



# Community Asset Development

## Wave Three Evaluation



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## MENTAL HEALTH TRANSFORMATION AND THE COMMUNITY ASSET DEVELOPMENT FUND

### The Community Asset Development Fund

The Community Asset Development fund aims to support people to live independently in their own homes and communities with access to a range of activities and services that promotes outcomes which support recovery and good mental health; and generally, contributes to improved health, wellbeing, independence, and choice for people with a mental illness including serious mental illness.

This involves working alongside people with lived experience and partner agencies to ensure equitable access to community support services across the County and developing Community Assets to provide a wide range of services and activities for Social Prescribers to “tap into”.

Wave One of the fund was a £170,000 investment that launched in early 2021 and was open to organisations across the four accelerator sites in Mental health transformation, from this we saw 19 successful projects delivered across Lincoln, Grantham, Boston and Gainsborough, supporting 2,739 beneficiaries in total.

Following on from the success of Wave One of the fund, Wave Two of the fund was launched in 2022 and saw 103 applications countywide, with 35 successful projects. These projects supported a total of 3933 beneficiaries across Lincolnshire.

In 2023, Wave Three of the Community Asset Development Fund was launched and saw 25 projects across Lincolnshire support 2242 beneficiaries.

*‘Each undertaken project has afforded a unique opportunity for beneficiaries in Lincolnshire to convene and access support within their local communities Without these fantastic initiatives, these beneficiaries would have had limited choices in accessing support for their mental wellbeing, increasing the risk of crisis escalation. The initiatives undertaken by these projects have been crucial in enhancing the mental well-being of communities, emphasizing the essential role played by the third sector.’*

**Kerry Stocks, Operations Manager**



EARLY INTERVENTION AND GOOD MENTAL HEALTH PROJECT (SLEAFORD)

### ORGANISATION OVERVIEW

Adults Supporting Adults have been established as a registered charity since May 2004 and support vulnerable adults including people with a learning disability, mental ill health, physical disability, and older people including dementia care needs.

Our flexible services are provided on a one-to-one basis to enable individuals to achieve outcomes set in their support plans. The overriding outcomes are to support and promote independence, wellbeing, and choice, reduce social isolation, support recovery, and promote good mental health.

ASA currently provide a community support service where individuals can be supported within the home or/and accessing the community.

The sit2gether services offers individuals support in the home with company and engagement, often to provide carers with respite.

A telephone befriending services is also provided which is run by a team of volunteers.

ASA's community support service provides opportunities for individuals to participate and explore a range of interests and hobbies they may have, this may include sporting and outdoor activities, creative art sessions, learning new skills, developing coping strategies, meeting new people and taking on challenges.

### PROJECT HEADLINES



Reasons for referral or accessing support during the final reporting period:

- **Poor mental health: 38 offered face to face support**
- **Loneliness/Social Isolation and other daily life challenges: 7 offered telephone befriending support**

### PROJECT OVERVIEW

ASA finds that sometimes people's mental health fluctuates due to external circumstances affecting their lives, at these times the budget allocated to them can be insufficient to prevent a decline in mental health. The grant funding enabled extra hours, sessions and works to be made available to provide extra support over and above the health and social care budget provided in a timely manner.

### PROJECT WINS

- In total **12** staff have completed 13 courses around mental health plus 25 staff members undertaking Suicide First Aid.
- **7** telephone support clients received an average of 38 x 20 minute befriending calls to alleviate feelings of isolation.
- **38** clients received extra support during period of decline in mental health or to support one-off/short-term life events.
- Number of hours delivered over the course of the funding was **235** and average of 39 per month.

### IMPACT OF FUNDING

#### Case Study One

F lives alone and has learning disabilities. He requires general guidance and support to live well and safely in the community. F has 10 hours of funded support to help him with everyday tasks, shopping, managing his mail, making appointments, overseeing his medication and supporting him to have a hot evening meal so he is able to live independently. Support workers provide this for 2 hours Monday to Friday.

However, on top of this funded support, ASA provide additional emotional support and guidance throughout the week. For example, F has experienced some ill health latterly and he is potentially going to have some treatment to resolve a medical issue. ASA have supported him on top of the 10 hours funded support to attend medical appointments, these have mainly been in Grantham and Lincoln and require a member of the team to offer transport, and emotional support to F who finds these appointments very challenging as they cause him anxiety due to his dislike of hospitals.

ASA also support F to manage his finances, he has recently been assessed as lacking capacity to understand his finances and Client Accounts now support him in this area.

Most weeks F will visit the office and meet with members of the staff team, this offers F valuable emotional support and ensures he stays safe and well in his community. Recently, F has been concerned about train strikes he has been unable to watch them and this has caused him anxiety and altered his daily routine. By talking about this with staff he is reassured and is able to continue with his day.

#### Case Study One

B lives alone in Sleaford. B has endured poor mental health and lived all his adulthood life with his mother who supported all aspects of B's life. Sadly, B's mother passed away and B's mental health deteriorated whereby he required some treatment as part of a hospital admission. On being discharged from hospital on a S117 B received 10hours community support from ASA to help him manage within the home he once shared with his mother. ASA enable B to continue living at home and support him with everyday living tasks in the home and wider community, this involves shopping, visiting the bank, overseeing his mail, making appointments and supporting him to attend all medical appointments particularly his monthly clinic appointment. With this support B lives well.

On average ASA offered B two hours additional support each week due to the funding they were successful in achieving.





POSITIVE PILGRIMS

## ORGANISATION OVERVIEW

The Positive Pilgrims are an established group that have positively affected project beneficiaries' mental health and emotional wellbeing and are an essential part of the Football Club with their involvement providing a sense of belonging and social connectedness.

Boston United and the shared interest in football/sport, lived experiences, and backgrounds have helped attendees to have a healthier mindset, improved self-worth, and greater enjoyment of life.

Boston is in the country's top 3% deprived areas for poor skills and academic attainment and we feel that not only are we supporting project beneficiaries' mental health, but by providing qualifications and courses through this programme, it is developing soft skills transferable for future employment or volunteering.

## PROJECT HEADLINES



Reasons for referral or accessing support during the final reporting period:

- Poor mental health: 30
- Loneliness/Social Isolation and other daily life challenges: 11
- Lack of opportunity: 7
- Post Covid-19 related issues (incl. long covid): 2
- Physical Health & Wellbeing: 4
- Serious Mental Illness: 6

## PROJECT OVERVIEW

Positive Pilgrims has a proven track record of demonstrating a wide range of benefits as a result of the project's activities, from a social, mental health and wellbeing and physical health perspective such as:

### Social

- Socialising and getting to know people
- Gaining a sense of belonging
- Meeting people who understand your position
- Talking about your problems
- Seeing other people's recovery
- Taking your mind off things

### Mental health and wellbeing

- Gaining a sense of achievement
- Doing something you enjoy
- Developing a positive mental attitude
- Mental benefits of endorphins and adrenaline
- Getting a boost to your confidence

### Physical health

- Increased physical and mental fitness
- Stopping smoking, reducing alcohol and drug use
- Lowered cholesterol and blood pressure
- Decreased appetite
- Weight loss

### Sports Coaching Qualifications

- FA Playmaker Award
- FA Introduction to Coaching Award including FA Introduction to First Aid in Football & FA Safeguarding Children Course.

## PROJECT WINS

We have had 5 participants take part and complete a Sports Leader award where they have had to plan and deliver an event to a group of youths.

The group have created two teams that play in the Lincolnshire Ability Counts League where they meet and play football matches on the last Sunday of every month. We currently have two football sides competing in this football league and they have been doing fantastically well in their leagues.



## IMPACT OF FUNDING

The project has benefited the participants massively as it has allowed them the chance to increase engagement and social skills. The project has also allowed the participants to have a go at a range of different invasion type games/sports. Some participants have also accessed other additional sessions/projects with our club i.e. man v fat football programme which focuses on weight loss as an individual and as a team, thus showing how their confidence has improved to try something else new and that they are considering different lifestyle changes as well to benefit their own health and wellbeing. It also gave the participants the confidence to take up and complete our sports leader Level 2 award. – Boston United Community Foundation

### Case Study One

O was always a very bright academic lad with the high expectation to end up going to a top university. This lad, when younger, showed such bravery and confidence to be put on a plane and fly out to Lithuania alone, to meet and then stay with his mother's family. What came next nobody could have imagined. The stresses and pressures from all around O, but in particular the pressure he put himself under, made him spiral and have a breakdown. Since his breakdown he has really struggled to focus on anything and have any structure to what he does on a daily basis. After being to a number of nits and respite facilities, O finally moved back to the area to live under the care and guidance of his dad again. Joining this group was a great tool to relieve stress and a chance to meet people after being so isolated in his own head and reality. He has never looked back and has made strides in improving his own mental health and wellbeing. O said "When I first started at the Positive Pilgrims I didn't know what to expect and was quite timid. Through building relationships with fellow players and coaches it has increased my confidence greatly. The group has allowed me to form a good social network with people I can trust and confide in in times of need. Another benefit to the sessions has been that it has helped me maintain a good level of mental health and has kept me stable. In terms of the opportunities it has given me over my time in the group, I have been to 5 aside tournaments as far as Liverpool and it has made me feel part of a team as well as giving me a purpose in life."



### ORGANISATION OVERVIEW

The Community Venue and Community Hub are well trusted spaces within the Bracebridge/Park Ward area. As a local church, we are passionate about providing safe spaces in our communities where people can connect with others, find support and help, as well as discovering a purpose through volunteering, learning new skills, and gaining confidence in society.

We offer a range of activities and services that are run by the community, for the community. Included in this provision is a library service, a foodbank, a clothing bank, a play area for under 5s, wellbeing cafés, exercise/relaxation sessions, food in school holidays projects, youth clubs, Night Light Cafés, a Christmas sacks project, a new business incubator, craft sessions, art sessions, cooking and baking sessions and a number of other opportunities for people to engage with.



### PROJECT HEADLINES



#### HUB:

- 100 people supported by on site CAB officer
- 30 referrals to clothing bank

#### VENUE:

- 40 clothing referrals completed
- 15 warm packs distributed
- signposting to other agencies
- food offered to many who attend.

### WELLBEING



**HUB:** 40 clients with whom we have built more in depth relationships, supporting them into engaging with other services or attending other events at the hub.

**VENUE:** 40+ regulars now attending the wellbeing space throughout the month. 'Checking in' when moods are low and life is a struggle.



#### HUB:

- 886 food bank referrals
- 800 visits to the warm space and library

**VENUE:** Weekly there are approx. 40-50 visits to the wellbeing space

### PROJECT OVERVIEW

Developing the activities within the buildings in order to offer more therapeutic opportunities including supporting people in arts and crafts. From experience in the wellbeing café on Portland St, both centres have fully functioning kitchens which were made use of by hosting a friendship lunch on Fridays for all our volunteers and people who access the centres. This was developed with GoGro who were able to show people how to cook together before they ate together.

### PROJECT WINS

**HUB:** Seeing isolated food bank clients begin volunteering, engage with their community and form friendships with other volunteers.

**VENUE:** Seeing the range of folk who come through our doors, engaging in relationship, knowing we're making a difference to people's wellbeing.

#### Case Study

Homeless young man – VENUE

Homeless young man who came in looking for help. He found friendship, hot food and sign posting to a food bank and a referral to the clothing trust. He now comes in regularly to connect with staff and receives housing advice and is slowly getting sorted. Seems happier that things are starting to get better for him.

### IMPACT OF FUNDING

During the project beneficiaries were signposted to:

- Citizen's Advice Bureau (on-site two days a week for face to face appointments)
- Christians Against Poverty (debt advice)
- City of Lincoln Council Homelessness Team
- Development Plus
- GoGro CIC (cooking courses)
- Lincoln Community Grocery
- Lincoln College
- Edan Lincs

**HUB:** The funding allowed us to not only continue running our Community Hub but to expand our opening hours and to invite other social action programmes to use the building. We were able to support individuals to move from isolation into regular volunteering and community engagement. Our food bank has been increasingly busy throughout the period and this funding has helped us offer people a warm welcome with a heated building and refreshments. Being open has meant we could host a CAB advisor two days a week and he has been busy supporting and referring clients.

**VENUE:** The funding enabled us to develop our wellbeing space throughout the winter months. We have so many young families come in as well as individuals and carers. Offering a friendly and welcoming space where people can connect with each other and also be signposted to the many other great projects and activities on offer is invaluable.

Beneficiaries' needs met:

- Safe space – 19
- Made connections – 13
- Signposting – 13
- Learnt new skills – 8
- Felt listened to – 16
- Less lonely – 9
- Bridge South

*It's like walking into a family"*

*"Very, very welcoming"*

*"A great support for the community"*



### ORGANISATION OVERVIEW

Bridge Church are a church and a registered charity. Our constitutional aims include 'relieving sickness and financial hardship and to promote and preserve good health by the provision of funds, goods or services of any kind including through the provision of counselling'.

### PROJECT HEADLINES



100  
BENEFICIARIES SUPPORTED



SIGNPOSTING TO  
24 ORGANISATIONS

### PROJECT OVERVIEW

The demographic of people who use the space is testament to the fact that it offers something that everyone is needing – friendship, support, signposting, and a home from home.

We have many case studies where people have been helped through very difficult times, people have been supported whilst big life changes are happening, and others have been empowered to take the next step in their lives whether that be educational courses, job interviews, or simply learning a new skill.

### PROJECT WINS

- Weekly attendance of 80-100 people across four sessions
- 12 warm pack referrals
- 5 clothing referrals
- 10 foodbank referrals
- Confidential space offered to many organisations to meet with clients
- Close work happened with 30 individuals who required ongoing support, engaging with other services.



### IMPACT OF FUNDING

The funding benefited our organisation by allowing us the means to provide a safe space whereby individuals and groups can attend and find community and friendship. It helps the lonely to find family and the marginalised and misunderstood to find acceptance and place to belong. Within this space they also have the opportunity to receive snacks, refreshments and hot meals. The funding has also helped us to provide a variety of activities to support their wellbeing. This includes a wide arts and crafts programme, relaxation sessions, exercise sessions, brain training activities, cooking and baking sessions and lessons, board games and various books from fiction, topics of interest and self-help. Or they can simply sit quietly by themselves in warmth and comfort if they do not feel the need to talk or participate. Most individuals who choose this option speak of enjoying being within the environment and this within itself helps them to feel a sense of wellbeing and belonging. Providing this space has also given many individuals who are out of work at present a volunteering opportunity which supports their self-worth and confidence. – Bridge Central

### Case Study

#### The challenge

Female in her early 30s attended having heard of the space. During a conversation the individual was clearly stressed and incredibly upset. She shared that she had just lost her job, her long-term relationship with her boyfriend had just ended and she felt like her life was falling apart. Single mum with a 10yr old child with Autism.

#### The action

Important to develop the relationship first and offer a gentle presence and a safe and supportive space. Over the following weeks this lady began to discover stress management through arts & crafts. She also participated in the Stretch & Soothe classes. One to one support began using a 10 week life skills and coaching format and the lady engaged in this support really well, whilst continuing to develop friendships and wider support from within our space.

#### The outcome

This lady continues to attend the space for ongoing support but has developed a greater resilience and has accessed and studied many online courses to further develop her skills and gain confidence for employment. She has obtained more clarity on her career goals. She also contributed to a mental health art project and produced stunning and meaningful work. This she would have been unable to do when first attending.

## ORGANISATION OVERVIEW

**We work directly with, and for, unpaid carers, providing personalised information and support in the way that suits them. Our ambition is to enable carers to thrive in their role and achieve the balance in their lives, they wish to achieve.**

Our strategic objectives:

1. Recognise and reach carers at the earliest opportunity.
2. Enhance our support to carers to make a material difference in their lives.
3. Raise the profile of Carers First and its work, to secure support for carers, in collaboration with other organisations.
4. Develop a vibrant, supported, inclusive and high performing team.
5. Grow our financial sustainability and strengthen efficiency of our operations.

We offer support online and telephone alongside face-to-face community-based services, maximising our reach and impact. Across Lincolnshire we provide 1-1 personalised support, peer support groups, wellbeing activities, statutory carers assessments, training, benefits advice, and volunteering opportunities to 11,400+ unpaid carers.

Activities are co-designed with carers, to ensure support is inclusive and accessible to all carers in different communities. We focus on the needs of different carers at each stage of their caring journey.

## PROJECT HEADLINES

35  
BENEFICIARIES SUPPORTED

All of those who attended events reported that they felt more socially active and less isolated. All returned evaluations were positive. Carers made connections with each other that will hopefully be sustained and quickly developed friendships at events.

## PROJECT OVERVIEW

Men care 2 is a men only project that will replicate the current successful Men Do project in East Lincolnshire across South Lincolnshire as well as in West Lincolnshire with an MCN BID making sure the offer is inclusive across Lincolnshire.

This project aims to provide a series of positive social activities for male carers and former male carers across the South Lincs and Rural PCN. Activities will aim to increase social opportunities for male carers and reduce their feelings of loneliness and isolation. It aims to help build circles of support around male carers providing emotional and practical support, develop friendships with others who are in a similar situation and also create a sense of purpose and identity for those men who have lost loved ones or have seen their caring roles change.

## PROJECT WINS

Short-term outcomes achieved during project delivery:

- Users felt better informed, supported and connected
- Users were more engaged in physical and social activities
- Users reported improved confidence.

Long-term outcomes achieved during project delivery:

- Reduced feelings of loneliness and social isolation
- Improved physical and emotional health and wellbeing
- Wider supportive social networks
- More opportunities to volunteer and influence community services
- More socially active men.



## IMPACT OF FUNDING

**Signposted attendees to:**

- LPFT
- Social prescribing
- Men's Shed
- Local church
- U3A
- Carers First

## Case Study One

*T is a male carer who lives in Grantham, his wife has scoliosis and is also waiting for both hips to be replaced. She can't walk very far at all, uses sticks and a scooter and gets tired very easily. He was referred to Carers First to receive the newsletter and as a result of reading the ENews he registered to attend Men Care 2 events. The referral stated:*

*"He doesn't get any time to himself as he prefers not to leave S on her own. He said this is okay but it would be nice to have a break sometimes and the carers group could give him the opportunity to do this. He said he can leave S once she's up and dressed. She's able to get to the toilet herself and, other than that, she sits in the chair all day so there's little risk."*

*The first of these events was the Bomber Command visit and he met three members of the Grantham Mental Health support group who, although his wife doesn't technically come under the "mental health" banner, she does get depressed and anxious and those members of the group invited him to their next meeting.*

*Since then, he has regularly attended the group and also the Belton House trip which was part of the Men Care 2 programme. His feedback says he definitely feels less isolated, feels listened to and has made connections, also that he has something to talk about with his wife when he gets back which supports their relationship. As he has come on the trips, it has given him ideas for outings together as he has an idea of the accessibility for his wife's scooter.*







CROWLAND GOOD MOOD CAFÉ

### ORGANISATION OVERVIEW

We are Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind, a values-based, mental health charity. We are a highly collaborative organisation, providing a range of strengths based services and projects to support recovery from mental health problems and promote positive mental health across our diverse communities.

We value the individual skills, talents and lived experience that everyone brings, co-production plays a key part in everything we do.

We are committed to encouraging a supportive and inclusive culture across the whole organisation, and our communities, promoting diversity and inclusion, and eliminating discrimination.

### PROJECT HEADLINES



The funding provided a facilitator who made sure that everyone got a warm welcome at the Good Mood Café and felt supported to join the conversations. The facilitator also compiled a list of local groups and activities that people can access independently.

### PROJECT OVERVIEW

Good Mood Café offers everyone an opportunity to connect with people in their own community. We know that connection with others is good for mental health and wellbeing, and can provide an instant boost to mood.

Good Mood Facilitators are skilled in ensuring that everyone receives a warm welcome and feels safe in the group. People are encouraged to engage in the conversation to the extent that they are comfortable.

The facilitators also engage with local groups, activities and social prescribers so that they are able to support people in choosing local activities that would be good for mental wellbeing.

### PROJECT WINS

- 18 people accessed to alleviate loneliness and isolation.
- People have been able to connect, friendships have been formed and loneliness has been addressed. By the end of December the group was outgrowing the space so a second group has been opened.
- Attendees have set up a WhatsApp group for those who are lonely on Sundays. They are in the process of arranging their first Sunday Lunch trip.
- Crowland Community Hub will continue to run a Good Mood Café in Crowland from April 2024.

**Connect with people in your community and boost your mood!**

**Every Monday 2:00-3:30pm at the Old Copper Kettle, Crowland**

**Every Wednesday 12:15-1:45pm at the Crowland Community Hub**

Email: [SouthLines@epsmind.org.uk](mailto:SouthLines@epsmind.org.uk)  
Or call 0300 303 4363

mind CPSL

Let's do this together Lincolnshire  
Lincolnshire  
Shine  
Lincolnshire Mind Health & Wellbeing Partnership

Reg. Charity Number 265087

### IMPACT OF FUNDING

#### Case Study – Annie & Pat

##### Journey

- Annie and Pat have both lived in Crowland for around twenty years, they have seen each other in the town but had never spoken.
- Annie was signed off work with poor mental health, she saw the Good Mood Cafe advertised on Facebook and came along.
- Pat experiences low self-esteem and little confidence, she has struggled to establish friendships. Pat saw the Good Mood Café advertised on a local Facebook group and came along.

##### Support

- Sharon, the CPSL Mind facilitator encouraged conversation within the group by creating a safe space where everyone's contribution was valued.

##### Impact

- Annie and Pat have formed a good friendship and are supporting each other with their mental health challenges. If one is feeling lonely or down they will call the other to chat or arrange to meet up. They are also part of a WhatsApp group formed by some of the regular attendees at Good Mood Café following a conversation about Sundays being particularly lonely. The group are planning their first Sunday Lunch trip.

Names have been changed for these case studies. Media consent has been granted in both cases.



CURO – COMMUNITY CARE FARM – GEDNEY HILL

### ORGANISATION OVERVIEW

- Our company has been set up following the isolation and the impact on mental health due to covid. Recognising that people are fearful of indoor spaces and crowds we decided to concentrate on activities that bring people together outside. Thus incorporating exercise, social skills and learning how to be creative, grow their own vegetables or to try something new. Our aim is to use volunteers from the local community to support and develop projects for the community.
- We aim to build safe spaces for people to come, grow vegetables, relax or engage in one of our activities. The gardens will reflect the community, having sensory areas, children's areas, relax and grow areas. We hold craft events and a dog café for those not interested in the garden. Utilising local volunteers as peer mentors to encourage and support people to grow in self esteem, confidence and skills.
- We also use animals to act as a vestibule for social interaction. Building on the bond between people and animals to build trust and self confidence.
- The aim is to build stronger relationships and engagement between communities. As they will be involved from concept to delivery they will be more purchased in the scheme.
- We are working with local partner support agencies to enable them to utilise the sites and for people to have choice and information of the services they access.
- The long term aim of the project is to build confidence, skills knowledge and help people build resilience to be able to self manage their mental health, access services they require and hopefully gain qualifications and work experience should they want to become more employable and have more options.

### PROJECT HEADLINES



We design each activity with our volunteers and current clients to reflect what they would like to see or improve on. Everyone is able to access further qualifications or any workshops we offer if they would like to.

### PROJECT OVERVIEW

The project is focused on horticulture and animal based therapy and nature based activities to improve mental wellbeing and resilience. Our peer support work one to one with clients, or in very small groups. The project is open to all ages and abilities. The focus is on what people can do.

We offer a variety of activities from gardening, growing vegetables, building natural habitats, learning about nature to caring for our farm animals. We aim to encourage people to learn new skills which can be as simple as building fairy gardens, painting, crafting or even academic workshops, including customer service, so that there is a range to suit all abilities and ages.

### PROJECT WINS

- Our relationship with social prescribing and the local GP surgery have been the best.



### IMPACT OF FUNDING

- **Gained confidence: 20**
- **Improved self-esteem: 2**
- **Accessed further education, employment, volunteering: 3**
- **Learnt new skill or distraction technique: 4**

– Curo

### Case Studies

- *A gentleman who said he was suicidal when joining us now wants to volunteer for us and is one of our biggest advocates, travelling a great distance to join us regularly.*
- *Also a young autistic man with limited interaction has become very confident around the site, engaging in group discussions at the men's group.*

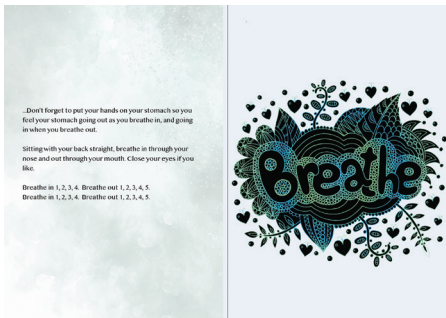
## ORGANISATION OVERVIEW

Darkside Rising CIC is a non-profit, women's health organisation based in Lincoln, providing specialist exercise and strength training services across three major programmes:

- Women who are neurodivergent.
- Women who have complex health needs, such as those diagnosed with cancer, or neurological conditions.
- Women going through specific life changes, such as menopause or the postnatal period.

Working in a personalised and inclusive way, we exist to:

- Create safe spaces for women to connect and develop self-acceptance.
- Support women's confidence and self-esteem.
- Innovate physical activity provision for women with complex health needs.
- Embrace neurodivergence.
- Mentor lived experience leadership.



## PROJECT HEADLINES

293  
BENEFICIARIES SUPPORTED

Reasons for referral or accessing support during the final reporting period:

- **Poor mental health: 293**
- **Financial concerns: 208**
- **Housing issues: 1**
- **Lack of opportunity: 208**
- **Loneliness/social isolation and other daily life challenges: 293**
- **Post Covid-19 related issues (including long covid): 18**
- **Physical health & wellbeing: 226**
- **Serious mental illness: 82**

## PROJECT OVERVIEW

Through online courses, beneficiaries will be guided through daily, 10-minute videos of art-based mindfulness. 36 women in total will receive direct support and be guided through the course and we will also offer this course to Social Prescribers for the Lincoln City South; this will encompass an additional 119 potential beneficiaries of the project.

This light touch approach of offering the freedom to completing activities in the participant's own time, whilst also ensuring instructor availability and oversight, allows the participant to grow their own personal practice in a safe and accessible space. They will be able to share their creations, connect with others and ensure that their mindful practice will be sustainable beyond the end of the project.

The creation of a 28 Days of Mindful Art book will improve accessibility for a range of people, including those in digital poverty, and people with serious mental illness who find the online course overwhelming to complete. Removing the blue light component, the book will be more suitable for use at bedtime, and it will also create opportunities to complete the lessons when inspiration strikes, rather than when the computer and internet are working.

## PROJECT WINS

The funding allowed us to increase the amount of participants on the 28 Days of Mindful Art video course. It was highly successful when we ran it with the original funding. After the initial funding finished, we had many people asking to join based on recommendations from previous participants. We knew from that, that it would be in high demand again. By making a hard copy book version we knew that we would be able to reach even more people too. We understood from feedback from participants, and potential participants who decided not to undertake the course, that one of the barriers to undertaking the video course was poor internet connection. As many parts of Lincolnshire are rural, the internet connection can be intermittent in some areas. To be able to produce a book version, has allowed us to show our community that we listen to them and react accordingly. Our organisation is known for our physical health exercise provision, which supports mental health. It is also known to our community for our mental health arts provision. We were extremely grateful to be able to keep offering quality arts provision with this funding. Our organisation benefited from being able to continue to offer what our community ask for.



## IMPACT OF FUNDING

### Case Study

'B' joined 28 Days of Mindful Art in October 2022. Just prior to joining she had been looking for a way to channel her artistic skills. She came across the course on the Facebook Page of her local wellbeing hub, "I came across their Facebook page and saw 'art', and anything art related piques my interest!" When 'B' found out about 28 Days of Mindful Art, she was finding her spark again after uncertain times, and as part of her journey she had reignited her love for arts and crafts. Finding time to create is important to 'B' and the project allowed her to make time for herself each day. **"I only discovered I was artistic 5 or 6 years ago. I had a big life change where I found myself with nothing to do unless I read books. I started writing poems and drawing and getting into doing stuff for me rather than for other people. I realised I really like all the arty buff side of things, I taught myself to crochet, even being creative with my sewing machine and seeing what I can make out of scraps – I like to think outside of the box."** If the course wasn't online, it would have been impossible for 'B' to participate. She lives a distance from where we hold our in-person classes, so being given the option to participate no matter where in Lincolnshire she lived, was one of the reasons she was able to join. The flexibility of being able to do the course at her own pace, working around her work schedule helped too. As part of the course we invite everyone to join a private Facebook group. This allows everyone to support each other, share their artwork and their ideas, and chat within the safety of a group dedicated to their shared experiences, **"I didn't want to put daily pictures on my Facebook because I don't use Facebook like that."** Yet this way, 'B' was able to share her work daily on the group and inspire others to do the same. She now incorporates some of the skills she learnt into her journaling. She takes a sketchbook to work with her too, to give her a bit of 'me time' during her breaks. 'B' has truly embraced the skills she learned and was able to take them beyond what was taught and create her own mindful art with the creation of some beautiful pieces. **"I have a stressful job because everything has to be legal and just right. I've now got another little notebook and I do it daily. They see me at work doing it on my break."** Soon after taking part in 28 Days of Mindful Art, 'B' started a Zentangle art class, which she says has only spurred her on further to continue her mindful art and continue her self-care by doing things for herself.





FLOURISH WITH FOOD

### ORGANISATION OVERVIEW

We helped to create a community of interest through cooking that continues beyond the scope of the project. We also cooked for the community, helping people to come together, in a warm space to eat healthy meals, to talk and to obtain advice should they wish.



### PROJECT HEADLINES



### PROJECT OVERVIEW

This project provides opportunities where people can choose whether to:

- Join a course that helps them to gain confidence and skills through learning how to create restaurant-standard food.
- Join a community network of people who are going to obtain energy efficient slow cookers and learn how to make delicious and nutritious meals on a budget.
- Give back to society through our programme of creating batch-cooked meals from soon-to-be-thrown out food, to be donated to the community.

### PROJECT WINS

- We were able to deliver a slow cooker project for the first time. This has been hugely beneficial to the individuals that we have worked with but it has also helped us with gathering intelligence through engagement regarding the need for budget-friendly cookery courses and for the need to deliver projects that provide slow cookers (and other similar devices) in conjunction with cookery courses.
- We have connected with beneficiaries who want to keep in touch and volunteer with us – this is brilliant as we will be developing initiatives in the future where we can work with volunteers to make meals and help them to upskill.
- We have engaged with Veterans through this project and will be developing a Veterans project as a consequence, in part, to the things we have learned.



### IMPACT OF FUNDING

Outcomes achieved during the final reporting period:

- We will provide opportunities where people can choose whether to:
  - Join a course that helps them to gain confidence and skills through learning how to create restaurant-standard food: 3
  - Join a community network of people who are going to obtain energy efficient slow cookers and learn how to make delicious and nutritious meals on a budget: 19
  - Give back to society through our programme of creating batch-cooked meals from soon-to-be-thrown out food, to be donated to the community. Our project will finish with a Christmas celebration event: 15
- Confidence and experienced increase in technical skill levels, flavours, creating better food: 12
- Improved mental health: 8
- Improved sense of ambition: 8
- Feeling decreasing sense of isolation: 12
- Feeling part of a team: 12
- People wanting to take part in future projects: 10

### Case Studies

*The woman with a two month old baby wanted to volunteer but said that she couldn't do anything with a baby, the older women there told her that by simply bringing a baby with her was helping and as they all gave the baby a cuddle it was easy to see how important this kind of human interaction is to reducing isolation and in spreading happiness.*

*Someone's cat had died and he said he couldn't come to the group – at the session people brought cake, vegetables, fruit, some pickles and we gave him a very large portion of the food we made during the session. I delivered this 'food hamper' to his house and he was moved by the gesture – it made him feel that people were thinking of him and that he was a valued member of the group and it was brilliant to be a part of it.*

*A participant who has a background in the armed forces (retired) started to talk about how he thought a similar course could benefit others he knew within the armed forces, we are actively involving him and his contacts with a view to applying for funding to run a course for the direct benefit of former members of HMAF particularly those struggling with PTSD, isolation and depression.*



### ORGANISATION OVERVIEW

This service will mainly be an early-stage intervention for those experiencing their first signs of acute mental health or the first time they have reached for support.

It can also provide an emergency service for those already receiving mental health support but feel the opportunity to talk is needed immediately rather than waiting. This fills a time delay that for some may be too long to wait at the point of crisis.

### PROJECT HEADLINES



Reasons for referral or accessing support during the final reporting period:

- Poor mental health: 37
- Loneliness/Social Isolation and other daily life challenges: 3
- Lack of opportunity: 35
- Post Covid-19 related issues (incl. long covid): 2
- Physical Health & Wellbeing: 4
- Serious Mental Illness: 25
- Housing issues: 1
- Bereavement: 5
- Sexual abuse: 8
- Cohesive control: 4

### PROJECT OVERVIEW

We will be offering free drop-in and pre booked counsellor sessions, targeted at parents/guardians. There has been an increase of challenges in families. By offering a relaxed, free opportunity for adults to come in, as an individual or a family, and speak about their challenges with the option to lead to further sessions when required, crisis escalation can be prevented through early intervention.

### PROJECT WINS

- They live happier lives. Helping them to be better partners, parents, friends.
- As the case studies show, these sessions helped people to have the confidence to socialise again and even created an additional volunteer as the participant felt in such a good place, that they wanted to give back to their community and so sought volunteering opportunities – so this was an unexpected benefit of the funding.
- Being able to help and see changes in desperate people's lives when the opportunity had not been there before. Seeing radical changes in peoples thought processes for the positive.
- Seeing people improve throughout the sessions to reaching their end goal and being in a much stronger place by the end.



### IMPACT OF FUNDING

Outcomes achieved according to participants' feedback:

- A safe and non-judgemental space to talk: 9.
- Made connections with people: 3
- Received signposting to other services: 0.
- Learnt new skills, e.g. resilience: 1
- Felt listened to: 8
- Felt less lonely and isolated: 5

### Case Study One

*Relocation after escaping from an abusive partner with their children, dealing with low self esteem, anxiety, trust issues, the feelings of guilt for taking the children away. Working on building a trusting relationship with this person was essential, and so working with this person to help them explore their own emotions, working through their trauma of sexual assaults from family members as a child, and coming to terms with the guilt of this, nearer the end of the sessions noticing their anxiety getting lower enabling them to talk more freely. Working with this person to be able to integrate back into the local community, helping out in public places, this was a massive step forward for them.*

### Case Study Two

*This person with crippling anxiety, feeling sick about going outside since covid, panic attacks, even worrying about coming to counselling. By chance I bumped into her outside the building, made her feel welcome and so agreed to talk to me. In the session we worked through her feelings in-depth and went further back into her marriage break-up from many years before, working through the husband's narcissistic behaviour, the conditioning effects on her, and for her to understand it wasn't her fault. By the end of the sessions, she had joined a bowls club and had made friends socially, which she never thought would have been possible.*

**DROP IN COUNSELLING**

**FAMILY MENTAL HEALTH BEREAVEMENT RELATIONSHIPS WORK STRESS ISOLATION**  
Talk through your issues  
**FREE Sessions**

**Times** Monday & Tuesday 9.30am - 10.30am  
Wednesday & Friday 3.30pm - 4.30pm

The Holbeach Hub Boston Rd South, Spalding, PE12 7LR

For more information contact Rob 07916 161218 or Tracey Carter 07719 189528 or E-mail: veterans@tonic-health.co.uk

MHS Lincolnshire, Lincolnshire, Shine, Veterans Support, Holbeach



## HOARDING PROJECT

### ORGANISATION OVERVIEW

**Lincolnshire Community and Voluntary Service (LCVS) has provided support and leadership as the Local Infrastructure Organisation for the voluntary and community sector in South and East Lincolnshire for over 25 years.**

We offer guidance, training, and cost-effective DBS checking so the organisations can focus their energy toward making a difference in their communities. Our goal is to help these organisations operate efficiently and effectively, enabling them to focus on their vital work of improving lives.

As the leading provider of Social Prescribing Link Worker services in Lincolnshire, we are committed to delivering person-centred health and wellbeing support that empowers individuals. Through our work, we have become a driving force in the transformation of health and social care services across Lincolnshire.

Our work is pioneering, collaborative and inclusive enabling many hundreds of people each year to contribute to and benefit from social and economic wellbeing.

### PROJECT HEADLINES



## BENEFICIARIES SUPPORTED

The funding has enabled specialist care and practical assistance to an additional 7 households within Boston. Whereby we have seen a positive reaction and less stress on physical and mental health Primary and Secondary care with a reduction in hospital admissions and GP appointments.

### PROJECT OVERVIEW

Hoarding is a major problem within the Boston locality. Multiple agencies visit members of the public daily and Identify risks that hoarding can induce. Within the locality we have specialities to help deal with patient's mental, physical and social needs.

However there is a part of hoarding that is overlooked, the hoarding itself. Through assessing peoples physical/mental health, social situation and understanding what is important to that person, we strive to achieve the following:

- Prevent people from hitting crisis.
- Keep people well and at home for longer, avoiding admission to hospital.
- Provide people with the skills and understanding so they can proactively manage their own health and wellbeing.
- People are more integrated in their community.
- People tell their story once and care is co-ordinated.

### PROJECT WINS

**"I am 100% satisfied! I didn't expect that somebody will do so much for me. I'm very pleased with your service."**



Shot on OnePlus  
Powered by Triple Camera

### IMPACT OF FUNDING

#### Case Study

##### The challenge

Initial referral sent to the Neighbourhood Team by the Older Adult Nurse that had carried out a routine over 65 check at the patient's property.

Patient lives in his own home, large-detached property in a rural location.

The property is very cluttered and is an unsafe space. He is not able to access the upstairs of his property as the stairs are blocked. His radiators are not working so he is relying on an oil lamp which is not effective and is a fire risk. Patient has lots of co-morbidities which is impacting on the condition of the property as he is unable to do any of the work himself.

Clutter ranking: 8.

##### The action

Holistic assessments have been carried out by the Specialist Neighbourhood Practitioner and the Mental Health Practitioner within the Neighbourhood Team.

Referrals have been made to the Fire Service, Wellbeing, Social Prescribing and Declutter Your Mind for practical and emotional support around the hoarding.

20 hours of paid work completed by declutter your mind funded by the hoarding project fund and accompanied by a volunteer that also provided 20 hours of support.

##### The outcome

Patient has been involved in the decluttering/cleaning process most of the time, doing as much as possible. Patient now feels empowered to continue the work now that he has had support to get started.





## NATUREHOOD PROJECT

### ORGANISATION OVERVIEW

**Lincolnshire Community and Voluntary Service (LCVS) has provided support and leadership as the Local Infrastructure Organisation for the voluntary and community sector in South and East Lincolnshire for over 25 years.**

We offer guidance, training, and cost-effective DBS checking so the organisations can focus their energy toward making a difference in their communities. Our goal is to help these organisations operate efficiently and effectively, enabling them to focus on their vital work of improving lives.

As the leading provider of Social Prescribing Link Worker services in Lincolnshire, we are committed to delivering person-centred health and wellbeing support that empowers individuals. Through our work, we have become a driving force in the transformation of health and social care services across Lincolnshire.

Our work is pioneering, collaborative and inclusive enabling many hundreds of people each year to contribute to and benefit from social and economic wellbeing.

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

- An additional 20 regular volunteers looking after Naturehood areas.
- Work with 14 local organisations and to get the message out to people that they can enjoy the benefits of being close to nature.
- Created two pilot Naturehood sites in the centre of Boston, these will be free to the public to access.

### PROJECT OVERVIEW

The Naturehood project gives all members of the community the opportunity to get involved in free regular events, getting close to nature and out in the fresh air. A report published in 2016 by Natural England shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to reduction in levels of anxiety, stress and depression. The report shows that people involved in green care activities (care farming; environmental conservation; social and therapeutic horticulture) have a greatly increased level of social contact and inclusion; as well as a sense of belonging and personal achievement.

Across multiple studies, researchers have found a link between access to green space, such as fields, forests, parks and gardens, and a reduced risk of mental health problems, improved mood, and increased life satisfaction. Other benefits include reduced stress, increased physical activity and better physical health (Mental Health Foundation).

We created two pilot Naturehood sites in the centre of Boston, these will be free to the public to access – one in Central Park and one at St. Boltoph’s Church. These will be a lasting legacy for the project and will be maintained by volunteers. The signage at the sites will be educational giving people the opportunity to learn more about their local wildlife.

### PROJECT WINS

Many participants have fed back that they have enjoyed the interaction with other people whilst working on the Naturehood project, the activities have made them feel happy and peaceful and they wish to continue to get involved in nature projects. As a result of participating in Naturehood projects people have gone on to try out other volunteering opportunities, e.g. some have attended my river litter picks, feeling comfortable to volunteer and join in as they have already met others that will be in attendance and it has helped their self-confidence. Joining in the project has given participants the confidence to create nature areas in their own gardens and enjoy the benefits that being outdoors and close to nature brings. Participants have felt a sense of achievement having improved the area in which they live. I visited the Boston Friendly Group (Age UK) and this is a quote from the group leader: **“A wonderful, hands-on morning that the whole group enjoyed. Something for everyone of all abilities, so everyone felt included and loved the fact that their work would be out in the community for all to see. A huge thank you from all of the Boston Friendship Group – they were still talking about it this week!”**



## ORGANISATION OVERVIEW

Lincoln City Foundation's 'Extra Time Hub' is designed to increase social interaction and physical activity for over 55s.

The Hub aims to bring people together, enabling them to feel less isolated, live well, and do things they enjoy. The Bracebridge Heath 'Extra Time Hub' is a multi-sport session where members have the chance to try different sports and activities amongst friends. The session is inclusive to all levels of fitness and skill, and is followed by refreshments, providing an opportunity to socialise further and connect with others.

## PROJECT HEADLINES



Reasons for referral or accessing support during the final reporting period:

- **Poor mental health**
- **Loneliness/Social Isolation and other daily life challenges**
- **Post Covid-19 related issues (incl. long covid)**
- **Physical Health & Wellbeing**
- **Serious Mental Illness**

## PROJECT OVERVIEW

The project was designed with an ethos to increase social interaction and physical activity for over 55s, bringing people together, enabling them to feel less isolated, live well, and do things they enjoy.

## PROJECT WINS

- The project was designed with an ethos to increase social interaction and physical activity for over 55s, bringing people together, enabling them to feel less isolated, live well, and do things they enjoy. This objective has been met within the project delivery period, and our engagement with residents has also exceeded our initial project target.
- The multi-sport nature of sessions has enabled a really inclusive environment to be developed and provided participants the opportunity to try a range of activities from walking football, to seated chair exercises, to tennis, to golf. The variety of activities facilitated has ensured the project appeals to a wide range of beneficiaries, providing new experiences and allowing participant to reminisce of past activity interests.

## IMPACT OF FUNDING

The project was designed with an ethos to increase social interaction and physical activity for over 55s, bringing people together, enabling them to feel less isolated, live well, and do things they enjoy. This objective has been met within the project delivery period, and our engagement with residents has also exceeded our initial project target.

Follow up surveys have been issued to all attendees which collect data to assess impact against the below listed outcomes:

- Increase in self-reported happiness
- Increase in self-reported life satisfaction
- Reduction in self-reported feelings of loneliness
- Increase in self-reported social connectedness
- Improvements in self-efficacy
- Increase in number of minutes physically active per week
- Reduction in visits to a GP surgery

Summary of key findings are:

- **97% of respondents have been for a walk lasting at least 10 mins in the last 7 days**
- **56% of respondents have completed a physical activity in the last 7 days**
- **49% of respondents have not visited the GP in the last 3 months**
- **24% of respondents scored 8/10 for how satisfied they are with life – on a scale of 0-10, where 0 is 'not at all satisfied' and 10 is 'completely satisfied'**
- **22% of respondents scored 10/10 for how happy they felt – on a scale of 0-10, where 0 is 'not at all happy' and 10 is 'completely happy'**
- **13% of respondents scored stated they often feel lonely**

– **Lincoln City Foundation**

### Case Study One

*I joined the Extra Time Hub to meet new people and do some exercise. I found this was easily achieved and I found that it kept me physically and mentally fit. It's also encouraged me to continue exercising outside the group and I've really enjoyed the friendship.*

### Case Study Two

*I got a phone call about getting involved in the Extra Time Hub and I joined because I wanted to get more movement which it has. Its help influence my wellbeing and mental health. I liked everything about it.*

**"Keeps me physically & mentally fit."**

**"What I enjoy most about Extra Time Hub is the friendship."**





GROW 2 HEALTH

### ORGANISATION OVERVIEW

**We are a Lincolnshire based social enterprise.**

- We create circular economy based outdoor growing spaces and community areas to facilitate a net zero based appreciation and utilisation of our Natural Environment.
- We stand for improving health, wellbeing, and local people's engagement, as together, we learn to improve our local communities.
- No one is left behind as all abilities, genders, and age groups share varied knowledge to ensure best practice within healthy social enterprises.
- Food is energy, so our circular economy growing hubs and vertical microfarms aim to help local communities to overcome isolation and mental health issues as well as food and nutritional issues in a sustainable way. We do this together for the benefit of the wider community.
- We believe in empowering communities in an open and transparent way, based on sharing best practice and knowledge.
- We have supported people to become more resilient and grow food at home. This has enabled our beneficiaries to get back into gardening and gain the benefits of fresh air and exercise.

### PROJECT HEADLINES



All of our beneficiaries now have the skills, knowledge and equipment to continue growing food plants on an ongoing basis and have built up the confidence to continue growing food plants with little support from us.

### PROJECT OVERVIEW

- We will deliver 40 growing kits to a network of 20 growers.
- People will keep the produce.
- We will also offer a garden support service, which will provide up to 1 hour of practical support, Using our tools to create a minimum size of 1m x 1m of weed free space in their own garden.
- The beneficiaries will become part of our network of local community growers, providing food across Lincolnshire.
- Our project has worked really well, and people have benefited from our meeting them face to face, supporting them in their own gardens and other community growing spaces, so that we know the benefits of actually talking to our beneficiaries and supporting them growing food plants. So, we are developing a model that we can replicate elsewhere as well and have spent a bit of time refining the model of support, so that we are now in a position to know that we are doing it the right way and so don't need to change anything.

### PROJECT WINS

- Supported the fledgling growing project at the Holbeach Hub, by working with a group of special needs participants, we have supported them to learn how to grow veg plants from seed, so that they can plant them out at the new growing area that is being developed within the grounds of the Holbeach Hub
- It is great to see people that have struggled with their physical and mental health rekindle the spark of growing plants and gardening. So many people have said that they used to garden and that our project has helped them to remember how great an activity that gardening is and how much better they feel after being outside in their own gardens.



### IMPACT OF FUNDING

#### Case Study One

*DM has a lot of previous experience of gardening and is qualified in horticulture, but hasn't been able to do much gardening recently as she suffers with her mental health.*

*She says that this support has helped her to get back into enjoying gardening and the benefits that this brings. Thanks for the onion sets, strawberry plants and growing kits.*

#### Case Study Two

*PW is an elderly retired lady, living with her infirm husband.*

*She used to enjoy taking cuttings of fuchsia and lavender, but not recently as she struggles with her mental health.*

*She says our propagators work great and have helped her get back into gardening by growing marigolds from seeds.*

*She says that she would like to grow us some fuchsia and lavender cuttings for our project, so that we can help others to enjoy the benefits of gardening.*



**We supported a keen 'sociables' group at Holbeach Hub, growing foodplants to increase their resilience and support Mental Health.**



**We supported People growing foodplants at home.**



#### Community Asset Development 3

**'Growth 2 Health.'**



**We support people's mental health around the South Lincs & Rural PCN.**





MOULTON MEDICAL PATIENT PARTICIPATION GROUP (PPG) – TIME TO TALK AND WALK

### ORGANISATION OVERVIEW

The aim of this PPG is to facilitate good relations between the staff of the Moulton Medical Centre (MMC) and patients by:

- Working collaboratively and positively with the MMC to improve services and facilities for patients and to act as a sounding board for practice staff on issues affecting patients
- Building two-way communication and co-operation between the MMC and patients, other individuals and organisations in healthcare, and the wider community to the mutual benefit of all.

And the objectives are to:

- Act as a representative group to support the practice and influence local provision of health and social care.
- Provide a forum for ideas on health promotion and self-care, and support activities within the practice to promote healthy and independent lifestyle choices.

The overall aim of the project was to help provide an additional resource that we could use locally to overcome the issue of isolation within the village and surrounding area. At the same time, through the different project groups, help raise awareness of what MH support was available and more importantly, how to access them.

### PROJECT HEADLINES



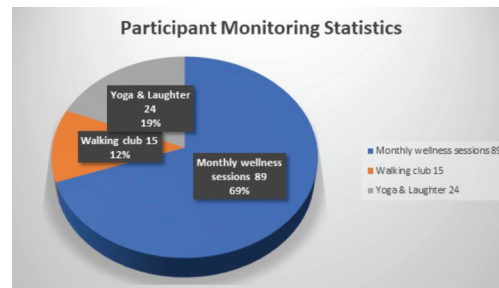
- Large proportion of mental illness is not necessarily related to health but is more of a social issue.
- Expanding the current Wellness sessions to include a safe area where patients can come along to have a drink, read or chat amongst themselves, with a PPG volunteer or a trained MH practitioner.

### PROJECT OVERVIEW

Monthly wellness sessions, walking club and yoga & laughter sessions have helped users develop the tools to support mental health and wellbeing going forward.

### PROJECT WINS

The enthusiasm shown by both the project providers and the participants. This enthusiasm has helped drive the project to develop new services such as the MH counsellor as something that was identified as not only a need but also wanted, by the participants as opposed to services pushed on them without their input. The latter happens on a regular basis when looking at the public sector.



### IMPACT OF FUNDING

- Enormous benefit in that it gave the PPG the ability to be able to book real estate needed to carry out most of the project's sessions. Without this funding the project would have either been set up at a much lower scale or not implemented.
- The original plan was to use the monthly wellness sessions and the re-establishment of the walking club to provide this, but feedback from attendees has led the project to include "Gentle Yoga & Laughter" sessions as well as a dedicated MH counsellor.

#### Case Study One

RL was feeling low with unexpected family issues which was affecting her elderly husband as well as herself. They suddenly found they had to move house at this stage in their life and things became difficult for her to cope with.



Having spoken with our Health and Wellbeing Coach for a few sessions, she learnt about our monthly wellbeing sessions, including our two weekly yoga classes and weekly Move More sessions which she started attending regularly. She has gained a new group of friends from the weekly sessions and joined the WhatsApp chat where she feels comfortable to share how she's feeling and how things are going. She's also gained new friends at the Yoga class and increasing her confidence to speak to more people she doesn't know (she's also brought her husband along who doesn't get out too often as they both find it welcoming and not pressured). She attends the monthly sessions when she can and feels these collective sessions have given her a 'new lease of life' offering her the support she needed at a difficult time.

#### Case Study Two

GM is a 94-year-old gentleman who is lonely. He lost his partner many years ago and although has a grown-up son and daughter, does not see them as regularly as he would like as they lead busy lives. From liaising with our Practice staff and reading about it in our village magazine, he started to attend the monthly wellbeing sessions as well as the two weekly yoga sessions. He joins in with everything and is happy to talk to anyone who wants to talk to him. He does chair yoga exercises (at his own pace) and likes doing this activity with others – saying it motivates him. He participates in the wellbeing sessions (different topics) and although was unable to try the line dancing last month, enjoyed watching the rest of us having a laugh. He feels the sessions have reduced his loneliness and gives him something to look forward to.



## ORGANISATION OVERVIEW

NW Counselling Hub CIC (NWCH) is a Community Interest Company (CIC) established in April 2017.

Founded by Naomi Watkins-Ligudzinska (CF, BSc, MBACP, AccNCS) with 15 year's experience working as a Therapist, she identified gaps in local mental health provision and wished to change this. NWCH provides counselling to ages 4 and above removing barriers for accessing therapy to those living in Lincolnshire. NWCH has developed into a team of 20 Therapists registered with the British Association of Counsellors & Psychotherapists (BACP), DBS checked, insured, qualified to Level 4/5 and have at least 2 years post-qualifying experience. NWCH delivers therapeutic interventions – to include but not limited to:

- Play Therapy
- Art Therapy
- Trauma-focused Cognitive Behavioural Therapy
- Individual Psychoanalytic Therapy/ Counselling
- Integrative Therapy
- Sand Tray Therapy
- Pet Therapy – with Pets As Therapy Approved and Insured dogs
- Couples Therapy
- Family/Systemic Therapy

Since our inception we have supported 2000 people, and have a combined therapeutic experience of over 50 years. We pride ourselves on making therapy accessible to our community, especially to those who may be considered “too complex” or do not meet the criteria for other organisations, e.g. diagnosed mental health condition, childhood trauma/victim of abuse, those with SEN and learning needs.

## PROJECT HEADLINES



Reasons for referral or accessing support during the final reporting period:

- Poor mental health: 10
- Financial concerns: 5
- Housing issues: 3
- Lack of opportunity: 2
- Loneliness/social isolation and other daily life challenges: 10
- Post Covid-19 related issues (including long covid): 2
- Physical health & wellbeing: 8
- Serious mental illness: 3

## PROJECT OVERVIEW

Our project was designed to increase resilience against mental ill health and reduce reliance on mental health services. We do this by reducing loneliness and isolation through connecting vulnerable people to create meaningful and supportive relationships with each other. This was achieved by delivering a series of small, facilitated group sessions and positive mindfulness activities in the first instance leading to a sustainable peer support group and befriending opportunities.

This encouraged our clients to feel supported and to understand their experiences, discovering that they are not alone, they reconnected with society/social networks and felt more able to integrate within communities (of interest and geographic).

Connecting people who are experts by experience of mental ill health produced powerful moments in group therapy, creating positive, sustainable relationships where people support each other, reducing their reliance on NHS services to address mental ill health and social isolation. As such reducing demand on the public purse.

## PROJECT WINS

- 1 person has started volunteering.
- 8 people have formed a friendship outside the group.
- 4 person have attended 1-2-1 therapy when previously were too anxious.
- All beneficiaries feel safer and report less feelings of loneliness and isolation.
- The highlights have to be the peer lead groups, people feeling they could lead the group and keep the contact after their 6-week group had finished a real result.



**ARE YOU FEELING STRESSED OUT?  
DO YOU FEEL ANGRY ALL THE TIME?  
DO YOU FEEL ISOLATED, LONELY AND ANXIOUS?**

We have a number of Group Therapy sessions each week that help to connect vulnerable people over the age of 18, to create meaningful relationships with each other, building peer support through befriending and group activities.

**BEFRIENDING GROUPS**

- A weekly 2-hour peer support group and mindfulness group (max. 12 beneficiaries).
- A BACP registered, NWCH therapist will be the group facilitator, encouraging peer bonding through a structured programme of activities.
- NWCH Safeguarding Lead will be onsite during group sessions.
- Sessions take place in-person at our Hub, as well as online via Zoom.

**ONLINE FORUM**

- Each group has a closed group on Facebook and/or a private WhatsApp Chat where there will be discussions and to promote meet-ups outside of those hosted by NWCH.
- This encourages members to share self-help and coping strategies.
- Each forum will be open to members during and after the project.

For further details of our current groups, together with meeting days and times, please visit our website:  
<https://www.nwcounsellinghub.co.uk/services/group-therapy>

Call to book your FREE session on 01522 253809

Come along to a free friendly group, where you will find a cuppa, a biscuit and a warm welcome  
[www.nwcounsellinghub.co.uk](https://www.nwcounsellinghub.co.uk)

Lincolnshire Community Foundation | Shine | NHS Lincolnshire Clinical Commissioning Group

## IMPACT OF FUNDING

Participants have been able to feel less lonely which was the overall aim of the project, along with less suicidal, less need to access NHS services and able to make connections with others. The friendships formed were long-lasting and they have really supported each other during tough times. Even messaging in the early hours if people needed support.

The highlights have to be the peer led groups, people feeling they could lead the group and keep the contact after their 6-week group had finished. A real result. – NWCH

### Case Study

*E has been accessing support from NWCH since 2018. At the point of accessing the service, E was suffering from depression, anxiety and frequent episodes of disassociation which prevented E from being able to function in day-to-day life. Prior to this point, other organisations had made unsuccessful attempts to support E.*

*E began regular counselling sessions with NWCH and felt the cloud above their head quickly begin to lift. Working with NWCH was the first time E had felt heard – not only a non-judgemental listening ear – but also giving E hope that things wouldn't always be this way.*

*E had funded Counselling sessions, but these came to an end in March 2021.*

*E was invited to join the TALA group when it started in June 2022 to continue support with tackling shared feelings of loneliness and isolation. E grew in confidence and became a leader in the peer-to-peer support that developed within the group.*

*E is now part of the NWCH community, both as a service user and a volunteer.*

*E is pleased to be able to give something back as a thank you for the support received. E will be graduating with a degree in psychology this Summer and is now looking forward to a period of travelling.*

*E believes that the future is now looking much brighter and has hope, knowing that the open-door policy exercised by NWCH means support from the hub is always available.*



MUSIC FOR ALL SOCIAL

### ORGANISATION OVERVIEW

**Our mission is to ensure everyone in the South Holland and surrounding areas has access to music experiences that improve mental health and wellbeing.**

We have a reputation for delivering a wide range of activities for all age groups, including work with SEMH and SEND establishments.

Our work with adults started in March of this year, providing mobile music activities in an inclusive and safe environment, run by staff and volunteers with lived experience and we are dedicated to continuing our work in this area. For those with mental health conditions, including grief, loneliness, isolation and life changing disabilities, we have become an important part of their routine and our main goal is for them to leave the session happier and more hopeful than when they arrived.

A monthly musical event based in four key locations designed to reignite and energise pre-covid dance and music social events. With help from key community members at each location we aim to run a live music social encouraging local bands and musicians to perform in their local community and to encourage adult members of the local community to participate in listening, dancing, singing and socialising but also to assist with the running of the event.

### PROJECT HEADLINES



### PROJECT OVERVIEW

We aimed to establish a monthly event that encouraged people to come out and socialise and used music to bring people together in song and dance.

### PROJECT WINS

Meeting some wonderful people who then followed us wherever the event was taking place.



### IMPACT OF FUNDING

#### Case Study One

*I was unsure if she wanted to be in a large group situation as she had lost her husband last year and found being around others triggered her to talk about her grief and this led to increased sadness. When the music started she agreed to stay as she liked listening and she accepted a cup of tea. Our group leader got up to do a 'line dance' and encouraged her to join in. It turns out she used to dance in her teens and she smiled for the first time. She then followed us for every session and was able to stay and talk to some people, in her words "about nothing at all" which helped break the pattern of negative thinking. She continues to go to the monthly session in Long Sutton and Pinchbeck.*

#### Case Study Two

*B was a disabled man who had been to another session run by us and decided he felt brave enough to attend another music based session. He was initially non-verbal but he started to communicate with our staff over the weeks because he wanted to request songs. He then sang along with them which was a huge improvement on his usually inactive presence. Those who knew him said this is the most engaged he had been for several months as he had been very ill. He said "I'm not ill when I'm here, I'm just having fun." He had such complex needs that he would often fall and injure himself but not tell anybody about it. At these sessions we were able to keep an eye out for any new injuries and a member of the church would alert his care team. Unfortunately this man died a few days ago but I am glad that we made him happy and he was surrounded by music which he loved in his final days.*



## ORGANISATION OVERVIEW

Established in 1998, soundLINCS has built a national reputation for workshop delivery and training work around musical inclusion, working closely with participants and staff across a wide range of strands, including early years, looked after children, youth justice services, hospitals, young parents, special education needs, older adults and rural isolation.

soundLINCS strives to provide a quality service for music and creativity, which achieves measurable social change, which works in partnership with local, regional, national and international agencies to provide and develop high quality, creative and innovative participatory opportunities. We work to find innovative and effective ways of achieving positive personal and social outcomes for and with individuals and communities. soundLINCS provides musical activities in the Community Music (CM) model which prioritises engagement and facilitates authentic choice-making by participants such that their needs, interests, experiences and world view are always paramount.

## PROJECT HEADLINES

391  
**BENEFICIARIES SUPPORTED**

Boston: 77  
Gainsborough: 103  
Grantham: 93  
Lincoln: 118

## PROJECT OVERVIEW

UpBeat. Through Community Music making and collaborative enjoyment, soundLINCS will share the benefits of music. Music has the power to create joy and excitement, enable calm, develop communication and is a catalyst for social interaction. soundLINCS Music Facilitators, will engage and guide participants through authentic choice-making, listening to their interests, experiences, and world view to create a safe environment to enjoy the benefits of music, be it listening, understanding or making. We will signpost participants to local assets and support them initially whilst exploring what is available to help build an ongoing active interest in music

## PROJECT WINS

***“The sessions have been beneficial to all attending and we are sad that for the moment the sessions are on hold due to funding. I know that if I was responsible for funding these sessions, it would be guaranteed funding as they have improved people’s lives, mental health and given them the opportunity to build on their confidence. What a marvellous service.”***

### Beneficiaries’ feedback:

- My physical health has improved: 5%
- My mental health has improved: 17%
- I feel more in control: 19%
- I feel more involved in my community: 17%
- I have accessed a new service/group: 38%
- I need to see my GP less often: 1%
- I have started volunteering: 2%
- I have found work: 1%



## IMPACT OF FUNDING

### Case Study

#### The challenge

To provide four soundLINCS UpBEAT! Music Taster Sessions, responding to a request from a Learner Voice group. The Learner Voice group listens to students and feeds back areas to improve college and student wellbeing.

From the meeting it was plain to see that most students wanted to find support for mental health.

#### The action

The group requested 4 soundLINCS UpBEAT! music taster sessions to see how the students, aged 18-19 years would respond and engage. The first week we had a total of 7 students and 3 staff members. It was a wonderful first session where Tim, the music facilitator, engaged the group with a variety of different instruments, encouraging the group to play in time with each other and follow a variety of beats and rhythms. This was an amazing session, everyone got involved and tried different instruments to play. The most amazing part of this session was the after effect.

Everyone left with a smile, laughing and talking.

One of the group participants said, ***“It really brought all of us together in that one room and gave us an outlet. I am including staff in this as well, I can say personally, I suffer with a progressive disease and mental health is tough, after this first session, I had the biggest and most real smile I have had in a long time.”***

#### The outcome

The following sessions proved to be a huge success with both staff and students.

Feedback from the college was that everyone looked forward to the sessions and that music created a common ground to strengthen bonds and stimulate communication.

The sessions have inspired the group to restart their own music, getting out instruments such as the Tenor Horn, Keyboard and Guitar to start playing again. One student has even joined a band. The sessions have had a huge positive impact on the mental health of all those involved and has reignited the passion of many participants to re-engage with their interest in music.

Hopefully, with continued funding the sessions can be expanded to continue building on the benefits already being experienced by the group and explore ways music can further support and enhance wellbeing.





South  
Lincolnshire  
Blind Society

BHIVE

## ORGANISATION OVERVIEW

**South Lincolnshire Blind Society have established Bhive.community to build local partnerships and networks to enable a consistent approach to community capacity building for the benefits of better community health.**

BHive are providing the physical base for the community mental health crisis café in Grantham as part of the Lincolnshire Mental Health Plan in partnership with LPFT. Prior to lockdown our premises were used to provide a range of activities for blind and partially sighted people, carers, veterans, disabled groups, network meetings for various charities and training for local business networks and clubs.

We have established book groups, social groups, coffee mornings, lunch clubs, choir group, sewing bees, craft club, poetry and writing group, veterans' support group, quiz club, friendship group and swimming group.

South Lincolnshire Blind Society provides emotional support to its service users and their carers. It's an integral part of the preventative work we provide as 60% of people who have sight loss report feelings of anxiety and depression.

We take a truly holistic approach to our client work and good mental health and resilience is essential.

## PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

**Reasons for referral or accessing support during the final reporting period:**

- **Poor mental health: 78**
- **Financial concerns: 8**
- **Housing issues: 2**
- **Lack of opportunity: 65**
- **Loneliness/social isolation and other daily life challenges: 183**

**Outcomes Achieved during the final reporting period:**

- **Diet and lifestyle choices: 6**
- **Exercise and activities: 23**
- **Education and volunteering opportunities: 13**
- **Building resilience: 247**
- **Understanding depression and anxiety: 83**

## PROJECT OVERVIEW

We have provided a wide range of opportunities for people to connect with lots of different interests from knit and natter, art groups, women's wellbeing, cycling, volunteering opportunities, gardening, specialist interest such as Dementia support, photography.

Our wider network has benefited as they have more local assets that their clients can tap into, such as Social Prescribers, Neighbourhood Team, GPs and Police. Social media has been used to promote the group's activities to good effect. People report better mental and physical health and feeling as if they still have a value when they share their knowledge and skills with others.

## PROJECT WINS

***"Being able to establish a range of different activities has really worked and we have seen some member's crossing over into other groups as their interest has been sparked.***

***Everyone says that they feel a part of a much bigger community and that they feel it is like one big family.***

***They like the fact that we have the garden area and they can relax together when the weather allows.***

***They like the fact that the Bhive is non clinical and homely."***



## IMPACT OF FUNDING

### Case Study One

*C is a widow and lives alone. She joined our knit and natter group hoping to make new friends and share her sewing and crafting skills.*

*Lock down was really hard and C and she was feeling very low and disconnected from the community.*

*C soon made new friends and learned about some of the other groups we run, she joined the Women's Wellbeing group as safe space for peer support and sharing information. She joined the photography group and enjoys the trips out to take photographs something which she has always wanted to do but never had anyone to show her how to use her little camera properly.*

*C had some difficulties with her pension provider and this had caused her to worry about money issues. We supported her to get professional advice and they liaised with her pension provider and helped to sort it out for her.*

*She is now financially secure and can manage to budget each month. She has made new friends and has an active social life.*

### Case Study Two

*M was a paramedic and has long term physical health problems which have resulted in her having to wear a leg and knee brace. This has restricted what she can do and she was feeling very isolated.*

*M joined the craft group and shared her interest of painting and coloring in.*

*She soon found out about our other groups and she joined the women's wellbeing and knit and natter too.*

*She has made new friends and enjoys evenings out and meals out with her new friends.*

*Joining our groups she says has helped her mental wellbeing and she says it has kept her physically active too, instead of sitting at home alone in front of the TV.*





THE LOCKDOWN LEGACY –  
THE STORY CONTINUES

### ORGANISATION OVERVIEW

**Stepping Stone Theatre (SST) is a multi-award winning community company for people with mental health issues.**

We have, since 2015, in the community of Gainsborough, successfully created and performed six major theatre shows; showcases and conference performances, and also run dozens of workshops and drop-in sessions. Since lockdown, we have moved projects online.

One online project is a regular podcast called The Lock Down Legacy. We gather stories of people with mental health problems, their carers and health professionals on how they each have coped during lockdowns. We aim to enhance wellbeing through creativity by giving people a voice who often find it difficult to speak for themselves.

We are now providing online services where participants write and tell their story. This is done by collecting stories, recording stories and podcasting them, writing poems, and taking photographs and getting people to draw what they have been through in lockdown. Our two directors also host a live broadcast streamed on Facebook and fed to YouTube. The broadcast is an open and honest discussion about all things mental health. It gives the viewer a chance to comment and to be part of the discussion. It provides an outlet and a distraction from loneliness and isolation. It is virtual befriending and offers online peer support.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Our project enhances wellbeing through creativity. It has created and generated new friendship circles, this has help reduce loneliness and isolation. We have encouraged people to connect with each other using different medium platforms and have supported people to tell their story of their own mental health journeys. This is all done without fear of stigma and judgement. Many of the group have asked if they could be part of the Lock Down Legacy contributors. They now connect with each other using Facebook pages; 'The Lock Down Legacy', 'The Crazy Krew' and 'The Stepping Stone Scribblers'. All of the pages are administrated by a director of Stepping Stone Theatre. All this combines an achievement of connections between the participants and this reassures them there is help and support as and when needed. As well as being a resource, we are also a conduit able to sign post to other groups and a place to get help and support when needed.

### PROJECT WINS

The booklets have been published and have become an official library book available at Gainsborough Library. Thus increasing the reach to members of the community outside the mental health network. This gives a greater understanding of what people with mental illness go through on a daily basis.

It has benefited the participants greatly on many levels. Giving them a voice has helped with their self-confidence, self-esteem and self-belief. They have also forged meaningful friendships throughout the groups. These friendships now continue out of the workshops. There is a palpable sense of pride at seeing their writing and pictures published. Mental health has also improved. The more you talk about it, the easier it becomes to share your story.

***“Stepping Stone Theatre for Mental Health continues to be a massive part of my wellbeing. The friendships I have made are so precious to me and I have support from others who experience the same things. Even when we don’t experience exactly the same, we can still support one another because we all know what it’s like to be in crisis and have people without mental health problems judging or simply not comprehending what’s wrong. A lot of the time the support we give one another is better even than that which I’ve experienced from professionals, who often have no personal experience. Stepping Stone Theatre for Mental Health is absolutely vital and I’m proud to be able to take part.”***

***“The Stepping Stone Scribblers have had an enormous impact on my life over the last couple of years, and show no sign of stopping. I have made a lot of good friends through this writing group and I have rediscovered my creativity. As a result of Kate’s relentless positivity, I gained sufficient confidence in my abilities to write a poem every day. And now, Kate and Bill are helping me with the publication of my first book of poetry.”***



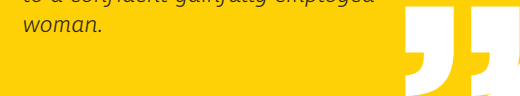
### IMPACT OF FUNDING

#### Case Study One

*A is an 80 year old man who has recently lost his wife of many years. He came to us due to loneliness and isolation. He had never written before. He was very shy and reluctant to share his work with the group. As time went on, we continually supported him. The group, too, offered positive feedback and friendship. Seeing his written work in the Lock Down Legacy booklet was a high point for A. He soon became confident enough that he signed up for a computer class at Clip. He learned a lot and enjoyed the experience. He expressed to Stepping Stone that he would like to learn to cook. We referred him to the Dine at the Bridge and he soon began volunteering there. A has been with Stepping Stone Theatre for almost a year. He has gone from being a shy and retiring gentleman to a confident, happy and even outspoken person. He is a joy to be around.*

#### Case Study Two

*P is a 27 year old woman who has Asperger’s. When she started with Stepping Stone she was shy and somewhat inarticulate. Each week her writing became more and more creative. She has an amazing imagination and has created her own world. This is a story which she hopes to get publicized. She was extremely excited to see her written word in a publication. This has helped her to have enough self-belief that she has been volunteering in the Sense shop. P recently has enough self-confidence to apply for a job. Our Stepping Stone Director gave her an excellent reference. And yes, she got the job. So she has gone from a shy reclusive girl who spent most of her time in her bedroom to a confident gainfully employed woman.*





www.tonic-health.co.uk

WELLBEING AT BAYTREE

### ORGANISATION OVERVIEW

**Tonic Health has developed an all-inclusive community hub embracing all forms of health and wellbeing provision for Spalding and South Lincolnshire.**

We aim to:

1. Provide high quality, cost-effective, sustainable healthcare services in a welcoming modern environment.
2. Create a point of access for information regarding health and wellbeing services, helping people to easily find the information they need, when they need it.
3. Foster strong links and effective collaboration with local groups, companies and organisations, both voluntary, community, statutory and commercial, all for mutual benefit.
4. Facilitate and promote local complementary and multi-disciplinary therapists and instructors.
5. To be seen as the go-to venue for health and wellbeing activities in South Holland.

### PROJECT HEADLINES



### PROJECT OVERVIEW

This project was to build a health and wellbeing garden within the Baytree Garden Centre. It gave us several opportunities to enhance people's health and wellbeing. Those experiencing, loneliness, low level mental health issues such as anxiety and depression, young mums with postpartum depression, bereavement. And support for those people who are experiencing the effects from Long Covid. We offered 'Bowling for health' as the garden centre offered us a free garden space that was suitable to this activity. The project developed a small outdoor space that incorporated a sensory garden and offered the opportunity for occasional speakers to talk about health and wellbeing. In addition, we also offered Tai Chi exercise in the outdoor space. Individuals were offered the opportunity to take part in a therapeutic art group, this group was run from the Doodle Art Centre, based in Baytree. The opportunities included clay workshops, pottery painting and drawing and painting. We also secured a space to have a weekly Coffee Connect group, where people met and had a chat over a cuppa.

Participants have benefited from our partnership working with Social Prescribers and we have been able to signpost to other services. The pottery painting was a great success, but the clay workshops were the most popular. Working with the clay provided people with a tactile experience and gave them a lot of possibilities for artistic expression.

### PROJECT WINS

- Reduced anxiety and stress, increased wellbeing: Doodles provides a calm, quiet space, where people can work at their own pace. The space and the potters promote a sense of wellbeing. The pottery painting helps to calm the mind and is a form of meditation. It has helped to reduce participants feelings of stress and anxiety.
- Boosted self-esteem and confidence: Finishing a piece of pottery or making a something from a lump of clay gives a great sense of accomplishment and boosts self-esteem. Participants were always thrilled when they saw the finished piece.
- Enhanced mindfulness: The pottery painting helped people to stay present and focussed and promoted a sense of mindfulness.
- Promoted self-expression: Both the clay work and painting provided a way for people to express their emotion and feelings in a non-verbal way, which allowed them to explore and process their emotions. The process was, for many, very cathartic.
- Provided a sense of purpose: Many of our participants feel 'stuck' in some areas of their lives, Doodles provided them with a creative outlet and gave a sense of purpose and meaning.
- The most unexpected benefit was the self-expression. Many participants came along protesting that they were not 'arty', then produced the most wonderful pieces, which gave them such a sense of achievement. Many of the participants came back to Doodles, having been introduced to pottery painting and clay, and paid for additional pieces.



### IMPACT OF FUNDING

#### Case Study One

*S has been to the group several times. She has enjoyed the colouring in particularly as she has said it helps take her mind off all the other stuff going on around her. She has found the environment of the café to be calming and the staff here are also very helpful. Great to have tea, coffee & biscuits provided too... It has had such a beneficial effect, especially at the minute as the group size is quite small, which helps lessen her anxiety.*

#### Case Study Two

*It has been great to see L attend as I first met her whilst doing the sessions in Market Deeping as her Social Prescriber. I thought she would benefit from getting out of her four walls and meet others. To find out that the Social Prescriber and I had inspired her enough to take up her painting again was so good to hear. But not only that, her work is of such a good quality that she has turned so many of them into greetings cards which are now sold through one of the shops in Market Deeping. Whilst she is struggling to make ends meet at the moment, it was so good to see her attend a couple of the sessions. Also, having a teenager makes it difficult for her to attend as many things as she would like. The last time I saw her she looked so different and had so much more confidence about her than she has had in a long time. I do hope she continues to enjoy her painting as her mental health and wellbeing have both increased massively and hope will continue to do. She is worried that now the sessions have finished she may struggle a bit more, but with the help she gets from her Social Prescriber, we will hopefully meet up again soon with some other art related projects.*

***"The chance to get out, get some support in a safe environment is really important for me."***





## ORGANISATION OVERVIEW

### WEM is the literature development agency for the East Midlands

We work to enable people of varying aspirations and motivations to share in creative activity by running projects that support local community needs. We believe in a fair and open society, which for us means everyone should be able to choose to take part in creative activity. This idea informs the work we do, the areas we work in, and who we work with. Our activities include workshops, courses, career mentoring, manuscript appraisals, conferences, live events, and dens to inspire the next generation of young people. We run projects in all sorts of settings – schools, community groups, museums, libraries, theatres, prisons, care homes – in city, rural, and in-between, locations. We believe that sharing stories brings people together. We create safe spaces where professional writers encourage people to express themselves and be heard. We have worked with Roma communities, refugee and migrant communities, women escaping domestic abuse, offenders, and we are now working to reduce feelings of loneliness amongst older people, with people isolated by the lack of provision for autistic spectrum conditions, and with teenagers thinking through the problems caused by hate speech and crimes in their communities.

## PROJECT HEADLINES



BENEFICIARIES  
SUPPORTED

### Outcomes achieved during the final reporting period:

- A safe and non-judgemental space to talk: 36
- Made connections with people: 18
- Received signposting to other services: 4
- Learnt new skills, e.g. resilience: 15
- Felt listened to: 26
- Felt less lonely and isolated: 17

## PROJECT OVERVIEW

The Writing East Midlands project will develop and deliver a unique series of poetry workshops focusing on the topic of mental health. These workshops will be delivered by two facilitators who have expertise in poetry group facilitation and mental health. Aimed at supporting people to express and explore emotions or thoughts for which they might otherwise be unable to find words, promoting a sense of agency, empowerment, and discovery. Additionally, the workshops will provide a space in which relational issues can be addressed, both in a sense of the participants exploring their own identity but also in terms of forging relationships within the group and experiencing a non-judgmental space.

## PROJECT WINS

Participants have developed self-belief: 'knowing what I write is ok'. Some said at the end of the three face-to-face sessions that they would continue journaling, using morning pages and doing 'more random writing' beyond the workshops. They also developed their writing in new ways, 'writing about different subjects/topics' and feeling 'more relaxed' when writing. Participants reported that they had found the workshops useful both in exploring particular topics and stories within their lives (especially those which might have been potentially difficult to explore) and also in developing their confidence as writers and individuals. Session leaders were taken by the sense of community that developed in the face-to-face group, with one participant highlighting 'feeling comfortable and safe in a group of people I didn't know.'

**"I think the way the group is run is excellent – the pace/gentleness balance of it is great."**

**"It's been great, thanks so much! It's been amazing how some of these writing exercises have revealed stuff to me about myself that I hadn't really realised (or put shape to before), or have helped me think about things in a different way."**

**"The group felt supportive and safe. Gently encouraged to explore feelings without pressure. Wish there were more sessions. Also sessions 1+2 explored some difficult things for me but they both ended on uplifting mood before the end – it felt well planned in that manner."**

## IMPACT OF FUNDING

The funding allowed us to work with and develop ties with Social Prescribers within the Lincoln area and to develop a strong working relationship with The Recovery College Lincolnshire. The funding enabled us to run not only online sessions for a group interested in exploring and focusing on their mental health, but also a group of individuals to meet in person. – Writing East Midlands

### Case Study

*S attended the in-person sessions. Four days before the first session her son had a mental health crisis. She still came to the first session because she thought 'it would be helpful or at least take me out of the house'. She says on leaving the first session she 'felt much lighter'. Despite her ongoing challenges, she has 'felt better on leaving' each session. S has also continued her writing beyond the sessions, using her phone to record 'messages to herself' and 'snippets of poetry' and says that 'expressing it has... helped me.'*

### A testimonial from a recent Surviving by Storytelling participant, who is a carer, on the impact of the SbS model and sessions:

***"Four days before the first Surviving by Storytelling session my adult son made a suicide attempt, broke his back in four places and was in hospital under the CRISIS team. I came to the session still because I thought it would be helpful or at least take me out of the house. The first session I struggled not to cry but stayed and felt much lighter on leaving. Every week as things have changed with my son, him coming to live with me and other related stuff, I've felt nervous and worried, yet each time I have felt better on leaving the sessions. Between, although I haven't been able to journal, I have written snippets of poetry. Sometimes it has just been lists of words, it feels like a record, but expressing it has also helped me. I'll continue doing that while this very difficult stage continues. Thank you so much for the sessions. It has been very helpful and valuable."***

**The substantial impact of the recent funding on the health and well-being landscape of Lincolnshire is underscored by the positive outcomes observed among a diverse array of beneficiaries during this phase. It is key to acknowledge that the reverberations of this financial support extend beyond the individual recipients, affording a sense of reassurance and support to those within their immediate social circles.**

These initiatives transcend conventional life-saving measures, representing a shift towards empowerment at the individual level and the strengthening of community resilience. The funding has served as a catalyst for collaborative efforts among grassroots organisations across the county, fostering enhanced connectivity between statutory and third-sector entities. This collaborative approach has served to further strengthen the 'No Wrong Door' model for mental health care delivery in Lincolnshire.

The tangible outcomes of this funding are evident in the establishment of a robust and accessible mental health support network across the region. This framework ensures timely access to assistance in the early stages, effectively mitigating the escalation of crises. The collaborative approach not only elevates the overall quality of mental health services but also contributes to a supportive environment, thereby enhancing the collective well-being of the Lincolnshire community.





Connecting people with the services and support to most effectively meet their needs

T 01507 304 548  
E [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)  
[www.shinelincolnshire.com](http://www.shinelincolnshire.com)