

# Suicide Prevention Investment Fund

## Wave Three

October 2020 saw the publication of Lincolnshire County Council's suicide prevention strategy. This has been developed on a multi-agency basis and co-produced alongside people with lived experience to reach out and save lives.

The vision is to recognise and support the aim that Lincolnshire is a place where suicide is not considered as an option and people will continue to have hope.

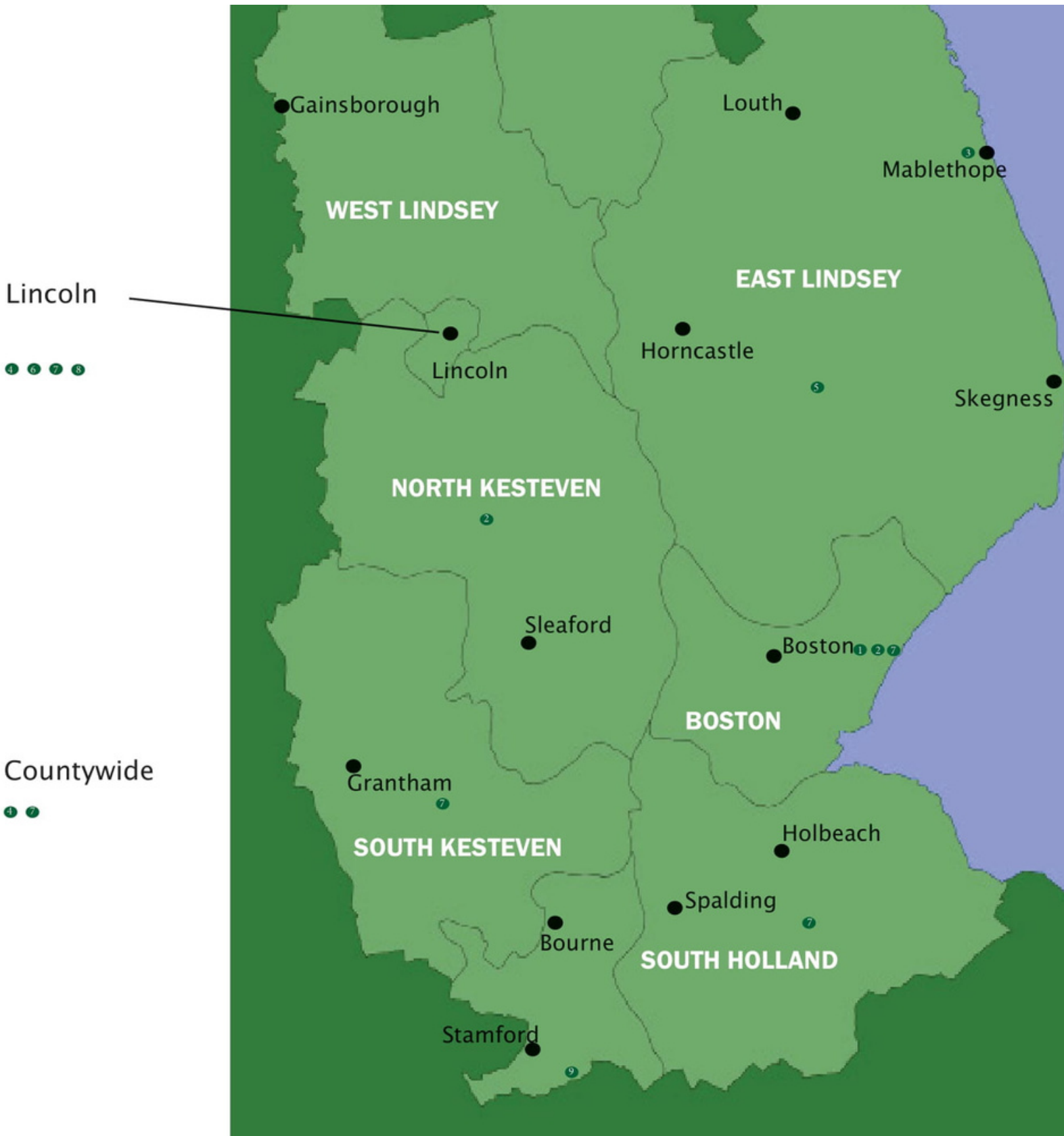
Suicide Prevention Investment Funding was secured from NHS England and Shine Lincolnshire launched the Wave one Investment Programme for Suicide Prevention across the County, with a focus on men at risk of suicide aged 25 to 59. The Investment Programme was £130,000 aimed at community organisation's who work directly with men in supporting mental health, to apply for grants up to £10,000 to support and strengthen their organisations and their offer to men at risk of suicide.

Following on from the success of wave one of the funding, Wave three of the Suicide Prevention Programme was launched with a further £130,000 investment. This Programme is not age or gender specific and had a focus on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduces self-harm, suicides, and raises awareness. The fund saw 25 application with 12 successful projects being awarded funding.

In autumn of 2022 Wave three of the fund was launched with a further £120,000 available across the county. Again this programme was not age or gender specific and has a focus focus on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduces self-harm, suicides, and raises awareness. the fund saw 37 applications with 9 successful projects being awarded funding.




Details of these projects along with organisations contact details can be found below, if you have any queries, please do not hesitate to contact the organisations directly or us here at Shine. Over the coming weeks, we will be posting details of all the funded organisations on our website and across our social media accounts including;





## 1. Centrepont Outreach- Along With Us






**Along With Us** enables you to choose from 6 free to attend activity sessions per week based around cooking, art & craft and playing board games/bingo/music. All the activities take place in small groups in a friendly, non-judgmental, supportive environment and are ideal for anyone facing mental health challenges who would benefit from the opportunity to meet and chat to new people, learn new skills and take part in group activities. Registration is required and regular attendees at the cooking sessions will have the opportunity to undertake an accredited Food Safety course. The cooking sessions take place at Centenary Methodist Church in Boston and the other activities take place at Belmont House.

-  Boston
-  Weekly
-  01205310700
-  [Elizabeth@centrepont-outreach.com](mailto:Elizabeth@centrepont-outreach.com)
-  [www.centrepont-outreach.com](http://www.centrepont-outreach.com)



## 2. Citizens Advice Mid Lincolnshire - Point Forward

**'Point Forward'** will focus on providing support to those struggling with their mental health and provide early intervention to address issues that are known to cause 'mental health dips' which could lead to suicide. Participants will be assisted via a holistic, person-led approach, ensuring that the most vulnerable are assisted to resolve immediate money worries via budgeting, income maximisation and financial capability support. Participants will be able to live a better life, as the pressures associated with money management will be significantly reduced.

-  Boston Borough and North Kesteven
-  Mon and Wed 9:30-12:30 (Boston) , Tues and Thurs 9:30-12:30 (Sleaford), Mon- Fri 9:30-16:30 (video, email, phone)
-  08082717942
-  [outreach@citizensadvicemidlincs.org.uk](mailto:outreach@citizensadvicemidlincs.org.uk)
-  [www.camidlincs.org.uk](http://www.camidlincs.org.uk)



### 3. CLIP- Look After Yourself

Delivered in Mablethorpe this new **'Look after yourself'** course is for individuals struggling with their mental health, who would benefit from a helping hand in taking time to focus on themselves. The course will comprise of three activities each week - a physical activity in the form of a short walk, pilates or exercise video; a relaxation activity such as mindfulness or yoga; and a social activity with ice-breakers and team-building.

Participants will connect with others who may experience similar challenges, and the project will help participants build resilience, develop coping strategies and receive signposting if further support is required.



-  Mablethorpe
-  weekly
-  01507 473325
-  [info@cliplearning.com](mailto:info@cliplearning.com)
-  [www.cliplearning.com](http://www.cliplearning.com)

### 4. Darkside Rising CIC- Divergent Project

**The Divergent Project** welcomes neurodivergent people across Lincolnshire into a programme of strength training and online support to empower confidence and self-acceptance. Led by lived experience, we will encourage you to explore your authentic neurodivergent self, develop new friendship groups and improve your mental and physical health.

You can choose from women-only strength training groups in our gym in Lincoln, or mixed gender online group classes for exercise, cooking, journaling or peer support, via Zoom.

Neurodivergence is a broad umbrella of neurotypes that includes autism, ADHD, dyslexia and mental health. We are LGBTQI+ friendly and can support people with a range of complex health conditions.

**Darkside Rising CIC**  
Women's Health Organisation

-  Lincoln (in person), Countywide (online)
-  Weekly
-  07717202065
-  [darksiderisingcic@gmail.com](mailto:darksiderisingcic@gmail.com)
-  [www.darksiderising.co.uk](http://www.darksiderising.co.uk)

## 5. Desire Change - Black Barn Mental Health for Men

Aimed at men 18 years and over based on our Care Farm Site in Old Bolingbroke. Access information and support around positive mental health. Regular drop-in sessions and themed activity programme of sessions available for men to access. Men's mental health information packs available detailing local help and support available, with hints and tips for staying mentally well.

-  Old Leake
-  Weekly
-  07825 475693
-  [angie@desirechange.org](mailto:angie@desirechange.org)
-  [www.desirechange.org](http://www.desirechange.org)



## 6. Green Synergy- Green Shoots of Wellness


**Green Shoots of Wellness** project aims to support men at risk of suicide with the opportunity to take part in social and therapeutic horticulture activities with an empathic and person-centred approach. The participants will have the chance to be outside, connecting with nature and accessing a safe space, building skills, resilience and friendships and encouraged to use a new wellness tools identified by the participants themselves. Green Shoots of Wellness aims to support and grow shoots of wellness and confidence to improve individual's wellbeing, support coping strategies and gives the opportunity for individual and group support to promote positive lifestyles and reduce the risk of self-harm and suicide.

-  Lincoln City
-  Tuesdays 11-13:00
-  01522 533077
-  [Trudi@greensynergy.org.uk](mailto:Trudi@greensynergy.org.uk)
-  [www.greensynergy.co.uk](http://www.greensynergy.co.uk)



## 7. Headway Lincolnshire- Making Headway

**Making Headway** will provide support, understanding, and meaningful activities to individuals with an acquired brain injury at risk of self harm and suicide in Lincolnshire. Support and activities would include; 1:1 counselling sessions, and peer support groups. We would also provide therapies, either group or individual to help manage emotions including music therapy, laughter therapy, and art therapy all delivered by qualified therapists experienced in mental health.

-  Countywide with group support in Boston, Lincoln, Grantham and Spalding
-  Groups once a fortnight, sessions varied
-  07546592526
-  [Info@headwaylincolnshire.org.uk](mailto:Info@headwaylincolnshire.org.uk)



## 8. Lincolnshire YMCA -Get HAPI (Homes, Activities, Peers and Interventions)

**Get HAPI** will support people experiencing homelessness with accessible, effective ways of understanding, managing and improving mental wellbeing. With four strands, they will have the freedom to choose what works for them from the following: professionally-led therapeutic interventions, resident-led group support, professionally coordinated meaningful activities, and independently self-managed positive change.

While there will be particular focus on residents who we know are at greater risk of suicide (from context, or responsively as risk increases - e.g. those on our Suicide Prevention Plans) we will ensure Get HAPI can be accessed by all those facing significant mental health challenges - the majority of people in our housing.

 Lincoln City

 sessions varied

 [naomi.glenister@lincsymca.co.uk](mailto:naomi.glenister@lincsymca.co.uk)

 [www.lincsymca.com](http://www.lincsymca.com)



## 9. Mindspace - Grow Together

**'Grow Together'** is a project centered around being outdoors, connecting, learning new skills and achieving a sense of accomplishment having cultivated your own patch of Garden. Participants will be supported to grow their own plants and vegetables within their own dedicated patch of growing space. They will be supported by a Coordinator who will bring knowledge and experience of gardening and teaching others and who will have been funded to undertake Thrive Training to develop an awareness of Social Therapeutic Horticulture. So as to enable as many people to benefit as possible, this project will enable open access sessions and workshops as well as targeted, socially prescribed interventions.

 Stamford

 weekly

 07563385273

 [info@mindspacestamford.com](mailto:info@mindspacestamford.com)

 [www.mindspacestamford.com](http://www.mindspacestamford.com)

