



Essex Mind & Spirit (EMS)

Final Report of:

The Project to Audit Faith/Belief-led Mental Health Provision in Essex

26 January 2016



LOTTERY FUNDED

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Foreword

Sometimes one needs to be reminded of the sheer value of good teamwork and what it can achieve. The research undertaken in 2014-15, by Essex Mind and Spirit (EMS), to try and find out what's going on in Essex concerning the relationships between faith and spirituality communities and individuals, and the voluntary and statutory sectors to do with the understanding, care and delivery of mental health support and services, has been one such occasion.

Despite having full professional lives, Sidra Naeem our secretary and the other EMS Cluster Group Chairs, together with Jan Hutchinson our Treasurer, other members of the Steering Group and Bill Coomber from Praxis Proactive Solutions Ltd (PPSLtd), who strategically steered the project, have given generously of their time, sending out questionnaires, coordinating responses, carrying out engagement processes and generally promoting the project, to the point where this full report is the result.

This report is not just about facts, figures and statistics though, important as they are. The real value of this project so far has been the rich and varied contacts we have made with many people from many different walks of life as a result of disseminating the questionnaire and inviting people to come and talk with EMS. The new Cluster Group for Mid-Essex, which hosted the report launch, has come together directly as a result of this meeting of minds and sharing of experiences.

Anybody who reads the report will realise that the research poses questions as well as providing answers. That though is positive; any report such as this would not be truly effective unless it pointed the commissioning organisation to new and further research, and for EMS the report's production and recommendations will help to ensure the promotion and progression of EMS' vision for a sustained, constructive and valued cooperation between faith/belief groups, service users and those statutory bodies who provide mental health services in Essex.

The Rev. Canon Ivor Moody, Chair, Essex Mind and Spirit.

1. Background to the Project

- 1.1 The proposal to undertake an Essex-wide audit of faith/belief-led mental health projects/services originated in the recommendations arising from the EMS Conference in the Spring of 2013.
- 1.2 The recommendation in question was that there was a need to identify the range and quality of faith/belief led provision that exists in Essex. The Conference participants knew such provision existed, but it was realised that there was no data or reliable information about it. The response was that EMS should prioritise securing funding to undertake a research project which would audit/map the location of appropriate projects in each of the four clusters in Essex.
- 1.3 EMS were successful in securing a grant from Awards for All to fund the Project and Praxis Proactive were commissioned to undertake a consultancy lead role. Praxis Proactive were instrumental in designing the project, the project methodology and supporting the Project Management Board (PMB) in delivering against the agreed Project Plan.
- 1.4 The project commenced on 1 August 2014 and formally concluded on 30 October 2015, although the work around the report and its recommendations will continue beyond that date.

2. Project Objectives

- 2.1 The following project objectives were adopted and guided the work:

‘The project will:

- Deliver a comprehensive Essex-wide audit of faith/belief-led projects/services in the field of mental health & wellbeing
- Deliver four area cluster based meetings/events
- Identify the services that each local project/service delivers to the public across Essex
- The numbers and backgrounds of those attending the projects/services

- Links between faith communities in delivering projects/services (where they exist)
- Links and existing co-operation with the statutory and voluntary sectors
- Identify best practice examples in each of the four clusters
- Showcase those best practice examples online and via case studies
- The outline results to be discussed at the spring EMS mini-conference (19 May 2015)
- The final report to contain a number of recommendations about developing projects, partnership with and between faith/belief projects/services and the statutory and voluntary sector
- Establish a programme of post-project developmental work and engagement with statutory organisations in Essex

3. Project Delivery

3.1 Delivery was via the following five stage Project Implementation Plan:

Phase 1 – Preparation (August-September 2014)

- Agreement of project objectives (2 August 2014)
- Agreement of finalised Project Delivery Plan, with key events/dates (2 August 2014)
- Constitution of Project Management Board (PMB), Chaired by Rev. Ivor Moody and all four EMS Clusters represented (2 August 2014)
- Preparation of questionnaire/survey and its approval by the PMB
- Pre-project publicity distributed (30 August 2014)
- Each Cluster establishes their teams to work on the project - specified volunteers working under the direction of the Cluster Project Lead (30 August 2014)
- Each Cluster utilises its existing inter-faith links/partnerships to maximise inclusion and cover all groups (30 September 2014)
- Each cluster has a local plan in place to use/distribute the questionnaire/survey (30 September 2014)

Phase 2 - Assembling of Data (October-November 2014)

- All four Clusters hold a local engagement event, at which the audit will be publicised and discussed (30 November 2014)
- Praxis Proactive will attend all four events, present and lead discussion (30 November 2014)
- The four Clusters will attract the maximum number and diversity of religious/belief groups in their locality (30 November 2014)
- The 1st phase of assembling data completed at the four events (30 November 2014)
- Analysis of gaps – non-attending faith/belief groups identified and targeted in subsequent work (30 November 2014)
- Each cluster produces its data and forwards it to Praxis Proactive (30 November 2014 onwards)

Phase 3 - Analysis of Data (December 2014 – February 2015)

- Geographical and faith/belief plotting of projects/services completed (28 February 2015)
- Identify gaps and areas where inter-faith/belief co-operation may be beneficial (28 February 2015)
- The 'filtering' process starts, with the identification of best practice projects/services in each cluster (30 January 2015)
- Follow up Telephone survey of best practice projects/surveys – holding telephone interviews against a checklist (28 February 2015)
- Clusters to forward the publicity photographs of their four Cluster events to the Chair of the PMB (28 February 2015)

Phase 4 - Presentation of Findings (April-May 2015)

- The presentation of initial research findings at EMS Mini-Conference and capture of attendee feedback (19 May 2015)
- Engagement at the EMS Mini-Conference on plans, including

the publication of the Audit Report and use of the new EMS website (19 May 2015)

Phase 5 – Finalisation & Launch (October 2015 and post-October 2015)

- 1st Draft of Report submitted to PMB/EMS Executive and final comments incorporated (15 October 2015)
- PMB Chair given delegated authority to finalise the Report (15 October-15 December 2015)
- Final Report findings launched at stakeholder/press conference (26 January 2016)
- Report designed, printed & distributed to all relevant stakeholders (After 26 January 2016)
- Report available on new EMS Website (after 26 January 2016)
- Report recommendations pursued via engagement work with NHS Trusts/statutory and voluntary sector providers (After 26 January 2016)

4. Project Management

- 4.1 The project management was based upon three distinct components. The first was our commissioned consultants, Praxis Proactive, who brought their professional expertise to the project and supported & advised EMS on designing, planning and delivering the project. Their role was vital in liaising with EMS officers/Cluster leads, developing the project priorities/action plan and ensuring that the project happened.
- 4.2 The second component was the Project Management Board (PMB), which met periodically and oversaw, and input collectively, in the delivery of the project. This included monitoring performance against targets in the Project Implementation Plan and managing the central and cluster levels budgets; and discussing key aspects of the project, finding solutions to issues/problems that arose and ensuring strategic direction and project accountability. The leadership was provided by the Chair, Rev. Ivor Moody who provided strong direction, led from the front and

was instrumental in ensuring the successful completion of the project.

- 4.3 The third element was the four Cluster Leads and their volunteer teams. They undertook much of the Cluster level ‘foot work;’ organising events, liaising with partners/faith organisations and disseminating and collecting the key data via the questionnaires/surveys. The Cluster Leads also contributed strategically to the project through their membership of the PMB.
- 4.4 The structure was well designed by Praxis Proactive and worked effectively. In particular, it ensured that the project functioned well strategically (via the PMB) and there was synergy and excellent co-ordination at the Cluster level. It is a model that EMS will consider re-utilising for other, future projects.

5. Research Methodology & Headline Results

- 5.1 The research was based upon the following methodology:
- A questionnaire/survey
 - Telephone interviews
 - Face-to-face Cluster engagement events (October-November 2014)
 - A second stage of engagement at the Mini-Conference (19 May 2015)
- 5.2 The principle methodological tool for assembling data was via the collection of data/feedback via the dissemination of the questionnaire/survey. The questionnaire/survey was agreed by the PMB and the format utilised is attached as [Appendix B] to this report.
- 5.3 Face-to-face Cluster events were utilised to follow up on the distribution of the questionnaire/survey and promote discussion of the issues arising. Every Cluster event received a presentation, on the issues, from Praxis Proactive, and had a facilitated discussion.
- 5.4 The questionnaire survey was designed to secure data/information about known faith/belief-led projects/services that existed in each of the

four Essex Clusters. Once this data was assembled we then consulted in each Cluster to identify potential best practice examples of such organisations and the projects/services. Those identified were then approached via telephone interviews utilising an agreed checklist of further questions. The process allowed us to settle on our six best practice case studies.

- 5.5 The initial findings of the research were presented to a Spring mini-conference. (19 May 2015). It also facilitated EMS members discussing the initial findings in Cluster based, working groups. The outputs of those working group sessions were input to the finalisation of the recommendations in the Report.
- 5.6 In terms of headline results, there were a total of 111 responses to the Questionnaire/survey. These are broken down as follows: Mid-Essex (40), West Essex (20), North Essex (25), South Essex (18) and Metropolitan/Essex borders (8).
- 5.7 In total, 90 potential projects/services were identified across Essex. These were located in the following Clusters/areas: Mid-Essex (31), West Essex (14), North Essex (21) and South Essex (24).
- 5.8 Of these 90 potential projects/services, 55 were identified as Faith-belief led groups/organisations and these were distributed across the four EMS clusters as follows: Mid-Essex (16), West Essex (10), North-Essex (12) and South-Essex (17).
- 5.9 In addition, we noted the details of a further 35 groups that although not faith-belief led, had internal capacity/knowledge to successfully deal with faith-belief/spirituality and mental health issues. These included organisations such as the Essex branches of Mind, Health Watch Essex, British Wheel of Yoga, Forget Me Not Club (Basildon & Billericay) and Rethink Mental Illness.

- 5.10 In terms of diversity and geography, there was a majority of Christian-led groups, reflecting the dominant demographics in Essex. However, Muslim, Buddhist, Bahai and Jewish-led groups were represented, but there was no Sikh or Hindu representation. The vast majority of Christian groups were white-UK led and it was unclear how many groups were black African/Caribbean led. This needs further investigation.
- 5.11 Another undefined area was the degree of co-operation that exists between faith/belief groups and with statutory and voluntary organisations. The questionnaire/survey was structured to capture the data, but the responses from respondents were not forthcoming on these matters, probably because they were not clear on the issue themselves. This needs further investigation.
- 5.12 The research had a good spread of respondents geographically, but a major gap was identified in terms of Tendring District Council. That area was only represented by the Colchester & Clacton Chaplaincy Service and that is a lack considering the pockets of extreme poverty that exists in that District and the mental health issues that are likely to be generated by this. Subsequent inquiries revealed a local view that the absence of respondents reflects the lack of projects/services on the ground in that area. This needs further investigation.
- 5.13 Similarly, there was a concentration of BME respondents/groups in South Essex, particularly Basildon. Again, this reflects the predominant pattern of the County's demographics, with a large concentration of diverse populations in that area. Interestingly, another area under-represented was Southend-on-Sea Council, which like Basildon also has a higher degree of diversity as an urban area.
- 5.14 There is a need for a second stage of research to clarify some of the above issues that the research identified.

6. Analysis of Findings

- 6.1 The research highlights that there is a faith/belief-led sector in mental health. The research revealed that there were, at least, 55 groups across the County that fall in to that category.
- 6.2 Within that, the majority of provision was Christian and white-UK led, although Muslim, Buddhist, Bahai and Jewish provision exists. The research did not provide any clear data on Sikh, Hindu or Black Christian groups. That is a weakness, as is the aforementioned lack of clarity and feedback on Tendring and, to a certain extent, Southend-on-Sea.
- 6.3 This research is interesting and ground breaking; it is also indicative, but not definitive, although EMS never thought it would be. It is clear that further work is needed, building on the initial foundation of the crucial baseline provided by this research project. Nevertheless, there is enough hard data to draw conclusions and seek to lobby statutory organisations to recognise and collaborate with the existing faith/belief sector in the County.
- 6.4 The lack of response on the degree of co-operation/partnership between faith/belief led groups and the statutory-voluntary sectors, is a clear indicator that it is difficult to find. We do need to test this hypothesis and it will form a major recommendation arising from this research.
- 6.5 What is clear is that in the current period of government austerity, greater collaboration and better use of available resources is a major priority. This is the 'bottom line' in effectively addressing the unmet mental health needs that exist in Essex.
- 6.6 To that end, we believe that statutory mental health trusts should recognise the existence of this nascent faith/belief sector and start a process of forging partnerships/commissioning arrangements that reflect and take advantage of these potential opportunities.

- 6.7 However, the 'elephant in the room' in achieving this is a perceived reluctance by statutory providers to commission faith based provision, not least because there is a view that faith/belief groups will promote their specific religious beliefs as part their project/service delivery.
- 6.8 To counter this, it is clear that some sort of Essex-wide statutory-faith/belief code of practice/concordat is necessary. This will guarantee what both sides can expect of each other in the commissioning process. In the recent mini-conference, Faith Action made it clear that such concordats already exists in other local authority areas. Indeed, they have helped pilot a Covenant in Birmingham, which is aiding closer statutory-faith/belief commissioning relationships. While a similar agreement is also in place in Northampton.
- 6.9 The question also remains whether greater inter-faith co-operation and, cross-sector partnership with the voluntary sector, could pay dividends in terms of pooling budgets and leveraging-in new resources? And whether this augmented co-operation could be organised via the four EMS area based Clusters?
- 6.10 There is also an issue relating to GPs knowledge of what faith/belief provision is available in the community and their willingness/confidence to make patient referrals to faith/belief providers. Again, work needs to be done with GPs to win their confidence and ensure they know the provision that is available locally. Indeed, the above mentioned concordat or covenant should also cover CCGs/GP surgeries. The results of the mapping exercise, being made available on the new EMS website would be an effective means of starting to improve the information available to GPs.

7. Recommendations

- 7.1 That the report be formally launched, with a press conference and copies of the full and finalised version be distributed to decision-makers in the statutory and voluntary sector across Essex.
- 7.2 Place the mapping data on the EMS website, including a user-friendly online directory of faith/belief service providers.
- 7.3 EMS to take up the areas identified in the report needing more work and prioritise it in future implementation; particularly with regard to gaps in data/provision relating to ethnic groups, faith communities and geography (particularly Tendring and Southend).
- 7.4 Request a major faith/belief and statutory services summit, with representation from EMS (on one side) and the NHS and other statutory commissioning bodies on the other, to secure recognition of the faith/belief sector and open up greater commissioning of services.
- 7.5 Focus upon the concept of effecting positive change by putting in place a Essex-wide faith/belief-statutory services concordat or covenant based on the Birmingham or Northampton model and ask for Faith Action's assistance in arbitrating/negotiating this.
- 7.6 Also request a faith-belief and voluntary sector summit to explore ways in which the two sectors can work in greater partnership.
- 7.7 Look to strengthen the Cluster organisations by using them to encourage greater intra and inter-faith service/project partnerships in their local areas and establish new commissioning arrangements that augment the capacity of faith/belief groups to work together and bid for and deliver statutory services.

7.8 EMS to look to secure more grant funding to undertake further work on this agenda, as well as preparing for the next EMS Conference, in the Spring of 2017, dedicated to the issue of Dementia and its future impact, which was also a recommendation of the last EMS full County Conference staged in 2013.

8. Next Steps

- 8.1 To publish the report and work to implement recommendations 7.1 to 7.8 above. To use the report to transform the position of the 'faith/belief sector' in understanding and promoting improved mental health, a concept that should be embraced in future and actively championed across Essex.

(Appendix A)

The project Team

- | | | |
|------------------------|---|---|
| Rev. Cannon Ivor Moody | - | Chair of Project Management Board (PMB)
& Strategic Project Lead Mid-Essex Cluster |
| Sidra Naeem | - | Strategic Project Lead South-Essex Cluster |
| Paul Walker | - | Strategic Project Lead West-Essex Cluster |
| Mark Thompson | - | Strategic Project Lead North-Essex Cluster |
| Jan Hutchinson | - | EMS Treasurer/Budget Lead |
| Bill Coomber (PPSLtd) | - | Strategic Project Adviser/Manager |

Project Volunteers

Appointed volunteers in each of the four EMS Clusters.

(Appendix B)

The EMS Questionnaire/Survey

Introduction

Essex Mind & Spirit (EMS) is a county-wide organisation dedicated to exploring mental health issues within the context of faith/belief and spirituality. EMS is very active in bringing together all faith/belief groups together to determine how they can contribute to improving mental health in the County.

This questionnaire seeks to identify as many existing faith/belief led projects and services, as possible that address mental health and spirituality issues.

The information gathered will be used by Essex and Mind and Spirit (EMS) to (1) increase local knowledge of faith/belief led support for signposting purposes, (2) offer individual groups identified support from their local Essex Mind and Spirit cluster group and (3) develop an improved interface with statutory service providers.

The data will also (4) help identify areas of the County where no faith/belief led projects/services exist and there may be a case for developing new provision, whether that is stand alone or in co-operation with other faith/belief groups, the voluntary sector or statutory providers.

All questionnaires can be returned anonymously.

EMS are organising a £100 prize draw to encourage a high response rate. One lucky respondent will scoop the prize. If you wish to be entered in to the draw, please complete the personal details sheet at the back of questionnaire.

This can be completed, detached and returned separately from the main questionnaire to the address indicated.

Q1. Please tell us how you became aware of your faith/belief led service/project(s) and tell us of any role that you hold (i.e. Trustee, volunteer, service user, etc)

Q2. Please list any faith/belief led services, support groups or help that you know about that have a dual focus on mental wellbeing and spirituality *

Name of individual, group, centre, etc	Contact details (name, phone, number, address, email)	Purpose/focus of activity (who does it help?)

* Please continue this list on an additional sheet if required

Q3. Does your own service, centre or faith/belief group provide support with mental health wellbeing and spirituality?

- Yes
- No
- Don't know

Q4. If yes, how do you do this? (Please choose all options below that apply)

Options:

- Social support
- Medical intervention
- Counselling
- Mental health support in a specific faith or spirituality context
- Prayer or other faith based support
- Faith healing
- Non-faith based healing
- Respite care
- Mindfulness
- Other (please specify below)

Q5. Who do you help? (Please choose all option below that apply)

Options:

- Men
- Women
- Adults
- Older people
- Children
- Couples
- Families
- People of a specific faith/belief (if so, which?) -----

- People from a specific ethnic background (if so, which?) -----

- People from another specific group (if so, which?) -----

- Other (please specify) -----

Q6. How is the support delivered within your service or faith/belief group? (Please choose all option below that apply)

Options:

- One-to-one
- Group session
- Other (please specify) -----

Q7. Who delivers the support? (Please choose all options below that apply)

Options:

- Professionally qualified mental health practitioners
- Other qualified practitioners
- Faith Leaders/members of the place of worship
- Volunteers
- Other (please specify) -----

Q8. Who provides the funding for your group/service/support? (If funding is from a number of providers, please choose all options below that apply)

Options:

- Faith organisation/place of worship
- Local authority
- NHS
- Charity/voluntary sector organisation
- Grant-making trust
- Private donations
- Other (please specify) -----

Q9. Does your faith/belief led project/service have existing operational ties with:

- NHS organisations
- Local authority
- Local voluntary sector

Please explain the nature of those existing ties:

Q10. How many staff and volunteers do you have? -----

Q11. Do you refer people onto somewhere else for mental wellbeing and spirituality support?

Options:

- Yes
- No
- Don't know

Q12. What are your reasons for referring on?

Q13. Approximately how many people have you helped in the service in the past month?

Please specify -----

Q14. If you are a service user (of faith/belief or spirituality), do you mainly receive mental health support/services from:

- NHS organisations
- Voluntary sector organisations
- Other non-Faith/belief source (Please specify) _____

Q15. If your service provider is the NHS/Voluntary sector, do you find them:

- Sensitive to your faith/belief or spiritual needs
- Insensitive to your faith/belief or spiritual needs
- Don't know

Q16. Have you heard of Essex Mind and Spirit?

- Yes
- No
- Don't know

Q17. Have you attended any Essex Mind and Spirit events?

- Cluster Group
- Conference
- Other (please specify)
- No
- Don't know

Q18. Would you be willing to receive information about future Essex Mind and Spirit events?

- Yes
- No

Q19. Please provide your contact details below (To receive information - optional):

Name

Organisation Name (if any)

Address

Email Address

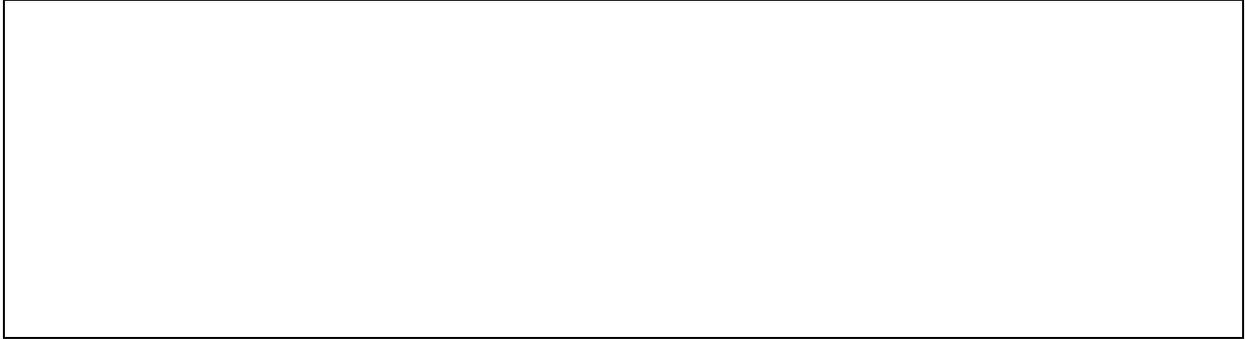
Phone Number

Q20. If you have any further comments, please use the space below:

Thank you.

Thank you for taking the time to complete this survey, we are grateful for your participation.

The completed survey should be returned to the following address:



Prize Draw - Prize Draw - Prize Draw - Prize Draw - Prize Draw

Essex Mind & Spirit (EMS) are organising a £100 prize draw. All people returning the EMS Questionnaire are entitled to be entered in to the draw, which will be made by 30 January 2015.

To be entered in the draw, please complete your details below and return it to the address indicated.

If you want your questionnaire to be an anonymous, please fill in your details below and detach this sheet and return it separately.

My Details are:

Name

Organisation Name (if any)

Address

Email Address

Phone Number

This sheet should be completed, detached and returned to the following address:

The Vice-Dean,
Chelmsford Cathedral,
53, New Street,
Chelmsford,
Essex CM1 1TY

(Appendix C)

The list of Cluster based faith/belief-led groups providing mental health services/support

South-Essex Cluster (17)

- Women Together – Basildon (*Social contact and activities*)
- Kingswood Islamic Group – Basildon/Laindon (*Social contact and activities*)
- Basildon Disability Equality Forum (*Strategic policy and network support*)
- Benfleet Methodist Church (*Social contact and activities*)
- Brentwood Buddhist Centre (*Health, social contact and activities*)
- Brentwood Buddhist Meditation Group (*Wellbeing, social contact and activities*)
- Brentwood Community Print (*employment placements*)
- Brentwood & South Essex Cultural Association (*social contact and activities*)
- Reason Project Mind – Southend-on-Sea (*social contact and activities*)
- St Andrews Open House – Westcliff-on Sea (*social contact and activities*)
- Christian Healing Trust – Leigh-on Sea (*health promotion and counselling*)
- Open Adult Counselling Service (OACS) – Rayleigh & Benfleet (*Counselling Services*)
- Friend Meeting House – Shenfield (*Social contact and activities*)
- Youth on a Mission – Basildon/Billericay (*Youth engagement project*)
- Middle Way Society – Raleigh (*Health and social contact*)
- Buddhist Healthcare Chaplaincy Group – Raleigh (*Pastoral care and wellbeing support*)
- South-Essex Chaplaincy Service (*Pastoral care and wellbeing support*)

Mid-Essex Cluster (16)

- Eternal Fitness: Spirit, Soul & Body (*Physical fitness and wellbeing*)
- Amber Lights Psychological Services (*Counselling, therapy and training*)
- Café Club – St Marys Church, Great Baddow (*Social contact and activities*)
- Ascension with All Saints (*Social contact and activities*)

- Chelmsford Mosque (*Social contact and activities*)
- Victoria Club – Chelmsford Baptist Church (*Social contact and activities*)
- The Open Mind Therapist – Great Dunmow (*Counselling/therapy*)
- Bahai Society – Galleywood (*Social contact and activities*)
- All Saints Church – Springfield (*Social contact and activities*)
- The Society of Friends Meeting House – Chelmsford (*Social contact and activities*)
- Power Advocacy – Chelmsford (*advocacy and advice services*)
- Fairleigh Hospice – Chelmsford (*End of life care and family support*)
- Iqra Learning Centre - Chelmsford (*Education and training*)
- Eman (Essex Multi-cultural Activities) Muslim Group (*Social contact and activities*)
- Mid-Essex Hospital Chaplaincy Service (*Pastoral care and wellbeing support*)
- HMP Chelmsford Chaplaincy Service (*Pastoral care and wellbeing support*)

West-Essex Cluster (10)

- Affordable Counselling Services (*Counselling services*)
- Chadbad Lubavitch Centre – Buckhurst Hill (*Social contact & activities*)
- Family Care Counselling Service – St John’s Church, Epping (*Counselling*)
- Epping United Reform Church (*Social contact and activities*)
- Restore Community Centre – Epping (*Social contact and activities*)
- Church of the Immaculate Conception – Epping (*Social contact and activities*)
- The Olive Branch Drop-in Centre – Waltham Abbey Church (*Social contact and activities*)
- Shared Lunch over 60s Friday Lunch Club – Waltham Abbey Church (*Social contact and luncheon services for over 60s*)
- Bereavement Support Group – Waltham Abbey Church (*Bereavement support services*)
- West-Essex Hospital Chaplaincy Service (*Pastoral care and wellbeing support*)

North-Essex Cluster (12)

- Christian Youth Outreach (CYO) (*School/college outreach and projects*)
- Coffee, Cake & Company' group at St Marys – Saffron Waldon (*Social contact and activities*)
- DNA Networks – Colchester (*Social contact and activities*)
- St Margret's Church – Colchester (*Social contact and activities*)
- Kingsland Church – Colchester (*Social contact and activities*)
- Beacon House – Colchester (*Social contact and activities*)
- Spiritual Assembly of the Bahais of Colchester (*Social contact and activities*)
- Open Door Drop-in Centre – Colchester Baptist Church (*social contact*)
- Ask: Arts & Crafts Group – Colchester Baptist Church (*Social contact, arts & crafts*)
- St Vincent De Paul Society – Colchester (*Social contact and activities*)
- St Andrews Church – Marks Tey (*Social contact and activities*)
- Colchester Hospital Chaplaincy Service – Colchester & Clacton (*Pastoral care and wellbeing support*)

(Appendix D)

Six Best Practice Case Studies

Case Study No. 1 - Women Together (South-Essex)

- Female, Muslim led, multi-cultural project
- Based in Basildon – Social support group
- Promote good mental health via social activities
- Coffee mornings, education & discussion
- Arts & crafts
- Knitting, card making & stencilling
- Festivals, parties & food
- Combats female social isolation/exclusion

Case Study No. 2 - Eternal Fitness: Spirit, Soul & Body (mid-Essex)

- Christian-led social enterprise
- Offers qualified trainers, nutrition & therapy
- Link with local counselling service
- Physical/mental/emotional fitness
- Training, walking and running club
- GLAD programme – stress and emotions
- Revive – Weight loss, fitness & healthy eating

Case Study No. 3 – Christian Youth Outreach (CYO) (North-Essex)

- A Christian led Charity that works with schools and colleges

- Explores positive lifestyles, spirituality & Faith

- 'Beloved' Programme – 6 week course for year 9 girls

- Examines issues of body image, identity and self-Esteem/mental health

- Promotes positive self image and prevents/tackles depression, eating disorders and low esteem

Case Study No. 4 - Amber Lights Psychological Services (Mid-Essex)

- Christian-led Social enterprise committed to therapy, research & training

- Interested in psychosis, improving access for BME clients and the therapeutic value of creative writing and art

- Has developed a holistic approach to Cognitive Behaviour Therapy (CBT) that incorporates the spiritual

- Runs a personal development/therapeutic called 'free to be me' based on this holistic CBT

- Individual therapy sessions available

- Led by Dr Hilary Garraway, Christian & Clinical Psychologist

Case Study No. 5 – Brentwood Buddhist Centre (South Essex)

- Buddhist-led centre offering services/access to all sections of the community
- Classes/course available in meditation, Qi Gong, yoga, pilates and tai chi
- Buddha Café – offering food/refreshments and Company
- Promotes social contact and healthy lifestyles

Case Study No. 6 - Affordable Counselling Services (West Essex)

- Multi-faith-led Counselling service
- The provision of fully qualified counsellors
- Knock down rate of £5 per counselling session for those on low incomes/benefits
- Individual and group counselling techniques
- Offers much needed counselling in a period of statutory service contraction