

Community Health & Wellbeing

GRANT FEEDBACK AND MONITORING FORM

This form should be completed with reference to the Project Outcomes and Monitoring & Reporting included on your grant offer letter along with the information you provided on your grant application form.

Date: 27th January 2026

Name of council: Minehead Town Council

Name of lead contact: Ben Parker

Role in Council: **Town Clerk**

Contact email address: clerk@mineheadtowncouncil.gov.uk

Contact telephone number: 01643 707213

Name of Project: Enhanced Youth Worker - Children's and Young People Health and Wellbeing Project

Grant Amount Awarded: £35,000

Actual Project start date: 1st April 2025

Actual Project end date: 31st March 2027

1. Project Outcomes (300-500 words)

(Describe the outcomes achieved by the project. Go back to your Initial Grant Application and Grant Offer Letter - compare the initial Project Outcomes with actual Project Outcomes. We're interested in what worked well as well as things that may not have worked so well. Please explain any changes in direction you may have made as the project progressed and why.)

The Children's and Young People Health and Wellbeing Project has delivered exceptional outcomes, exceeding initial expectations. The creation of a dedicated full-time Young People's Health Coach hosted by Minehead Eye has transformed access to health and wellbeing support for young people in Minehead and surrounding areas.

Key achievements include:

- **Improved mental and physical wellbeing:** Over 1,000 young people engaged in universal services such as youth clubs, events, and outreach activities. At least 60 young people received targeted one-to-one support for mental health and resilience.
- **Integrated support model:** The partnership between Minehead Eye, Living Better, and Minehead Town Council ensured seamless collaboration between community and healthcare professionals. This multi-disciplinary approach has delivered early intervention and reduced escalation to crisis services.
- **Upskilling and sustainability:** Youth workers were trained into health coaching roles (enhanced youth workers), creating a unique blend of community-based youth work and health support.

A significant and unplanned outcome was the project's role following the Cutcombe Hill tragedy in July. Having the Health Coach in place meant immediate, compassionate support for affected children and families. The coach provided emotional first aid, linked families to specialist mental health services and coordinated with schools and community networks. This rapid response was invaluable and demonstrated the project's flexibility and importance in safeguarding young people during traumatic events.

Overall, the project has strengthened community resilience, reduced anti-social behaviour and improved school attendance. Feedback from families and professionals has been overwhelmingly positive, highlighting the project as a vital resource for Minehead and beyond.

2. Monitoring and Reporting (300-500 words)

(Refer to your Grant Offer Letter and consider the monitoring and reporting criteria stated on it. Please explain how you gathered the information as well the information gathered.)

Monitoring was conducted through Minehead Eye's Upshot system, capturing attendance, engagement, and wellbeing outcomes at every session. Pre- and post-intervention questionnaires measured improvements in resilience, confidence, and mental health.

Key data:

- **Engagement:** Over 1,000 young people accessed universal services; 60+ received targeted support. This has included the provision of support in local community settings, home visits, Minehead Eye and health services.
- **Impact:** Average wellbeing scores improved by 15%, with notable reductions in anxiety and isolation.
- **Qualitative feedback:** Case studies and testimonials from families and schools confirmed the project's positive impact, particularly in crisis response following the Cutcombe Hill tragedy.

Living Better's clinical supervision ensured professional standards and recorded referrals to specialist services. Regular multi-agency meetings reviewed progress and adapted delivery to emerging needs.

The project has also tracked community-level indicators, including reduced anti-social behaviour reports and improved school attendance among supported young people. These findings will inform future funding bids and sustainability planning.

3. Final Budget

(Provide a breakdown of how the grant was used. Consult your original grant application form and compare the estimated income and expenditure with the actual spend. Please add additional rows as required.)

Income:

Description	Estimated Amount	Actual Spend
SALC Grant	£35,000	
Total:	£35,000	£

Expenditure:

Description	Estimated Amount	Actual Spend
Professional Project Worker Salary (Inc on-costs)	£33,000	£33,000

Administrative Costs	£2,000	£2,000
IT Equipment	£1000 (in kind)	0
Clinical Supervision & Training	£2000 (in kind)	0
Venue Hire	£2000 (in kind)	0
Total:	£35,000	£35,000

Budget explanation and elaboration:

(Please explain any changes from your original estimates, underspend or overspend or match funding that wasn't secured. Detail any 'in kind' provisions from your original budget)

Spend aligned closely with estimates. In-kind contributions included venue hire and training valued at £5,000, boosting project capacity without additional cost.

4. Sustainability and Next Steps (max 200 words)

(Outline plans for sustaining, or building on, the project beyond the grant period. Please also explain if you plan to drop the project in the future or move the project in a different direction)

Funding for Year 2 (£39,000) is secured through Minehead Town Council, Minehead Eye, and Living Better. Partners are actively pursuing additional grants and private sector support to ensure long-term sustainability. The project will continue to expand across the Minehead and Watchet Local Community Network, building on its proven success and strong partnerships.

5. Evidence and Supporting Documents

Please forward relevant documents such as photographs, videos, promotional materials, reports, photo consent forms and any other relevant material to the email address below. If you have large files or folders let us know and we will work with you to find a suitable way to share with us.

Declaration

I confirm that the information provided is accurate and complete to the best of my knowledge.

Signed: 

Name: Ben Parker

Date: 27th January 2026

Please return this form, or direct any questions to:

Lilly Keeley Watts

Community Health & Wellbeing Support Officer Somerset Association of Local Councils

HWBAdmin@somerset-alc.org.uk

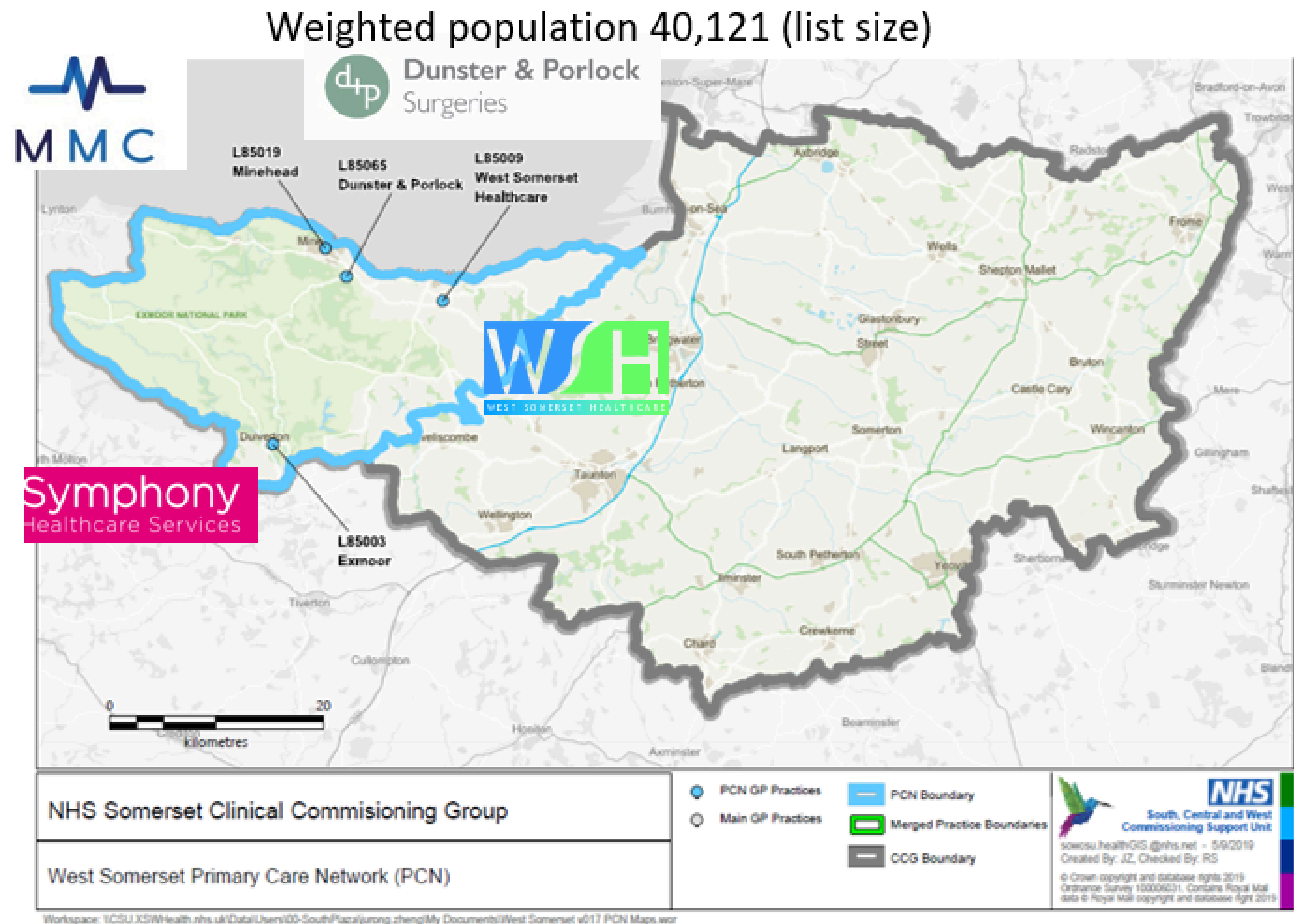
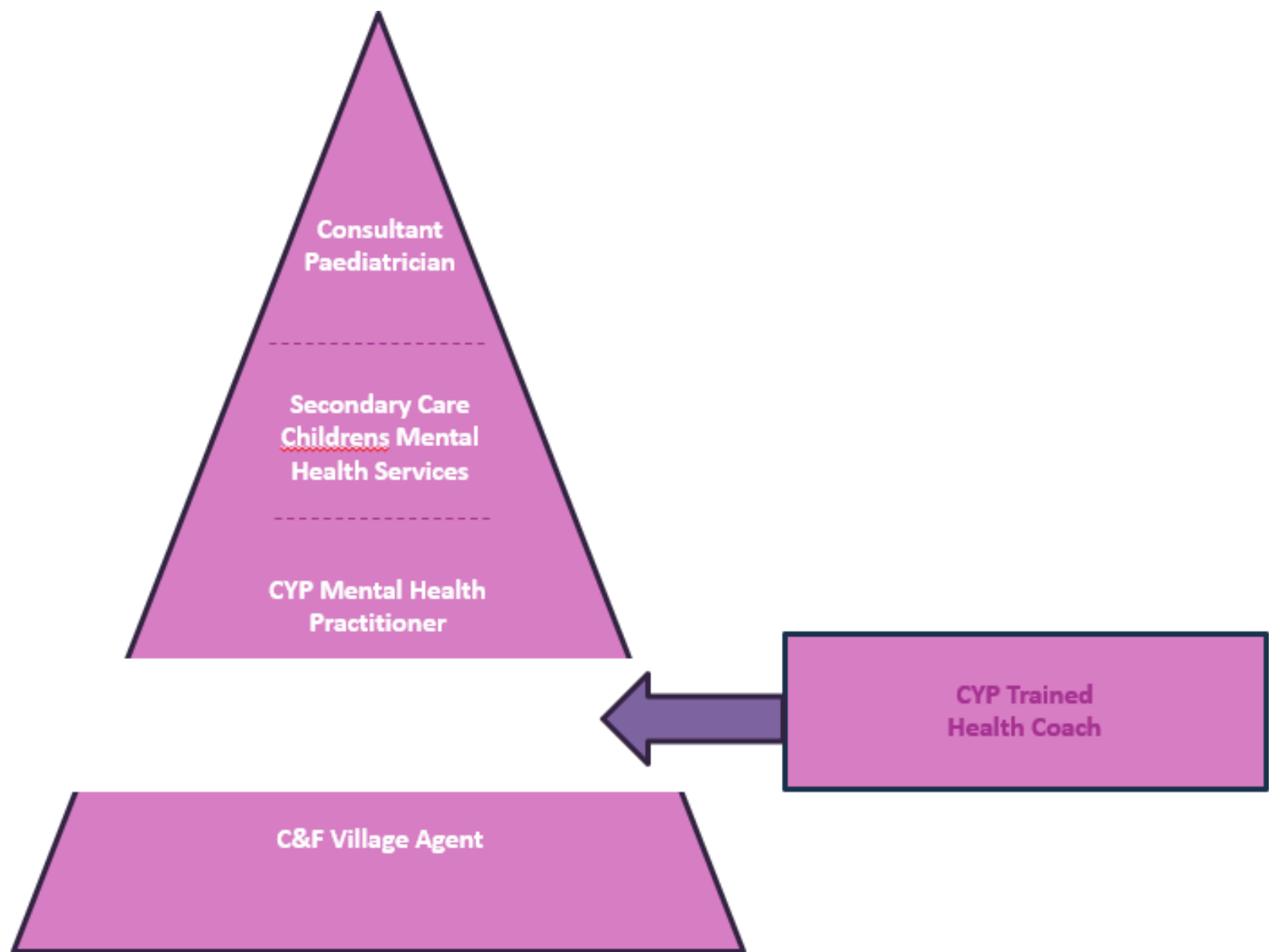
Living Better
Supporting Independence

MINEHEAD
EYE
YOUTH SERVICES



Children and Young People's West Somerset Health and Wellbeing Coach

MINEHEAD
EYE
YOUTHSERVICES



PAUL MATCHAM, CEO | MINEHEAD EYE YOUTH SERVICES

APRIL 2025 - PRESENT

60

REFERRALS

8

AVERAGE NUMBER OF
SESSIONS PER REFERRAL

2210

NUMBER OF TIMES YOUNG PEOPLE
ENGAGED WITH THE HEALTH COACH
THROUGH UNIVERSAL SETTINGS



PAUL MATCHAM, CEO | MINEHEAD EYE YOUTH SERVICES

CASE STUDY

AGE 10

- Referred due to eating disorder
- Identified and explored barriers to healthy eating
- Linked to worries about being sick
- Through goal setting and lifestyle support managed to get him eating a healthy and consistent diet
- Now eating 3 meals a day and not worried about being sick
- Onward referral to Young Somerset for mysophobia support

CASE STUDY

AGE 11

- Involved in MMS bus incident
- Fearful of travel, issues with sleeping, high anxiety as a result, reoccurring nightmares. Struggling to process what had happened
- Used trauma informed approach to discuss incident
- Sleep hygiene work and identified and explored worries and anxieties
- Through support - sleep no longer an issue, greatly reduced anxiety/worry, no longer fearful of travel, reoccurring nightmares stopped



PAUL MATCHAM, CEO | MINEHEAD EYE YOUTH SERVICES



PHYSICAL HEALTH & LIFESTYLE

Sleep hygiene
Migraine management
Weight management
Active lifestyle

EMOTIONAL WELLBEING

Low mood & depression
Anger management
Emotional regulation
Stress & exam stress
Coping with self-harm

SOCIAL & PERSONAL DEVELOPMENT

Building trust
Self-confidence & self-esteem
Healthy relationships
Low school attendance

SPECIALIST SUPPORT

Trauma recovery
Selective mutism
Vocal tics

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