**Young Adult Mental Health & Wellbeing**

**Wellness from Within**

**early intervention to support young people at risk of disordered eating**

**Grant Programme**

**Deadline date: Tuesday 23 April 2024**

Young K&C is pleased to be working with Central and North West London NHS Foundation Trust on this grant programme for voluntary sector organisations to reduce the risks of disordered eating for young people aged between 14 and 25.

1. **About the grants funding**

**Eating disorders affect people of every race, size, gender identity, sexual orientation and background.**

Between the ages of 14 and 25 young people make key decisions as they transition to higher and further education, into jobs, start relationships, leave home or begin families. The transition from childhood to adulthood can be a difficult time, especially for young people experiencing mental health issues. The late teenage years are an important time for personal development but can also be a time when young people are more vulnerable.

Problems with food can begin as a coping strategy or a way of feeling in control but may lead to more disordered patterns of eating and behaviours.

The aim of this grant programme is to support voluntary and community sector organisations to contribute to prevention and early intervention programmes, working with young people aged between 14 and 25 to help to address issues including self-esteem, pressures to conform to sociocultural appearance ideals, body dissatisfaction, media, and social media literacy, dieting and body change behaviours, and interventions involving parents/carers which aim to prevent eating disorders.

Voluntary groups are well placed to deliver prevention and early intervention programmes including providing support through a culturally and racially sensitive lens, supporting open conversations, dispelling stigma, and fostering resilience regarding disordered eating.

Central and North West London NHS Trust (CNWL) and West London NHS Trust (WLT) have a range of eating disorder services available for all kinds of eating disorders from mild to severe for young adults across NW London. Both trusts recently launched a new evidence-based service which aims to offer help early to those with eating difficulties aged 18-25.

More information is available here about CNWL’s [new service STRIDES.](https://www.cnwl.nhs.uk/services/mental-health-services/eating-disorders/strides-support-recovery-disordered-eating-service) CNWL and WLT are inclusive service providers and the teams consist of a diverse range of staff, and support people from all walks of life and communities, for example, young men and young women, young people with special educational needs and disabilities, Global Majority young people, LGBTQ+.

1. **Who is this funding for?**

Registered charities and community interest companies in Kensington & Chelsea that:

* Currently work with young adults aged between 14 and 25 years
* Are supporting their mental health and emotional wellbeing needs.

1. **Who is funding this?**

CNWL has secured grant funding from the North London Adult Eating Disorder Provider Collaborative (NLAED PC).

1. **What can the funding to be used for?**

For VCS organisations that work with young adults aged between 14 and 25 years to provide prevention and early intervention programmes, as well as effectively supporting those with a diagnosed eating disorder to access treatment and be supported through recovery and relapse.

VCS organisations can help to identify individuals who are at-risk of or may be experiencing eating disorders and to provide information about appropriate resources and signpost to services. We expect there to be a wide range of proposals but consideration to **under-represented groups** is a priority and a commitment to the development of partnership working with CNWL and WLT and to help increase **referrals to the new CNWL early help eating disorder services**.

Groups/communities identified as either under-represented in services, not seeking support early or where eating disorders are less recognised (there may be additional groups you have identified please provide in your proposal):

* Young men
* Non-binary young adults (who are often struggling with body image)
* Black young adults
* Those with bulimia or binge eating disorders or history of dieting
* Young people with obesity

Programmes may be designed to increase positive body image and self-esteem and focus on risk factors that can be influenced (eg thin ideal internalisation, body dissatisfaction, peer pressure, bullying, perfectionism) and on increasing protective factors (eg self-esteem, social support, respect for diversity). Here are some examples of prevention and early intervention programmes:

* Campaigns to raise awareness, shift perceptions on eating disorders including young adults, parents/carers and staff, eg workshops, providing information
* Delivering awareness-raising that promotes open conversations, dispelling stigma, and fostering resilience regarding disordered eating
* Promotion and signposting of services and support
* Provision of early mental health support through services tailored to the needs of those at risk of eating disorders, which may include peer support and targeted outreach that is culturally and racially sensitive.

Alternatively, programmes may be designed to reach a group more directly, for example:

* Clubs and groups, eg skilling-up those who run them to provide eating disorder awareness or early support
* Professionals who work with young adults eg youth workers, advisory or education services
* Support for body image, exam stress, perfectionism, social media awareness, cooking and eating for health.

1. **How much funding is available?**

The total pot available for funding is £65,000. Grants of between £5,000-£65,000 will be made available to support prevention and early intervention programmes for eating disorders. Individual organisations can develop more than one project but the total cannot exceed £65,000.

1. **Timescales**

The following timescales will apply:

|  |  |
| --- | --- |
| **Activity** | **Date** |
| Launch grant programme | Monday 18 March 2024 |
| Deadline for submission of proposals | Tuesday 23 April 2024 |
| Contracts awarded and payment approved | May 2024 |
| Successful VCSE organisations begin delivery of projects | May to June 2024 |
| Successful VCSE organisation finish project delivery | 31 December 2024 |

**If this seems like something you would be willing to be a delivery partner on/be part of then please complete the following form and return to:** [grants@youngkandc.org.uk](mailto:grants@youngkandc.org.uk)

**Deadline date:**

|  |  |
| --- | --- |
| Please describe the service or activities that you propose to deliver?  Will your service reach any of the priority groups listed above? |  |
| How will this contribute to improving the health and wellbeing of young adults? |  |
| How will we know if it is successful? |  |
| How much funding are you seeking and how will it be spent? |  |

**About your Organisation**

|  |  |
| --- | --- |
| **Questions** | **Your Response** |
| Organisation Name |  |
| Registered Charity Number or Company Number |  |
| Please summarise your organisational track record working with Children, Young People and Vulnerable Adults.  Please consider including:   * Which groups do you target your services to? * How long have you been working in the Borough? * How many Young adults (between 16 and 25 years of age) have accessed your services over the last 12 months? |  |
| What partner organisations do you work with? |  |

**About your organisation and services**

|  |  |
| --- | --- |
| **Questions** | **Your Response** |
| How do you manage risks involved in working with young people? |  |
| Describe your registration and consent procedures for young adults, parents / guardians. |  |
| Summarise how personal data from sessions with users is kept and used? |  |
| What supervision requirements / obligations do you have in place with staff delivering frontline services?  How often does supervision take place, and by whom is it provided? |  |
| What qualifications, training and/or experience do the staff involved in this project hold that enables them to deliver this kind of work? |  |

**Documents to send**

Please attach a copy of your organisation’s:

* Safeguarding Policy and Procedures
* Health and Safety Policy

I have the authority to submit this application on behalf of my organisation and certify that the information provided in the application form is correct as to the best of my knowledge.

|  |  |
| --- | --- |
| Name |  |
| Date |  |
| Position in organisation |  |