture injuries. They do not have the money for bus fares. There is a weekly activities programme attached to this bid: in September 2021 we have 2 x work-placement students from Sussex University/Psychology who will work for BERTS 3.5 days a week for 9 months.

They will design and deliver a no/low cost afternoon programme of psychosocial engagements, designed to enhance mental wellbeing through a range of accessible activities and peer support. Bus passes will enable people to participate and also where appropriate attend F2F therapy sessions. (Multiple activities eg. we have been promised cut-rate trauma-sensitive gender specific weekly Pilates sessions to be held at the Friends Meeting House, we can access a low- cost mini-bus for trips etc)

Scored out of 10

How will you demonstrate impact? (Up to 300 words)

For example, you might score experience before and after an intervention or provide a service to a number of people who may not otherwise have accessed care

1. Clinician Upskilling

We will require 6 volunteer therapists to complete a minimum of 2 cycles of EMDR treatment with 2+ BERTS patients whilst in training. Volunteer therapists will continue to deploy their EMDR skills once the training is completed. Their training will be consolidated

with a EMDR peer supervision group within BERTS which will meet every 6 weeks, from October 2021. (Individual 1:1 specialist supervision will also be provided in the first year by the trainer/EMDR consultant, Sian). Clear impact will be demonstrated by participants successfully completing the training with BERTS clients, and if appropriate becoming accredited EMDR practitioners.

2. Patient Benefit

A BERTS clinical referral normally results in significant improvements in asylum seeker/refugee health and daily functioning; we usually write a short report back to the patient's GP to summarize treatment and advise on maintenance measures. This will continue to be our professional practice. We would be willing to consider deploying anonymous standard measures (such as PHQ-9 GAD-7) on commencement of treatment, and on completion, if the commissioners require this, - although we would advise that for our client group, such questionnaires can provoke unease about government surveillance and require sensitive/minimal deployment. Part of our vital role as MH practitioners is to be able to demonstrate independence from their asylum claim; many of our clients have been tortured by government agencies and so such practices can present difficulty in terms of building a successful TA. No patient records will be disclosed on completion of clinical treatments.

Final Report on Outcomes

The Clinical Director/Chair would be pleased to supply NHS commissioners with an end- of-contract summary report on funding outcomes, in the normal and expected way.

Identifiers may include: giving anonymised details of training completed, qualifications obtained, number of patient sessions delivered, patients treated/discharged, quality of life indicators, psychosocial programme details, pattern of client engagement etc.

(NB I'm wondering why Impact is scored so highly? Is this the same in NHS-speak as clinical effectiveness?! In which case, it would be helpful to know NHS standard parameters for measuring typical outcomes.

Currently because of reasons above to do with cultural sensitivities around surveillance, BERTS does not track patient improvement statistics quantitatively, but relies on qualitative verbal feedback from patients, because of the cultural inappropriateness of using conventional measures with this group).

Scored out of 10

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| <p>What information and/or support might you need to make your project successful? (Up to 200 words)</p> <p><i>For example, you may need signposting information for mental health services in a particular area</i></p> <p>We are an established centre of local and national expertise in asylum seeker/refugee trauma treatment. We are networked with and do liaise and share skills with other NHS providers of specialist services for refugees such as NHS Woodfield Trauma Service in London (in fact we are offering training to them in culturally sensitive delivery of CBT to refugees), and also the Helen Bamber Trust.</p> <p>BERTS already offers EMDR in a limited way: Vice-Chair (Clerkin) is an experienced EMDR practitioner delivering EMDR within West Sussex NHS, but not a trainer. Clinical Director/Chair (Munt) also has completed basic 3-day EMDR training. There is plenty of</p> | |
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| <p>evidence-based data about the efficacy of EMDR and its success in treating survivors of complex trauma; It is important for the bid that the peer group supervision is funded in tandem with the training, as this will embed peer support relationships within BERTS and consolidate these skills within the organisation. For sustainability, we have a small library of resources available to therapists and support workers on treating refugee trauma, to take out on loan.</p> <p>We would not require any further information and support from NHS resources to make this project successful.</p> | |
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Not scored

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| <p>How much money do you want to apply for? Please provide a breakdown of intended spend</p> <p>You can apply for up to £20,000</p> | |
| <p>Fees for 6 volunteer therapists to be trained in EMDR @ reduced fee of £600 per person</p> | £3,600 |
| <p>Costs of room hire at Brighton Library for 3 hours for peer group meetings every 6 weeks for 1 year (total of 8 meetings)</p> <p>(Brighton Library is a partner of BERTS, providing us with a room for clinical work for 1 day a week for no charge as part of their community remit for refugees. Hove Library also provide us with a half-day access to room under similar conditions, but we cannot exploit this generosity further, and would need to pay commercial rates for any further use of their space).</p> | £1,520 |
| <p>Costs of 12 x 1 year SIM cards for patients for video calls/data streaming from their</p> | £360 |

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| <p>mobile phones (cheapest available provider). Our technical support officer explains that “best to allow for at least 1GB per one-hour call. Based on a 50GB pay-as-you go SIM card, to allow for a bit of leeway, that would be: £30 per client for 50GB, so £360 in total per annum.”</p> | |
| <p>Purchase of 6 x EMDR classic Shapiro reference textbooks for loan to BERTS EMDR trainees (Shapiro, F. (2017). <i>Eye movement desensitization and reprocessing (EMDR) therapy: Basic principles, protocols and procedures</i>. (3rd ed.). New York, NY: Guilford Press.) at retail price of £52 per book. Ownership to be retained by existing BERTS resource library.</p> | <p>£312</p> |
| <p>Further purchase of 6 individual specialist textbooks on EMDR clinical practice for loan by BERTS staff to increase/ enhance specialist knowledge and skills at an advanced level and for use with diverse case studies/assessments @ £35 each</p> | <p>£210</p> |
| <p>Purchase of 12 (patients) x 26 (sessions) Brighton & Hove bus day pass @ £5 to attend face to face EMDR sessions where available. Any unused bus passes will be used by BERTS to donate to other destitute clients to enable them to attend their psychotherapy sessions, and also be cross-resourced to our new psycho-social and psycho-education programme.</p> | <p>£1,560</p> |
| <p>Financial support for new programme of social prescribing/psychosocial wellbeing activities for group of up to 30 refugee/asylum patients of BERTS, to combat isolation and consolidate peer support. Fortnightly programme to be held throughout Winter/Spring 2021-2 consisting of wellness walks, gardening, bingo/board games, visits to local</p> | <p>£2600</p> |

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| <p>parks/places of interest. Budget of £100 per week x 26 weeks. Patients with difficult mobility or living outside central Brighton/Hove will be given bus pass. Includes 3 x weekly small-number same-gender Pilates modules, of 8 weeks duration.</p> <p>Cost of delivery of EMDR complex trauma treatment for a <i>minimum</i> of 12 asylum seekers/refugees @ average 26 sessions each, delivered over 1 year to be carried by BERTS accredited clinical psychologists and psychotherapists working in a voluntary capacity.</p> <p>Note: This is the equivalent in kind of delivery of 312 sessions of EMDR by senior clinicians at a typical price of £85 per session which is equivalent to £26,520.² We have budgeted here for the minimum of sessions to be completed, we fully expect this figure to be exceeded.</p> <p><u>TOTAL</u></p> <p>Will this be held by your organisation? Yes – as a donation only, as we are a registered charity.</p> <p>Not scored</p> | <p>£0</p> <p><u>£10,162</u></p> |
|--|---|

If you have any questions, please contact

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ⁱ <https://www.gov.uk/government/publications/severe-mental-illness-smi-physical-health-inequalities/severe-mental-illness-and-physical-health-inequalities-briefing#:~:text=Of%20the%201%2C051%2C127%20patients%20aged,is%20lower%20than%20in%20QOF%20.>

ⁱⁱ Hardoon S and others. '[Recording of Severe Mental Illness in United Kingdom Primary Care, 2000-2010](#)' PLOS One 2013: volume 8, issue 12

ⁱⁱⁱ <https://www.mind.org.uk/information-support/legal-rights/leaving-hospital/overview/>

^{iv} This list was formed through consideration of National research, JSNA, local insights from commissioning teams, local insights from VCSE partners such as FFT and through the Service User and Carer Group, linking with SPFT

² £130 per session is the standard professional fee quoted in court reports/insurance claims for EMDR. If we charged this costing at this usual rate it would be **£40,560**. BERTS rate of £85 takes into account that although we are senior practitioners with many years of experience in our modality (usually CBT), we would be classed as EMDR trainees in this instance and thus this would be an appropriately reduced indicative price.



Well-being Programme Activity List

Sports and Exercise

Sea Swimming

Demographic: Men

Capacity: 10 participants

Length: 6 weeks, 6 sessions

Venue: Brighton Beach (no cost)

Session Leaders: 2 Project Workers (no cost), 1 swimming coach

Equipment: Session leaders to bring towels and appropriate swimwear as needed, drinks and snacks to be bought at/around the venue

Costs: Swimming coach = £70 per 60 minute session, drink & snack = £7.50 per person; **total per session (for 10 people) = £145; total for 6 sessions (for 10 people) = £870**

Sea Swimming

Demographic: Women

Capacity: 10 participants

Length: 6 weeks, 6 sessions

Venue: Brighton Beach (no cost)

Session Leaders: 2 Project Workers (no cost), 1 swimming coach

Equipment: Session leaders to bring towels and appropriate swimwear as needed, drinks and snacks to be bought at/around the venue

Costs: Swimming coach = £70 per 60 minute session, drink & snack = £7.50 per person; **total per session (for 10 people) = £145; total for 6 sessions (for 10 people) = £870**

Pilates (ongoing)

Demographic: Both men's and women's classes

Capacity: Up to 6

Length: 21 weeks (19/01/22 - 06/06/22), 42 sessions

Venue: Friends' Meeting House (no cost)

Session Leaders: 1 Pilates teacher (no cost), 2 Project Workers (no cost)

Equipment: Provided by teacher (no cost)

Costs: None

Art

HERA Programme

Demographic: Any

Capacity: Up to 12

Length: 21 weeks (19/01/22 - 06/06/22), 21 sessions

Venue: HERA (no cost)

Session Leaders: HERA course leaders (no cost), 2 Project Workers (no cost)

Equipment: Provided by course leaders (no cost)

Costs: None

Fabrica Art Discussion Groups

Demographic: Any

Capacity: Up to 15

Length: Up to 8 weeks

Venue: Fabrica (no cost)

Session Leaders: Fabrica course leaders (no cost), 2 Project Workers (no cost)

Equipment: Provided by course leaders (no cost)

Costs: None

Music

Lunchtime Concerts

Demographic: Any

Capacity: No limit

Length: Every Wednesday at All Saints Hove / Fridays at Unitarian Church

Venue: All Saints Hove / Unitarian Church

Session Leaders: 2 Project Workers (no cost)

Equipment: N/A

Costs: None

Brighton

Dice Saloon - Board Games

Demographic: Any

Capacity: Up to 10

Length: 2 weeks, 2 sessions

Venue: Dice Saloon, Brighton

Session Leaders: 2 Project Workers (no cost)

Equipment: Provided by venue

Costs: Venue and games = £6 per person; **total per session (for 10 people) = £60; total for 2 sessions (for 10 people) = £120**

Brighton Mini Golf

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: 286 Madeira Drive, BN2 1EN

Session Leaders: 2 Project Workers (no cost)

Equipment: Provided by the venue, drinks and snacks to be bought at/around the venue

Costs: Venue = £10 per person, Drink & snack = £7.50 per person; **total per session (for 10 people) = £175**

Volks Railway and Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Brighton Seafront

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Volks Railway = £3.95 per person (or £5.05 for a return per person), Drink & snack = £7.50 per person; **total per session (for 10 people) = £114.50**

James Bond - Cinema

Demographic: Any

Capacity: Up to 15

Length: 1 week, 1 session

Venue: : Kingswest, West St, Brighton BN1 2RE

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Venue = £9 per person, Drink & snack = £7.50 per person; **total per session (for 15 people) = £247.50**

Guided City History Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session (commencing 7th May 2022)

Venue: Brighton City Centre (begin outside Al Duomo Restaurant, Pavilion Buildings, BN1 1EE, end at Brighton Seafront opposite Jury's Inn).

Session Leaders: 2 Project Workers (no cost), tour guide (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Drink & snack = £7.50 per person; **total per session (for 10 people) = £75**

Brighton Public Art Trail

Demographic: Any

Capacity: Up to 10

Length: 2 weeks, 2 session

Venue: Brighton City Centre (begins and ends at Brighton Station).

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Drink & snack = £7.50 per person; **total per session (for 10 people) = £75**

Brighton Museum

Demographic: Any

Capacity: Up to 12

Length: 2 weeks, 2 sessions

Venue: Brighton Museum

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Drink & snack = £7.50 per person; **total per session (for 10 people) = £75; total for 2 sessions (for 10 people) = £150**

Brighton Pier

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Brighton Pier

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Drink & snack = £7.50 per person; **total per session (for 10 people) = £75**

Chattri Monument

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Chattri Monument

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Travel = £4.80 per person, Drink & snack = £7.50 per person; **total per session (for 10 people) = £123**

Preston Manor

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Preston Manor

Session Leaders: 2 Project Workers (no cost), Tour guide

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Guide = £10 per person, Drink & snack = £7.50 per person; **total per session (for 10 people) = £175**

Worthing

Tree Identification Guided Tour

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Highdown Gardens, Worthing

Session Leaders: 2 Project Workers (no cost), tour guide

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = return train is £12.80 per person, tour guide = £4 per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £243**

Worthing Pier and Promenade

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Worthing Pier

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = return train is £12.80 per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £203**

Worthing Mini Golf

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Splash Point, Worthing

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = return train is £12.80 per person, drinks and snacks = £7.50 per person, venue = £5 per person; **total per session (for 10 people) = £253**

Worthing Museum and Art Gallery

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Worthing Museum and Art Gallery (no cost)

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Travel = return train is £12.80 per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £203**

Outside Brighton

Weald Museum

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Chichester

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Entry = £12.30 per person, Travel (bus + train) = train is £29.60 per person for a return, bus is £4.90 per person for a single fare, drink & snack = £7.50 per person; **total per session (for 10 people) = £543**

Chichester Castle

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Chichester

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, travel = £29.60 per person for a return, Drink/Snack = £7.50 per person; **total per session (for 10 people) = £371**

Ditchling Museum

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Ditchling

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Entry = £7.50 per person, travel = £9.60 train per person, drink & snack = £7.50 per person; **total per session (for 12 people) = £246**

Ditchling Village Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Ditchling

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £9.60 train per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £171**

Eastbourne Historic Walk - Old Town Hall and the Wish Tower

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Eastbourne

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Travel = £5.40 per person for a return, Drink & snack = £7.50 per person; **total per session (for 10 people) = £129**

Cuckmere Haven

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Near Seaford

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £9.60 per person to Seaford + approximately £5 per person bus to the walk area), Drink & snack = £7.50 per person; **total per session (for 10 people) = £221**

Lewes Castle

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Lewes

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Free entry, Travel = £9.60 per person, Drink & snack = £7.50 per person; **total per session (for 10 people) = £171**

Anne of Cleves House and Priory

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Lewes

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Entry = £6.10 per person, travel = £9.60 per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £232**

Leonardslee Gardens

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Horsham

Session Leaders: 2 Project Workers (no cost), tour guide

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £9.60 per person, Walking tour = £5 per person, drink & snack = £7.50 per person; **total per session (for 10 people) = £221**

Wakehurst Place

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Haywards Heath

Session Leaders: 2 Project Workers (no cost), tour guide

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Entry = £11.96 per person, travel = £14.60 per person for train + approximately £5 per person for bus, drink & snack = £7.50 per person; **total per session (for 10 people) = £390.60**

Walks

Preston Park Walks (Table Tennis and Church/Secret Garden)

Demographic: Any

Capacity: Up to 10

Length: 2 weeks, 2 sessions

Venue: Preston Park

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Drink & snacks = £7.50 per person; **total per session (for 10 people) = £75; total for 2 sessions (for 10 people) = £150**

Queen's Park Walk and Bird Feeding

Demographic: Any

Capacity: Up to 10

Length: 2 weeks, 2 sessions

Venue: Queen's Park

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Drink & snacks = £7.50 per person; **total per session (for 10 people) = £75; total for 2 sessions (for 10 people) = £150**

Brighton Seafront Walk

Demographic: Any

Capacity: Up to 10

Length: 4 weeks, 4 sessions

Venue: Brighton Seafront

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Drink & snacks = £7.50 per person; **total per session (for 10 people) = £75; total for 4 sessions (for 12 people) = £300**

Falmer Duck Pond Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Falmer Duck Pond

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £4.80 per person, drink & snacks = £7.50 per person; **total per session (for 10 people) = £123**

Wild Park Circular Walk

Demographic: Any

Capacity: Up to 10

Length: 2 weeks, 2 sessions

Venue: Wild Park Circular (South Downs)

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £4.80 per person, drink & snacks = £7.50 per person; **total per session (for 10 people) = £123; total for 2 sessions (for 10 people) = £246**

Sussex Campus Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Sussex campus (Falmer)

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £3.80 per person, drink & snacks = £7.50 per person; **total per session (for 10 people) = £113**

Hove Park Walk

Demographic: Any

Capacity: Up to 10

Length: 1 week, 1 session

Venue: Hove Park

Session Leaders: 2 Project Workers (no cost)

Equipment: Drinks and snacks to be bought at/around the venue

Costs: Travel = £4.80 per person, drink & snacks = £7.50 per person; **total per session (for 10 people) = £123**

| <u>Activity Name</u> | <u>Frequency</u> | <u>Cost per Session (at maximum capacity)</u> | <u>Total Cost (at maximum capacity)</u> |
|-------------------------------|--|--|--|
| Sea Swimming | 12 | £145.00 | £1,740.00 |
| Pilates | Every week | £0 | £0 |
| HERA Programmme | Every week | £0 | £0 |
| Fabrica Art Discussion Groups | 8 | £0 | £0 |
| Lunchtime Concerts | Every week (subject to each Church's schedule) | £0 | £0 |
| Dice Saloon | 2 | £60.00 | £120.00 |
| Brighton Mini Golf | 1 | £175.00 | £175.00 |
| Volks Railway and Walk | 1 | £114.50 | £114.50 |

| | | | |
|---------------------------------|---|---------|---------|
| Brighton Cinema | 1 | £247.50 | £247.50 |
| Guided City History Walk | 1 | £75.00 | £75.00 |
| Brighton Public Art Trail | 1 | £75.00 | £75.00 |
| Brighton Museum | 2 | £75.00 | £150.00 |
| Brighton Pier | 1 | £75.00 | £75.00 |
| Chattri Monument | 1 | £123.00 | £123.00 |
| Preston Manor | 1 | £175.00 | £175.00 |
| Tree Identification Guided Tour | 1 | £243.00 | £243.00 |
| Worthing Pier | 1 | £203.00 | £203.00 |
| Worthing Mini Golf | 1 | £253.00 | £253.00 |
| Worthing Museum | 1 | £203.00 | £203.00 |

| | | | |
|------------------------|---|---------|---------|
| Weald Museum | 1 | £543.00 | £543.00 |
| Chichester Castle | 1 | £371.00 | £371.00 |
| Ditchling Museum | 1 | £246.00 | £246.00 |
| Dicthling Village Walk | 1 | £171.00 | £171.00 |

| | | | |
|---------------------------------|--|---------------|-----------------|
| Eastbourne Historic Walk | 1 | £129.00 | £129.00 |
| Cuckmere Haven | 1 | £221.00 | £221.00 |
| Lewes Castle | 1 | £171.00 | £171.00 |
| Anne of Cleves House and Priory | 1 | £232.00 | £232.00 |
| Leonardslee Gardens | 1 | £221.00 | £221.00 |
| Wakehurst Place | 1 | £390.60 | £390.60 |
| Preston Park Walk | 2 | £75.00 | £150.00 |
| Queen's Park Walk | 2 | £75.00 | £150.00 |
| Brighton Seafront Walks | 4 | £75.00 | £300.00 |
| Falmer Duck Pond Walk | 1 | £123.00 | £123.00 |
| Wild Park Circular Walk | 2 | £123.00 | £246.00 |
| Sussex Campus Walk | 1 | £113.00 | £113.00 |
| Hove Park Walk | 1 | £123.00 | £123.00 |
| 36 | 59 (not including recurring activities) | Totals | £7872.60 |

Note: I've changed the maximum capacity for all the activities (except the cinema trip) to 10 people. The overall total for 10 people in each activity is £7872.60, while the total for 12 people is £9239.62



WELL-BEING PROGRAMME ACTIVITY CALENDAR

FEBRUARY

2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------------------|--|---|---------------------------------|---------------------------|----------|
| | 31 Badminton (Women) | 1 HERA Food and Art Workshop | 2 Pilates Cinema | 3 HERA Dance Workshop | 4 Badminton (Men) | 5 |
| 6 | 7 Volleyball (Women) | 8 HERA Food and Art Workshop | 9 Pilates Dice Saloon | 10 HERA Dance Workshop | 11 Volleyball (Men) | 12 |
| 13 | 14 Badminton (Women) | 15 HERA Food and Art Workshop | 16 Pilates Brighton Museum | 17 HERA Dance Workshop | 18 Badminton (Men) | 19 |
| 20 | 21 Volleyball (Women) | 22 HERA Food and Art Workshop | 23 Pilates Fabrica Art Discussion Group | 24 HERA Dance Workshop | 25 Volleyball (Men) | 26 |

| | | | | | | |
|----|--|--|--|--|--|--|
| 27 | 28 Fabrica Art Discussion Group | | | | | |
|----|--|--|--|--|--|--|

MARCH 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------|---|---------------|---|--|----------|
| | | 1 Dice Saloon | 2 Pilates | 3 HERA Dance Workshop HERA Food and Art Workshop | 4 Brighton Museum | 5 |
| 6 | 7 Fabrica Art Discussion Group | 8 Chichester Castle and Weald Museum | 9 Pilates | 10 HERA Dance Workshop HERA Food and Art Workshop | 11 Lewes Castle and Anne of Cleves House | 12 |
| 13 | 14 Fabrica Art Discussion Group | 15 Worthing Minigolf and Pier Walk | 16 Pilates | 17 HERA Dance Workshop HERA Food and Art Workshop | 18 Brighton Guided History Walk | 19 |
| 20 | 21 Fabrica Art Discussion Group | 22 Brighton Public Art Trail | 23 Pilates | 24 HERA Dance Workshop HERA Food and Art Workshop | 25 Tree Identification Tour and Worthing Museum | 26 |

| | | | | | | |
|-----------|--|---|-----------------------------|--|--|--|
| 27 | 28 Fabrica Art Discussion Group | 29 Ditchling Museum and Village Walk | 30 Pilates | 31 HERA Food and Art Workshop | | |
|-----------|--|---|-----------------------------|--|--|--|

APRIL 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|---|--------------------------|--|---|---------------|
| | | | | | ¹ Preston Manor and Walk | ² |
| ³ | ⁴ Fabrica Art Discussion Group | ⁵ Brighton Pier and Volks Railway | ⁶ Pilates | ⁷ Leonardslee Gardens | ⁸ | ⁹ |
| ¹⁰ | ¹¹ Fabrica Art Discussion Group | ¹² Cuckmere Haven | ¹³ Pilates | ¹⁴ Brighton Mini Golf | ¹⁵ | ¹⁶ |
| ¹⁷ Easter Sunday | ¹⁸ Hove Park Walk | ¹⁹ Wakehurst Place | ²⁰ Pilates | ²¹ Preston Park Walk | ²² | ²³ |
| ²⁴ | ²⁵ Brighton Seafront Walk (East) | ²⁶ Chattri Monument | ²⁷ Pilates | ²⁸ Fabrica Refugee Exhibition and Talk | ²⁹ | ³⁰ |

MAY 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|--------------------------------|---------------|----------------------------------|--------|----------|
| 1 | 2 Brighton Seafront Walk (West) | 3 Visit to Eastbourne | 4 Pilates | 5 Falmer Duck Pond Walk | 6 | 7 |
| 8 | 9 Wild Park Circular Walk | 10 Sea Swimming (Men) | 11 Pilates | 12 Sea Swimming (Women) | 13 | 14 |
| 15 | 16 Queen's Park Walk | 17 Sea Swimming (Men) | 18 Pilates | 19 Sea Swimming (Women) | 20 | 21 |
| 22 | 23 Brighton Seafront Walk (East) | 24 Sea Swimming (Men) | 25 Pilates | 26 Sea Swimming (Women) | 27 | 28 |
| 29 | 30 Preston Park Walk | 31 Sea Swimming (Men) | | | | |

JUNE 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------------------|-----------------------------|---------------|-------------------------------|--------|----------|
| | | | 1 Pilates | 2 Sea Swimming (Women) | 3 | 4 |
| 5 | 6 University of Sussex Walk | 7 Sea Swimming (Men) | 8 Pilates | 9 Sea Swimming (Women) | 10 | 11 |
| 12 | 13 Wild Park Circular Walk | 14 Sea Swimming (Men) | 15 Pilates | 16 Sea Swimming (Women) | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

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