

RUTLAND FIRST CIC
ANNUAL REPORT
1 APRIL 2018 TO 31 MARCH 2019



Some members of the original Youth Forum that developed the plans for Resilient Rutland



CHAIR'S INTRODUCTION



This has been an exciting year for Rutland First as it sets out in new directions having handed over responsibility for Healthwatch services in the county.

The first part of the year was spent in deciding what activities we should support, and then having decided to take on responsibility for Resilient Rutland we put together a bid for funding from the Big Lottery Fund. We learnt at the end of November that our bid had been successful and that we had been awarded a grant of half a million pounds spread over three years. Congratulations to everyone involved in putting this bid together.

It was then a case of turning the aspirations of Resilient Rutland into firm plans and identifying providers who could deliver the services. Early work involved a successful public launch and many meetings with schools, the various National Health Service providers and Rutland County Council to get an understanding of what was already on offer, what was needed and how Resilient Rutland could help.

During 2019/20, we will be carrying out evaluations of mental health and wellbeing in the secondary schools, agreeing plans with the primary and secondary schools and starting to provide the additional services that the young people want. It is an exciting prospect.

Yours sincerely,

Miles Williamson-Noble

Chair Rutland First

RUTLAND FIRST CIC IS FORMED



On 1 April 2018, Healthwatch Rutland CIC became Rutland First CIC, and responsibility for providing Healthwatch services in Rutland, as well as the office and the staff, passed to Connected Together CIC. The change in function and name gave the company the chance to develop in new directions, and to set as its priority the **delivery** of services in the health and wellbeing sector.

The Resilient Rutland project promotes a whole school approach to the improvement of mental health and wellbeing for all young people attending Rutland schools. Initiated by Dr Anne Williams in 2014 this approach had been gathering pace and action was needed. At the request of the Resilient Rutland Steering Group and with the wholehearted endorsement of the Rutland First Board, it was decided that Rutland First would take on the management of the project.

RESILIENT RUTLAND

The Build Up

The first thing necessary for Rutland First to take on the Resilient Rutland project was to identify possible sources of funding. The Big Lottery had just reorganised its funding streams and was putting in place a Reaching Communities Fund that could provide up to £500,000 over 3 years. It was decided that this would be ideal for the project and the decision was made to apply for a grant.

A Project Manager was an essential part of putting together the plan and submitting it to the Big Lottery. The Lord-Lieutenant of Rutland, who is our Patron, contacted Warners Midland plc and they very kindly offered sufficient funding to employ a Project Manager. Morag Tyler was recruited from a strong list of candidates to fill the position. She brings over 20 years' experience of project management, marketing and data analysis; lives in Rutland; and has two young children at school locally.

The Bid

The Big Lottery bid was agreed and submitted in September, and Rutland First was notified on 1st November that the bid had been successful.

The Launch

The success of the bid was announced to the public at a reception held at Kendrew Barracks and hosted by the Lord-Lieutenant on the day of the official notification. A few days later we held a Press Reception in Oakham Castle.



The Lord-Lieutenant, Dr Anne Williams, representatives of Rutland schools and the Resilient Rutland team at the Press Reception

This was followed by a very successful formal launch event, once more in Oakham Castle, on 29th January. The event was led by the young people who had been instrumental in setting the aims of the project, and was attended by representatives from the Big Lottery, as well as the Lord-Lieutenant, the High Sheriff, local councillors and most importantly the schools.



Miles Williamson-Noble, Oliver Savage, Morag Tyler and Geoff Thompson



The High Sheriff, the Chair of Rutland County Council and members of the Youth Forum

Post Launch

After the launch event, we held a series of meetings with schools to identify in more detail their requirements. We did this in two ways. Firstly we established what was already available, what might soon become available and what gaps existed with the current providers of mental healthcare. Secondly we looked at service providers not currently being used to find out what assistance they could offer.

After sharing the scope with the Big Lottery team we decided that we should recruit a second member of staff, and another successful recruitment campaign was carried out. Lyn Harte was recruited from the position of Head of Year 7 at Stamford Endowed Schools. She has over 20 years' experience as a teacher, and has been extensively involved in pastoral care and the teaching of psychology. Lyn started in July 2019 in the position of Schools Liaison Officer.

Going Forward

Once the priorities had been determined and potential providers identified, work started on setting up contracts to deliver the services.

- In March 2019 Anna Freud conducted an evaluation of the current state of mental health and wellbeing amongst Years 7 and 9 in all Rutland secondary schools. The full report was published in June 2019.
- For September 2019 we have contracted with Young Minds to run Academic Resilience Approach (ARA) workshops with all Rutland secondary schools.
- An NHS commitment to introduce nurses with mental health first aid training to state secondary schools required a change in our plans, and we are now arranging for Relate Leicestershire to provide additional support to the nurses
- We are co-funding Emotional Literacy Support Assistants training with Rutland County Council for primary school staff

Once these initiatives are up and running, the team will spend the rest of 2019 looking at:

- Recommendations coming out of the ARA workshops
- Provision of Resilience Training for young people and staff
- Working with parents
- Encouraging young people's peer support arrangements
- Seeing if there are special considerations for military families and if anything can be done to provide additional support
- Developing and publicising a signposting support website for Rutland parents and young people to use
- Helping primary schools to get funding for quiet rooms

In 2020 and 2021, we will be putting the remaining initiatives into practice, identifying any further shortcomings in provision of support, monitoring initiatives already underway and looking to secure the long-term future of the support provided initially with Big Lottery funding.

OTHER ACTIVITIES

The Rutland Health and Social Care Policy Consortium was formed to review the application of national and local policy to health and social care services in Rutland. The Consortium requested that it be affiliated to Rutland First for financial purposes, and this has been endorsed. It acts as an independent group.

Suggestions have been made that Rutland First should take on additional roles such as a project into end of life care, or joint working with the Rutland Access Group. For the moment the Board feels that it is already fully committed with the Resilient Rutland work, and that to get involved in other initiatives would require greater staff/volunteer capacity and identified sources of funding. Such ideas are not ruled out in the longer term, but will not be the subject of immediate work.

GOVERNANCE

Rules and Procedures

Healthwatch Rutland CIC had articles of association, standing orders and procedures, all of which needed amendment to reflect the new company structure of Rutland First CIC. The revised articles, orders and procedures have been approved by the Board and are available on the website www.rutlandfirst.co.uk

Board Membership

During the year, three Board Members (Sean Williams, Jacqui Darlington and Bart Hellyer) resigned due to relocation, pressure of work and conflicts of interest. At the 2018 Annual General Meeting, Geoff Thompson and Jeannette Warner were elected as new Board Members. Geoff brings extensive experience of banking and governance, and is Chair of Governors at Uppingham Community College and a Governor at Harington. Jeannette has worked in personnel in industry, is a Director of the printing company Warners, one of our

sponsors, and is a Deputy Lieutenant of Rutland. She acts as our specialist on Human Relations and recruitment.



Geoff Thompson



Jeannette Warner

At the 2019 AGM, it is planned to hold further elections to bring the Board up to the full strength of 10, and in the meantime 3 ex-officio members (Paul Kitson, Gina Head and Dr Carole East) have been appointed to bring in additional expertise and knowledge in the areas of finance, public relations and mental health.

FINANCE

The year started with £8,900 in the bank from the sale of office assets and a small carry over from previous activities that had not been funded by Rutland County Council. In May, Warners Midlands plc kindly provided £15,000 sponsorship to enable the recruitment of the Project Manager. In December, the Big Lottery (now renamed the National Lottery Community Fund) made its first payment of £5,000, followed in February by the first of its six monthly grant payments. The financial year finished on 31 March 2019 with a healthy balance of £80,133, of which £66,944 is committed to future Resilient Rutland activities.

The accounts have been approved by our accountants, Bulley Davey, and will be published separately.

ACKNOWLEDGEMENTS

We would like to acknowledge the help we have received from our accountants Bulley Davey in overseeing our financial dealings, and from Hegarty LLP Solicitors in preparing contracts.

We would also like to acknowledge Warners Midlands plc and the National Lottery Community Fund for their financial support, without which there would be no Resilient Rutland project.