**Grants for voluntary and community organisations supporting engagement with children, young people and their families in Merton and Wandsworth**

**Start date: March 2024**

**End date: May 2024**

**Grant: £2,000**

**Applicants: VCSE organisation(s) based in South West London – with specific reach in Merton and Wandsworth**

**Grant requirements**

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| **Objectives of engagement** | To engage children, young people and their families in Merton and Wandsworth to hear feedback, views and experiences on the following themes:* Physical activity - what support and services are important to be healthy and maintain a healthy weight.
* Mental wellbeing – what support and services are important to maintain positive mental health and wellbeing.
* Our local environment (see definition in section 1) - what makes our environments healthy and positive for our physical and mental wellbeing in our communities and health and care services.
* The wider determinants of health and the impact on our physical and mental wellbeing, eg. employment, housing, education, social connections.
* Transition from child and adolescent mental health services (CAMHS) to adult mental health services
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| **Grant amount** | Up to £2,000 per organisation |
| **Project lead** | Imogen Spencer (Engagement Manager – Merton and Wandsworth, South West London NHS): Imogen.spencer@swlondon.nhs.ukNadra Gadeed (Engagement and Equalities Lead – Merton and Wandsworth, South West London NHS): Nadra.gadeed@swlondon.nhs.uk  |
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| **Date for submission** | The deadline for submitting completed applications is midday **Wednesday 27 March**, please send completed applications to:Imogen.spencer@swlondon.nhs.uk  |
| **Information event** | There will be an information event on Microsoft Teams, for organisations to find out more about the funding opportunity on:Thursday 7 March 12:00pm-1:00pm.Microsoft Teams meeting **Join on your computer, mobile app or room device** [Click here to join the meeting](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_Njg3ZDk1NTYtOGI0Yy00ZGUyLWFhZjAtMzQ5OWQzNzFjZWRk%40thread.v2/0?context=%7b%22Tid%22%3a%22c75c680c-ebe2-4232-85b0-a365c8982c49%22%2c%22Oid%22%3a%22609acb7e-17ab-4561-b981-4e7170125d2c%22%7d) Meeting ID: 341 190 719 271 Passcode: mHNneH [Download Teams](https://www.microsoft.com/en-us/microsoft-teams/download-app) | [Join on the web](https://www.microsoft.com/microsoft-teams/join-a-meeting)**Or call in (audio only)** +44 20 3880 0300,,76755858#   United Kingdom, London 0800 026 6146,,76755858#   United Kingdom (Toll-free) Phone Conference ID: 767 558 58# [Find a local number](https://dialin.teams.microsoft.com/d85a2e8c-c5c9-4c0c-b518-e4b69a36da42?id=76755858) | [Reset PIN](https://dialin.teams.microsoft.com/usp/pstnconferencing) [Learn More](https://aka.ms/JoinTeamsMeeting) | [Meeting options](https://teams.microsoft.com/meetingOptions/?organizerId=609acb7e-17ab-4561-b981-4e7170125d2c&tenantId=c75c680c-ebe2-4232-85b0-a365c8982c49&threadId=19_meeting_Njg3ZDk1NTYtOGI0Yy00ZGUyLWFhZjAtMzQ5OWQzNzFjZWRk@thread.v2&messageId=0&language=en-US)  |

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| **1. Background**  |
| Our earliest experiences of life, starting in the womb, through pregnancy and birth and into our early years, are vital in laying the foundations for our future health and well-being. Research consistently shows that even short-term improvements in physical, cognitive, behavioural, social and emotional development can lead to benefits throughout childhood and later life. ([Wandsworth, JSNA Start Well, 2021](https://www.wandsworth.gov.uk/media/9886/wandsworth_jsna_start_well.pdf#page=6)) The Marmot Review, Fair Society, Healthy Lives, identified giving every child the best start as the highest priority in reducing the inequalities gap that exists between different groups of people. Action to reduce health inequalities needs to start before birth and be followed through the life of the child to improve adult health outcomes. ([Marmot](https://www.instituteofhealthequity.org/resources-reports/fair-society-healthy-lives-the-marmot-review/fair-society-healthy-lives-full-report-pdf.pdf), 2010)The COVID-19 pandemic has had a significant negative impact on children and young people, spanning mental health, child healthy weight, school readiness and education attainment; and risk factors and vulnerabilities were exacerbated by the pandemic, and are likely to be further aggravated by the cost-of-living crisis, i.e. food poverty. This is translating into increased referrals, i.e. for mental health support and Education, Health and Care Plans. ([Merton Story](https://www.merton.gov.uk/system/files/Merton%20Story%20Summary%20Slides%20300523%20Final.pdf), 2022/23)**Wandsworth key demographics*** In Wandsworth 19.3% of the total population are under 18 years in 2021 with a third of all households containing children. ([DataWand](https://www.datawand.info/population/%22%20%5Cl%20%22/view-report/63aeddf1d7fc44b8b4dffcd868e84eac/___iaFirstFeature/G3), 2021).
* The population of 0–17-year olds is projected to increase by 4% by 2041 (from 64,847 in 2021 to 67,463 in 2041).
* The largest proportion of children and young people under the age of 18 years are aged 0–4 years (33.5%).
* The level of child poverty in Wandsworth is similar to England, with 17.2% of children aged under 16 years living in low-income families. ([Wandsworth JSNA Start Well, 2021](https://www.wandsworth.gov.uk/media/9886/wandsworth_jsna_start_well.pdf#page=6))
* Much of Wandsworth is deprived in terms of income deprivation affecting older people, and the most deprived areas are Roehampton, Latchmere, West Putney, Tooting, Graveney and Bedford (Indices of deprivation). The most deprived areas of the borough in terms of overall deprivation are Roehampton, West Putney, Latchmere, Queenstown, and Tooting. The scale of inequality in Wandsworth is notable with pockets of deprivation and population-based inequalities which are linked to physical inactivity. ([Wandsworth](https://www.wandsworth.gov.uk/media/g0ihkdkb/joint_local_health_and_wellbeing_strategy_2024_29.pdf), 2024)

**Merton key demographics*** In Merton 12% (5,234) of children are aged 16 and under. By 2035, Merton’s population will grow by over 9,000 people with an increase of over 16,000 people aged 18 years and over and a decline by almost 7,000 people under 18 years. ([Merton Story](https://www.merton.gov.uk/system/files/the_merton_population_key_messages.pdf), 2022/23)
* Most children and young people living in Merton are healthy and have a good start in life, experiencing better health and related outcomes than the London and England average. ([Merton Story](https://www.merton.gov.uk/system/files/Start%20Well%20Key%20Messages.pdf), 2022/23).
* Just over 5,000 children are living in absolute low-income families (less than 60% of the average income). This is fewer than London and England, but East Merton has a significantly higher proportion than West. ([Merton Story](https://www.merton.gov.uk/system/files/Start%20Well%20Key%20Messages.pdf), 2022/23).
* Merton has significant persistent social and health inequalities between the East and West of the borough. The gap in life expectancy between the 10% most deprived and the 10% least deprived in Merton is 7.7 years for males and 5 years for females. ([Merton Story](https://www.merton.gov.uk/system/files/the_merton_population_key_messages.pdf), 2022/23)
* Merton has a long-standing difference in health and wellbeing between people living in East and West Merton. These social inequalities are mirrored by inequalities in life expectancy, mortality and morbidity for main diseases. Of the 340,000 Core20 population in South West London, 29,000 are located in East Merton with characteristics of ethnic diversity, significant school aged population, older working age population (44-64 years) and deprivation in housing. ([Merton Story](https://www.merton.gov.uk/system/files/the_merton_population_key_messages.pdf), 2022/23). The wards with the highest deprivation are Cricket Green, Figge’s March, Ravensbury, Pollard’s Hill and Lavender Fields. ([Merton Story](https://www.merton.gov.uk/system/files/inequalities.pdf), 2022/23)

**Mental health**There are various risks which place children and young people at a heightened risk of multiple and sustained childhood mental health needs. These include being a victim of abuse, poor housing, poverty, parental separation, financial crisis, parents with poor mental health, and experiencing traumatic events. Other children and young people at risk of suffering from a mental health condition are those who identify as LGBTQ+, looked after children and those in the youth justice system. ([Wandsworth](https://www.wandsworth.gov.uk/media/g0ihkdkb/joint_local_health_and_wellbeing_strategy_2024_29.pdf), 2024)Nearly three quarters of children with a mental health condition also have a physical health condition or developmental needs. Children and young people are more likely to have poor mental health if they experience some form of adversity, such as living in poverty, parental separation or financial crisis, where there is a problem with the way their family functions or whose parents already have poor mental health. Young people who identify as LGBQT are also more likely to suffer from a mental health condition. ([LGA](https://www.local.gov.uk/about/campaigns/bright-futures/bright-futures-camhs/child-and-adolescent-mental-health-and), 2023)In Merton, there has been an increase in school pupils with social, emotional and mental health needs, identified through Special Educational Need support use since pre-pandemic and is significantly higher than London and national levels. ([Merton Story](https://www.merton.gov.uk/system/files/Merton%20Story%20Summary%20Slides%20300523%20Final.pdf), 2022/23)The percentage of school pupils with social, emotional, and mental health needs in Wandsworth at 3.62% is higher than both London and England levels (2.41% and 2.39% respectively. The rate of hospital admissions for self-harm for children aged 15 to 19 years currently ranks 4th highest of all the London boroughs. ([Wandsworth JSNA Start Well, 2021](https://www.wandsworth.gov.uk/media/9886/wandsworth_jsna_start_well.pdf#page=6))Eating disorders and disordered eating in children and young people increased during the pandemic. This is reflected in urgent referrals for treatment for eating disorders among young people, which have doubled nationally and increased five-fold in South West London. ([Merton Story](https://www.merton.gov.uk/system/files/Merton%20Story%20Summary%20Slides%20300523%20Final.pdf), 2022/23)**Physical health** Adults and children are twice as likely not to be active enough for good health if they have a physical disability, longer term health conditions such as diabetes or cardiovascular disease or multiple Comorbidities. Children with learning disabilities are also more likely to be overweight or obese. Obesity and overweight disproportionately affects those from more deprived areas. ([Wandsworth](https://www.wandsworth.gov.uk/media/g0ihkdkb/joint_local_health_and_wellbeing_strategy_2024_29.pdf), 2024)The causes of obesity and being overweight are multi-factorial, no one single factor can be attributed. The obesity systems map outlines the main areas that contain variables which are considered to affect the outcome of obesity directly or indirectly including environmental, societal and individual themes. These include variables such as an individual's psychology and physiology, and the food and activity environment. ([PHE](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/296290/obesity-map-full-hi-res.pdf), 2021)In 2019/20, nearly 1 in 5 children aged 4-5 years were overweight or living with obesity in Merton. During primary school years levels increased significantly and just over 1 in 3 children aged 10-11 years in Merton were overweight or living with obesity, an increase of 17%. By the time young people reach adulthood this increases further, with 1 in 2 adults classified as overweight or obese. Data up until 2019/20 shows a higher proportion of children in East Merton wards are living with obesity compared to West Merton wards and the inequality gap in obesity between the East and West of the borough has been increasing since 2008/09. ([Merton Story](https://www.merton.gov.uk/system/files/Merton%20Story%20Summary%20Slides%20300523%20Final.pdf), 2022/23)In Wandsworth, the prevalence of obesity also increases more than three-fold between Reception (6.4%) and Year 6 (19%) (2018/19). Levels at Year 6 are better than London (23.2%) and national (20.2%) averages. ([Wandsworth, JSNA Start Well, 2021](https://www.wandsworth.gov.uk/media/9886/wandsworth_jsna_start_well.pdf#page=6))**Environment**Our health and wellbeing are largely determined by the environment in which we are born, grow, live, work and age. The natural environment includes green spaces while the built environment includes housing, transport and food outlets, both of which influence our ability to make healthy choices. There are also strong links between education, health and quality of life. Positive wellbeing in pupils can lead to improved academic progression and engagement in school. In turn, a good education significantly improves a child’s later life chances. This provides access to better employment prospects and higher wages, and is associated with healthier lifestyles and better health outcomes both in terms of physical and mental wellbeing.  |
| **2. Engagement requirements for the grant**  |
| NHS South West London are keen to work with the local community and voluntary organisations who are directly supporting children, young people and their families. We are keen to hear feedback, views and experiences of children, young people and their families on the following themes:* Physical activity - what support and services are important to maintain a healthy weight.
* Mental wellbeing – what support and services are important to maintain positive mental health and wellbeing.
* Our local environments (see definition in section 1) - what makes our environments healthy and positive for our physical and mental wellbeing in our communities and health and care services.
* The wider determinants of health and the impact on our physical and mental wellbeing, e.g. employment, housing, education, social connections.
* Transition from child and adolescent mental health services (CAMHS) to adult mental health services.

NHS South West London are keen to hear from local people and communities in Merton and Wandsworth. We are especially interested in hearing from less heard voices across our diverse communities and organisations who can reach children, young people and their families who are disproportionately impacted by health inequalities. We are seeking to fund local community and voluntary organisations grants of up to £2,000 to deliver engagement activities. For example this could be by running focus groups, face-to-face and phone interviews. This could be in innovative ways through play activities or by organising lunch clubs or outdoor activities where the engagement can take place. We are keen for organisations to explore how they can gather insights and provide opportunities for their local communities to connect socially and become more physically active as part of their engagement activities. Examples of this could be:* An after-school programme for children, young people and their families consisting of structured play, homework clubs.
* Social activities for children, young people and their families, providing a series of events that enable opportunities for people to connect and share about their feedback and views about their health and wellbeing.
* A lunch club with workshops for children, young people and their families in a local community space.

NHS South West London and their partners will use the insight and community stories gathered by this grant programme to inform future plans for developing health and care services ensuring views and experiences of our local communities inform decision making and service development.Reporting and monitoring A requirement of this grant is for you to gather quantitative (numbers of people attending and key demographics) and qualitative (feedback, views and experiences) insight. If you are successful in this application, we will provide the following:* A set of questions you can ask and collect the views, feedback and experiences from children, young people and their families.
* A simple monitoring form to be completed at the end of each engagement activity.
* Guidance on how to report back on the insight you have collected and an opportunity to showcase what you have heard through your engagement activity.

We would also welcome innovative ways of collecting insight e.g. recording voice notes, video clips and recording a Q&A session. We could also support filming and recording of your engagement activity and promotion of your organisation as part of this funding. If this is something you would like, please give us at least 7 days notice and we will try to accommodate your request. |
| **4. Engagement proposals** |
| Interested organisations should submit the application form (see Appendix 1) with your proposal for how they could use the funding to meet the engagement requirements (see section 2). Grants of up to £2,000 are available per organisation.If you would like to discuss this work, please email: Imogen.spencer@swlondon.nhs.uk |
| **4. Accountability** |
| The organisation will be accountable to NHS South West London to deliver agreed activity as part of the grant funding agreement. In addition, organisations must be able to demonstrate they have safeguarding and health and safety measures in place. |
| **5. Timeframes** |
| Deadline for completed applications is **midday Wednesday 27 March** and invoice for payment to be submitted on acceptance. Plan for delivery to be discussed. Indicative timescales:* Early in April 2024 – successful organisations notified and receive grant funding
* April - May – organisations carry out activities to gather insight
* 23 May 2024 – organisations share insights with NHS South West London using agreed template and process.
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**Appendix 1: Engagement Funding Award Application Form**

**Grants for voluntary and community organisations in Merton and Wandsworth who can engage with children, young people and their families**

**Start date: April 2024**

**End date: May 2024**

**Grant: £2,000**

**Applicants: VCSE organisation(s) based in South West London – with specific reach in Merton and Wandsworth**

**Organisation details – Please tell us who you are:**

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| **Name(s) of organisation:****Type of organisation:****Name(s) of person leading the application:****Email(s):** **Telephone:****Organisation Address(es):****Charity No(s):****Borough(s) - note this is specifically for engagement in Merton and Wandsworth:****Total requested funding amount:** |
| **1. Please outline your planned engagement activity*** *Please include a description of how your proposed engagement activity meets the needs of this project scope.*
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| [Insert response here]*Max 400 words* |
| **2. Please describe the approach(es) you will use to engage with children, young people and their families*** *Please include a description of the demographics of the children and young people you will reach*
 |
| [Insert response here]*Max 300 words* |
| **3. Please outline your budget, project timeline and include any key risks and mitigations** |
| [Insert response here]*Max 300 words* |
| **4. Please outline the specific safeguarding and health and safety measures in place for the duration of the project** |
| [Insert response here]*Max 300 words* |

Applications should be sent to Imogen.spencer@swlondon.nhs.uk **by Wednesday 27 March 2024 midday**