



Area Partnership Funding



Before completing this form, please ensure that:

- ❖ You read the appropriate Area Plan prior to submitting your request.
- ❖ You select the appropriate Area Partnership(s)
- ❖ You complete this form fully. We will only consider the information contained within this form.
- ❖ If any changes occur after you send in your application, you must notify the Area Manager.

Area Partnerships

Please indicate the area where people will benefit from this proposal by selecting the box(es) next to the appropriate Area Partnership(s)

REFERENCE NO (Internal only):

All Area Partnerships (please use the links below)	<input type="checkbox"/>
Dunbar and East Linton (Please click on the link to view the Area Plan)	<input type="checkbox"/>
Fa'side (Please click on the link to view the Area Plan)	<input type="checkbox"/>
Haddington and Lammermuir (Please click on the link to view the Area Plan)	<input type="checkbox"/>
Musselburgh (Please click on the link to view the Area Plan)	<input type="checkbox"/>
North Berwick Coastal (Please click on the link to view the Area Plan)	<input type="checkbox"/>
Preston Seton Gosford (Please click on the link to view the Area Plan)	<input checked="" type="checkbox"/>

Organisation Information

1. Details of Organisation

Name: We Are With You East Lothian Community Links Project

Address: c/o Prestonpans Group Practice, Preston Road, Prestonpans East Lothian

Post Code: EH32 9QS

Daytime Telephone No: 07974595942

Mobile No: 07974595942

Email: sam.tenzin@wearewithyou.org.uk or sam.tenzin2@nhslothian.scot.nhs.uk

Website Address (if applicable): <https://www.wearewithyou.org.uk/what-we-do/community-links/>

2. Main Contact for this Application

Name: Sam Tenzin

Position Held: Team Leader, We Are With You- East Lothian Community Links

Address (if different from above): c/o Prestonpans Group Practice, Preston Road, Prestonpans

Post Code: EH32 9QS

If this person has specific communication needs, please provide details:

Daytime Telephone No: 07974595942

Mobile No: 07974595942

Email: sam.tenzin@wearewithyou.org.uk / sam.tenzin2@nhslothian.scot.nhs.uk

3. Type of Organisation

Community Group

Public Sector

Voluntary/3rd Sector Organisation

Other (Please Specify):

Charity No: (if applicable): SCO40009

4. What is the main aim, objectives and activities of your organisation?

Max 500 Words

Our We Are With You, Community Links Workers are based at 4 GP surgeries in East Lothian- Prestonpans, The Harbours, North Berwick and Gullane. Community Links Workers are generalist social practitioners who support people with a variety of social, financial, mental health and practical issues.

While GPs and practice nurses offer treatments for medical issues, they often do not have time to look into other types of support with their patients that might be beneficial for their overall wellbeing. This is where Community Links Workers come in.

We are able to spend more time with our patients, exploring other support and resources that might be helpful to them.

Some of the problems we can help with are as follows:

- loss and bereavement
- loneliness and social isolation
- relationship problems
- feeling low or anxious
- unemployment or difficulties at work
- worries about money, debt or housing
- supporting patients to join activities in their communities

Community Links Workers can also help people with digital skills. We can support patients to get online so that they can manage their finances, stay in touch with friends and family, or access online support.

Our links workers usually see patients for 4-6 appointments- these appointments can be face-to-face, over the phone or in the form of a home visit, if necessary. Community Links Workers are always guided by goals and priorities identified by our patients.

5. Title of Project Proposal and Project Summary max two lines (to be used in publicity)

The Patient Welfare Fund- This fund was set up using £2500 that we received from the PSG in December 2023 and has been a godsend for our patients who have been struggling with low level mental health issues, chronic pain symptoms, food and fuel poverty, cost of living crisis and the general stresses and strains of life.

The fund received during this round of application will be devoted to continuing with the aims and objectives of the Patient Welfare Fund i.e. to make timely and targeted support available to vulnerable people who are struggling with the current cost-of-living crisis, low level mental health issues, social isolation and chronic pain.

6. Project Outcomes

Please identify up to three outcomes you will achieve from your project.

Outcomes are the **difference your project will make**

i.e. 10 young people will be able to access a sports bursary scheme which will **develop their skills and/or improve their wellbeing**

20 vulnerable people will receive meals and befriending which will **reduce their social isolation**

Outcome 1- Timely and targeted support will be made available to people in our community who are struggling with the cost-of-living crisis. The Fund will be used to remove barriers for people to access support by making it easily available at the GP surgeries in Prestonpans and The Harbours. This will eliminate the need for individuals to be referred on to other agencies, which might create yet another hurdle for the individuals and delay the swift intervention needed in crisis situations. 12-20 patients will be issued one-off emergency vouchers/cash payments worth £30-£50 each (depending on their family composition) for food, basic necessities, self-care and fuel top-ups.

Outcome 2- 40 subsidized hydrotherapy sessions at Mercat Gait Sports Centre will be made accessible for patients who are struggling with chronic pain and musculoskeletal issues because of long-term health conditions such as arthritis and fibromyalgia.

Outcome 3- 20 wellbeing packs will be issued to individuals who are suffering from depression and anxiety, sleep disruptions, chronic pain and so forth. Each wellbeing pack will be personalized to each patient's particular needs. This is aimed at empowering people to self-manage their symptoms, thus reducing their reliance on prescription drugs and pain medication. For example, a wellbeing pack for an individual suffering from disrupted sleep could include items such as a lavender pillow spray, an eyemask and earbuds, a couple of sachets of hot chocolate and a CD of relaxation music.

Outcome 4- £200 would be used to purchase seeds and equipment to continue with our outdoor gardening group. This will be done with input from Prestonpans Group Practice, Prestonpans Community Centre and We Are With You Links Workers. This group will bring together people in our community who are socially isolated and/or suffering from low level mental health issues to grow fruits and vegetables that could be passed on to local community pantries.

7. To which of the Area Partnership Plan priorities does your proposal contribute? Please outline how your application will address inequalities?

Max 400 words

The above initiatives funded by the Patient Welfare Fund will contribute towards the following Area Partnership Plan priorities:

Outcome 2.1 East Lothian has strong, resilient communities, where people respect and support each other.

Outcome 2.2 East Lothian people can live affordably and contribute to a thriving community life in a high-quality environment.

Outcome 3.1 We tackle the causes and effects of poverty in East Lothian and we reduce the gap between the richest and the poorest people.

Outcome 3.2 People in East Lothian are enjoying healthier lives.

Since our links workers are based in GP practices, we are able to reach the most vulnerable and disadvantaged patients in our communities by working closely in partnership with the clinical team and the practice staff. Since GP practices are the first port of call for anyone struggling with non-medical issues adversely affecting their health and wellbeing, the GPs and the clinical team are able to quickly refer them to our links workers for more person-centred support. We work with our patients in a friendly, non-judgemental manner whilst taking into consideration their specific health issues, family circumstances and lived experience.

The Patient Wellbeing Fund and the initiatives listed in Part 6 will be earmarked for and made available to vulnerable patients (registered at Prestonpans and the Harbours practices covering the PSG Area) who are struggling with the current cost of living crisis, and who have limited resources and disposable income to address issues such as low-level mental health issues, chronic pain symptoms, sleep hygiene issues, social isolation and loneliness.

8. How does your project support communities recovering from COVID?
Max 200 words

The financial impact of Covid has been further exacerbated by the current hikes in prices and skyrocketing inflation. We aim to issue one-off emergency vouchers/cash payments worth £30-£50 to each vulnerable patient who is struggling to buy food and basic necessities, and to top-up their gas/electricity meters. The focus would be on making available timely and targeted support so that the patients in crisis situations do not have to wait for the links worker to make a further referral to another local agency.

Currently, a number of patients are presenting at our GP surgeries with issues such as low-level mental health, loneliness and social isolation, chronic pain and sleep issues which have been compounded by the lack of services on the ground during the pandemic. Our communities are still reeling with the after-effects of Covid, and people are still struggling to make connections in their communities either because of limited knowledge about the activities and groups available or because of lingering health anxieties about Covid. The Patient Wellbeing Fund will be used for subsidised hydrotherapy sessions and to run an outdoor gardening group which will contribute towards supporting our communities to recover from Covid. These sessions and groups will be aimed at addressing low-level mental health issues, social isolation and loneliness, and at establishing local peer support groups specific to a particular interest or a health issue.

9. How does your proposal help meet the East Lothian Plan outcomes?

Please refer to section 5, 6, 7 and 8 of the form.

[\(Please click on the link to view the East Lothian Plan 2017 - 27\)](#) [Summary of East Lothian Plan 2017-27](#)

Theme - Prosperous

Outcome 1.1: East Lothian people are working, are free from in-work poverty and are able to develop and improve their work skills

Outcome 1.2: Local businesses are thriving and the business base is expanding.

Outcome 1.3: People and businesses in East Lothian have better access to digital infrastructure and the digital skills they need.

Theme - Community-minded

Outcome 2.1: East Lothian has strong resilient communities where people respect and support each other.

Outcome 2.2: East Lothian People can live affordably and contribute to a thriving community life in a high-quality environment.

Theme - Fair

Outcome 3.1: We tackle the causes and effects of poverty in East Lothian and we reduce the gap between the richest and the poorest people.

Outcome 3.2: People in East Lothian are enjoying healthier lives.

10. Proposal Description

- ❖ What evidence do you have that demonstrates the need for this proposal [click to see Area Partnerships](#) How the local community has been involved in the development of this proposal?
Max 100 words

A substantial proportion of people in our PSG Area are impacted by high levels of poverty and social deprivation. This has been evident from the number of people attending links workers appointments at our practices to address issues around food, heating, benefits, debt, poor housing, adverse family circumstances, substance use, employment and training, and so forth. Many of our patients do not have the resources and disposable income to self-manage low-level mental health issues, sleep issues or chronic pain issues. These issues, if unattended for a long time, could snowball into bigger health concerns. We believe that the Patient Welfare Fund will prove very helpful in empowering our patients to seek non-medical solutions to the aforementioned issues and could potentially lessen their reliance on prescription medication.

The Lead GP and the clinical team at Prestonpans Group Practice have been involved in developing the proposal for a Patient Welfare Fund; the need for this fund has also been informed by our community links workers' first-hand experience of working with our patients and our interactions with local charities and third sector organisations.

- ❖ How will you ensure that this proposal reaches those in your community who need it most?
Max 100 words

Our Community Links Workers will work closely with GPs and Practice Teams at Prestonpans Group Practice and the Harbours Medical Practice to reach the patients who would benefit from these initiatives the most. Our GPs and nurses see patients who present with multiple non-medical, social and financial issues that are having an impact on their physical and mental health. GPs refer these patients to us for further input and support. We will then use the social prescription model, to deliver timely and targeted, person-centred support to any patient who is going through a crisis, struggling with low-level mental health issues, social isolation and loneliness, and chronic pain.

GPs and Practice Teams are able to refer patients via Elemental platform- they can also email our links worker separately to highlight an emergency situation so that patients can receive support quickly. Patients do not need to see a GP or a nurse for links worker referral, they can simply speak to the reception staff who will action a referral to links worker on their behalf. This arrangement is in place so that patients have easy access to links workers for non-medical issues, and are not presented with unnecessary barriers to get an appointment.

- ❖ How will you promote and publicise your proposal?
Max 100 words

Initiatives under the Patient Welfare Fund would be promoted within the practices and publicised amongst the practice teams so that they can direct patients to our links workers for timely support.

- ❖ How will this proposal be sustained, if applicable?
Max 100 words

Further funding will be sought to ensure continuity of these initiatives and to sustain them for years to come.

- ❖ What the funding will be used for i.e. what you intend to do, where it will take place and which other organisation(s) would be involved, if applicable?

Max 100 words

The funding will be used for following initiatives:

1. Around 12-20 patients will be issued with one-off emergency vouchers/cash payments worth £30-50 each (depending on their family composition) for things like food, necessities, self-care and fuel top-ups.
2. 40 subsidized hydrotherapy sessions at Mercat Gait Sports Centre will be made accessible for patients who are struggling with chronic pain and musculoskeletal issues because of long-term health conditions such as arthritis and fibromyalgia.
3. 20 personalised wellbeing items will be issued to individuals who are suffering from depression and anxiety, sleep disruptions, chronic pain and so forth.
4. £200 would be used to purchase seeds and equipment for an outdoor gardening group that is in the process of being set up for Spring 2023 with input from Prestonpans Group Practice and We Are With You Links Workers.

11. How will you monitor, measure and evaluate the proposal outcomes?

The proposal outcomes will be assessed by collating patient feedback via satisfaction surveys and by using impact assessment tools such as Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS). Feedback from GPs and practice teams will also be sought to make any improvements and changes needed in the delivery of these initiatives.

11.1 How many people will
a. directly benefit from the funded project?

Children	0	Young People	20
Adults	40-60	Elderly People	20

b. indirectly benefit from the funded project? (i.e. families members or wider community)

Children	20	Young People	20
Adults	40	Elderly People	20

11.2 How will you evaluate and measure the impact for local people? (e.g. what evidence will you gather?) – [Click here](#) for Evaluation Support Scotland website

The proposal impact will be assessed by collating patient feedback via satisfaction surveys and by using impact assessment tools such as Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS). Feedback from GPs and practice teams will also be sought to evaluate and measure impact on patients referred by them to links workers for funded initiatives.

11.3 How will you know the outcomes have been achieved? (e.g. the difference you want to make?)

Outcome 1: This will be clearly evident whilst our community links workers engage with our patients over the stipulated 4-6 appointments. The support will be put in place straightaway when a need is identified, and impact assessed through SWEMWBS and satisfaction surveys.

Outcome 2: The patients will feedback to our links workers and GPs regarding the impact of accessing hydrotherapy sessions on their pain symptoms, energy levels and general health and wellbeing.

Outcome 3: Again, the patients will report to the links workers and the GPs on the impact of attending the gardening group or using the items in the wellbeing packs on their general health and wellbeing.

12 What are your key milestones or indicators of success? (e.g. what do you plan to do and when?)

Links Workers will offer wellbeing packs and emergency vouchers/payments to patients with identified needs as soon as the funding application for a pot of £2000 is approved.

Hydrotherapy sessions have been offered to our patients since December last year. This will be continued with. Arrangements for invoicing for hydrotherapy sessions already in place with Mercat Gait Sports Centre.

Gardening group is currently running for an initial period of 6 weeks between August and September 2023, with plans to continue with it in the months ahead.

13 When will it happen?

Expected Start Date: (Month/Year)	September 2023	Expected End Date: (month/year)	March 2024
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Finance

14. Amount Requested	£ 2000
15. Total Cost of the Proposal	£ 2000

16. If you have secured or requested any other funding for your proposal, please provide details

Funder	Amount	Confirmed/Pending - decision date
	£	
	£	
	£	
	£	
	£	
	£	

17. Please provide a breakdown of the expenditure to be incurred on this proposal.

Items to be purchased or activity to be supported with workings i.e. 10 pots of paint £2 x 10	Supplier	Cost

12-20 One-off emergency Vouchers/cash payments for basic necessities or fuel top-ups [(£30x20) or (£50x12) or a combination of the two]	COOP, Love2Shop, Cash Payment	£600
40 Subsidised Hydrotherapy Sessions (£15x40)	Mercat Gait Sports Centre	£600
20 Wellbeing packs containing items relevant to a patient's specific needs- sleep issues, chronic pain, anxiety etc. (£30x20)	Amazon	£600
Seeds and Tools for the Gardening Group	B&Q, HomeBase	£200
Total Cost of Proposal:		£2000

18. Governance/Supporting Documents (If you are an existing group/charity or organisation).

Please tick the box(es) below to indicate that you have included the following documents with your completed Funding Proposal Form. (Please refer to guidance note before completing this question)

Most recent Annual Accounts	<input checked="" type="checkbox"/>
Most recent Bank Statements for all accounts (past 3 months)	<input type="checkbox"/>
Does the organisation have a bank account with at least 2 unrelated signatories	Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Constitution, Memorandum or Articles of Association	<input type="checkbox"/>
Equalities policy/statement or your commitment to equalities?	<input checked="" type="checkbox"/>
If you are a new group or just forming, please provide some information about your organisation. (This could include a letter of support from a constituted body such as community council, trusts, charities, schools, church, TRA's etc.)	<input type="checkbox"/>
Other supporting documents (if applicable) – :	<input type="checkbox"/>

Declaration

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| ❖ I/we confirm that the information set out in this Funding Proposal Form, any appendices and any enclosed accompanying documents are correct. | <input checked="" type="checkbox"/> |
| ❖ I/we confirm that if funding is awarded, the funds will be used in accordance with the purposes set out in this proposal. | <input checked="" type="checkbox"/> |
| ❖ I/we confirm if there are any significant changes to the proposal or the project/initiative, the Area Manager will be informed immediately. | <input checked="" type="checkbox"/> |
| ❖ I/we confirm that any funds not used for the purpose outlined in this proposal will be returned immediately to the Area Partnership. | <input checked="" type="checkbox"/> |
| ❖ I/we agree to provide an interim report on the agreed date(if required) | <input checked="" type="checkbox"/> |
| ❖ I/we agree to provide an end of project monitoring and evaluation report, including a financial report, within 2 months of project completion date. Future funding will not be considered from organisations who have outstanding evaluation reports. | <input checked="" type="checkbox"/> |
| ❖ I/we confirm that staff or volunteers delivering this proposal are registered with the Protecting Vulnerable Groups Scheme if applicable? Click here for link | <input checked="" type="checkbox"/> |

❖ I/we confirm that the employer will be responsible for all staff employment rights associated with this proposal and not East Lothian Council and/or the Area Partnership.	<input checked="" type="checkbox"/>
❖ I/we confirm that the employer will meet IR35 requirements https://www.gov.uk/guidance/ir35-find-out-if-it-applies	<input checked="" type="checkbox"/>
❖ I/we confirm that the host organisation delivering this proposal or any part of it has adequate insurances (e.g. Employer, Public liability and/or Professional indemnity insurance as appropriate).	<input checked="" type="checkbox"/>
❖ I/we confirm that we meet relevant responsibilities under the General Data Protection Regulation click here and Data Protection Act 2018 click here	<input checked="" type="checkbox"/>
Signed: S Tenzin	Print Name: Sam Tenzin
Designation: Team Leader, We Are With You	Date: 16.08.2023
Applicant or on behalf of the organisation requesting funding	
Signed:	Print Name:
Connected Communities Manager	Date:
When completed please email this form to: areapartnership@eastlothian.gov.uk	