



# Community Asset Development

## Wave Two Evaluation



## CONTENTS

<b>3</b>	The Community Asset Development Fund	<b>18</b>	Gainsborough Trinity Foundation – IMP
<b>4</b>	Acis	<b>19</b>	Gainsborough Trinity Foundation – Trent
<b>5</b>	Mindspace	<b>20</b>	Hill Holt Wood
<b>6</b>	The Askefield Project	<b>21</b>	Inspired Equine Assisted Learning
<b>7</b>	Assist	<b>22</b>	Jubilee Church Life Centre
<b>8</b>	Citizens Advice Mid Lincolnshire	<b>23</b>	Lincoln City Foundation
<b>9</b>	Children’s Links	<b>24</b>	Lincoln and Lindsey Blind Society
<b>10</b>	Clip	<b>25</b>	Lincolnshire Rural Support Network
<b>10</b>	Darkside Rising	<b>26</b>	Outwood
<b>12</b>	Desire Change	<b>27</b>	SoundLincs
<b>13</b>	Development Plus	<b>28</b>	The Parish Church of St. Wulfram
<b>14</b>	Evergreen Care Trust	<b>29</b>	Stepping Stone Theatre – Apex
<b>15</b>	Every One	<b>30</b>	Stepping Stone Theatre – Trent
<b>16</b>	Grantham Tennis Club	<b>31</b>	Restore – The Storehouse
<b>17</b>	Grubby Knees	<b>32</b>	Post Covid Community Recovery Project – Mental Health
		<b>33</b>	YMCA Lincolnshire

## 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.

When speaking about the success of the second wave of the Community Asset Development Funding **Kerry Stocks, Operations Manager**, said:

*‘Each project has provided a unique opportunity for beneficiaries in Lincolnshire to convene and access support within their local communities. In the absence of these initiatives, beneficiaries would have had to choose between statutory or private services or persevering without support, thereby heightening the risk of crisis escalation. The invaluable contributions of these projects have played a pivotal role in fostering the mental well-being of communities, emphasizing the substantial impact of the Third sector.’*

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### ORGANISATION OVERVIEW

**We are a housing charity providing over 7000 homes for those who need them, homes for families, students, older people – essentially, homes for everyone across Lincolnshire, Yorkshire, and the Midlands.**

Our beneficiaries are some of the most vulnerable people within our communities and we ensure we support them to maintain their home and ensure this becomes a starting point to help people achieve whatever they want to.

We go beyond bricks and mortar focusing on the people who live in our homes and the communities in which they live. Our vision is ‘to create opportunities for people to have better lives through the provision of better homes and better services.’

In addition to providing a safe and comfortable home, we provide many other forms of support to ensure our customers can achieve their personal aspirations whatever these may be. We support all generations living within our homes and communities to overcome barriers to independence, employment and learning. And much of our support is focused on supporting recovery and good mental health. To deliver this, we have a range of support provision, both targeted and universal provision that ranges from 1-2-1 support through to engagement activities, workshops, training and support plans.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The project delivered an holistic programme of support/prevention around mental health illness including intensive one-to-one support sessions, health and wellbeing courses, and social engagement events. Sessions were delivered on a rolling programme so participants receive at least one of the above interventions each week.

The project helped:

- Gain an understanding of each individual.
- Refer into other support services as appropriate.
- Empower people with the tools to improve their mental health.

The service included:

- One to one holistic support delivered fortnightly, virtually for one hour, by Key Workers provided by Acis Group.
- Virtual social engagement delivered virtually, fortnightly in the form of a ‘coffee hour’, creating a relaxed atmosphere where people can meet new people and establish new lines of support.
- Confidence and wellbeing course delivered virtually by Riverside on a fortnightly basis lasting 1.5 hours to support people with mental health illness by offering education on management/coping strategies, confidence boosting activities, holistic sessions on physical health such as ‘Healthy Body Healthy Mind’, all in a supportive group atmosphere where new friendships can be established.

### PROJECT WINS

As opposed to any one thing, it has been the blend of support on offer for people that has enabled people to step onto, depending on their level of readiness. The 121 support was the linchpin for those furthers away from being well and confident. This tended to bring people to the table for the social groups. And the training courses then provided take away tools for those wanting to learn how to stay well (recognising of course that mental health is rarely a linear pathway). People engaged in different ways throughout the three tiers of support and seeing this work for individuals was one highlight amongst others.

**“Recommend this project – it has stopped me spiralling on occasions and made me re-focus.”**

**“You really helped me both Mentally and practically, thank you. You were there for me when I needed it.”**

### IMPACT OF FUNDING

The funding enabled us to plan deliver and carry out activity that we would have otherwise been unable to do so. The funding provided flexible modes of support throughout the 2 PCN areas we delivered across, enabling us to respond to various points of wellbeing need and interventions. The courses, 121 support and group activities simply would not have been able to take place without it. The engagement it has funded, despite being time-limited, has enabled us to identify a further cohort of customers in need and make effective steps of change with them. – ACIS

*K is an Acis tenant who had to leave her job because she was struggling with her mental health. This meant that K couldn't keep up with her rent payments, so her income manager, Emma, referred her to our Supporting Foundations service.*

*To support her mental health, K started weekly calls with our Customer Support Officer, Kirsty; she recommended K progressed onto the Acistance programme where K joined a 12-week course with employment coach, Louise. The course focused on improving wellbeing and resilience as well as boosting K's motivation. Louise said, “K engaged very well throughout the Acistance project, and it has been great to see her progress.”*

*K is now back working as a healthcare assistant in a nursing home, which is the role she had before she took time off. Now, she couldn't be happier with where she is both in her career and life. She said “Acistance helped me with the confidence I needed to start getting myself prepared for and eventually back into, working.”*



**“We are pleased K has got back onto work, and she should be very proud of herself.”**

## ORGANISATION OVERVIEW

Art Pop-Up (APU) is a non-profit community arts organisation founded in 2011.

We create inspiring, thought-provoking opportunities for creative discovery, participation and enrichment, to reach out to everyone in our communities. We help people be creative, with some support and encouragement everyone can be, you don't have to be "good at art" – it can make a positive difference to mental health and wellbeing, and cultural engagement has a key part to play in cohesive communities.



## PROJECT HEADLINES

809  
BENEFICIARIES  
SUPPORTED

### Why did you take part in this group?

- To connect and meet new people: 17%
- To improve my mental health and wellbeing: 19%
- To improve my confidence: 13%
- To learn more skills and knowledge: 13%
- Other: 24%

## PROJECT OVERVIEW

Our work is project based; we run workshops, exhibitions, residencies and festivals – all offering opportunities to participate creatively and experience high quality programming. Participation is offered free of charge to ensure accessibility (except for our children's holiday workshops and masterclasses). Our work focuses on community engagement, reaching out to those who face barriers to participation and working closely with a large number of local community organisations, charities and schools.

## PROJECT WINS

- 79 percent of participants feel more connected in their community, consequently feel safer, less lonely and aware of the 5 Ways 2 Wellbeing (5W2W) and how to incorporate these into their daily lives.
- 94 percent of participants report increased engagement with one of more of the 5W2W in their weekly routine, and increased feelings of personal wellbeing.
- 82 percent of participants have agency and ownership to look after their own mental health and wellbeing.
- 94 percent of participants have tried something new, broadening experience and social circles resulting in increased confidence.
- By accessing the arts, 100 percent have a greater awareness/ understanding of the benefits of being creative and mindful participation

## IMPACT OF FUNDING

It's been very rewarding to be able to hold and facilitate a space for the group every fortnight. The feedback I have had for my delivery and content of the sessions has been equally rewarding. That it's interesting and really engaging, I bring in inspiring things, push them out of their comfort zone. The way I have interpreted it is that Art Club is a different 'voice' and different offering than other groups available which is fantastic to be able to be a part of.

It has also helped my mental health as an individual (giving me regular connection – currently working from home as an artist) and I have learnt life skills from group members, and built my confidence in my own abilities. I've also learnt a thing or two from their knowledge on art techniques!

Boxing, Yoga & Sketching are considered a core part of MindSpace's offer. The funding enabled MS to continue these sessions and given us the space to work on expanding our offer to the end that we were able to sponsor some spaces in the suppliers' evening 'Public paid for' classes. This has meant that individuals who work, but are unable to afford to attend a class have been able to benefit from the services too. – MindSpace

*"When I started I was in a really bad place mentally. I was going through really difficult time also with my abusive ex boyfriend, my anxiety was so bad I kept shaking and these classes helped me get bit more stable and people here listen to your problems which help to relax and art helped me relax. Also I enjoy classes so much I started practicing on my own. I hope these classes will continue. I need them."*

One regular attendee during the project is living with a progressive illness. Initially too anxious to join the group she eventually found the courage to introduce herself and has become a regular participant ever since. The nature of her progressive illness means she fears sleeping as she is worried she won't wake up, that coupled with the support she gives her family has left her with extreme stress in her day to day life. She is regularly exhausted when she arrives and usually very tearful as the pressure valve is released where other members of the group help her to regain her composure. Although very naturally creative this participant has a passion for cooking food and has recently stated that they want to create a cookbook and social video channel based on their own experiences and recipes and that it was only due to the support from the Community Sketchbook Sessions and participants that gave her the confidence to work on this new chapter of her life.



THE ASKEFIELD PROJECT – THE GARDEN PARTY

### ORGANISATION OVERVIEW

**This Garden Party forms part of the bigger Askefield Project community hub. Attendance at the gardening club would give the clients the chance to be part of the whole project and introduce them to the other activities and opportunities on the farm. By being part of The Garden Party, clients would know that they belong to the Askefield Hub, a supportive community.**

### PROJECT OVERVIEW

The Garden Party will: bring people together with a common goal; to maintain and develop our Propagation and Contemplation area so everyone can enjoy it; apply to all genders, abilities, and ages; promote positive mental attitudes; be somewhere to open your mind and complete a project as a team; provide a relaxed, supportive environment with no pressure.



### PROJECT WINS

- A facilitated meeting place for participants to work together for a common goal – The Garden Party has been likened to a family, where everyone supports each other. We have had one client with extensive needs and the farm is somewhere this client feels safe and knows that whatever medical issue happen, she knows she will be looked after. The development of the site has very much been client led and many of the new projects have been designed and implemented by clients, for example the chickens were causing havoc at the beginning of the project, so one client designed an “anti-chicken” gate extension!
- Development of the Propagation and Contemplation area for the community to enjoy – the site has been open for several events and Open Days throughout the year and the feedback has been entirely positive. The area looks wonderful and that is entirely down to our Garden Party clients.
- Creation of a rewilded area and outdoor beds – the orchard has been rewilded to encourage wildlife and raised beds have been created using items from around the farm (tin roofing, old bath) which have been designed with wheelchair users in mind.
- Production of fruit and vegetables available for sale – sales of our produce brought in over £70 last year, which was used to buy roses for the new areas. Over the year, we have had 19 clients return more than once with 9 clients attending on a very regular basis.

The highlight has been seeing one client’s face light up on trying fruit and vegetables that they would never have tried before, but with the support and care of the staff they felt comfortable to step outside their comfort zone. She was very excited when “Hannah’s melons” started growing...



**BENEFICIARIES SUPPORTED**



### IMPACT OF FUNDING

*“I enjoyed coming to The Garden Party, it has helped me to feel less isolated and make connections with support from kind staff.”*

*“I love coming here, I get treated like Denise not just the lady in the wheelchair.”*

#### Case Study

*L has attended every single one of the 102 sessions of The Garden Party. She became a volunteer and has a vast wealth of knowledge regarding gardening and horticulture. L has been instrumental in deciding what to plant, where to plant it and in instructing attendees how it should be done.*

*L has developed her teaching and mentoring abilities as she has been working directly with those attending. Her knowledge and awareness of the differing needs of people and how to support them has increased considerably. She has grown in confidence in how to approach others and offer guidance about a range of gardening tasks. Her awareness has grown to such an extent that upon hearing an attendee’s interest in a book she was reading, she decided to create something for her. In another project that L attends she re-purposed an old rocking chair that she had into a replica of The Wishing Chair. The shared love of the author Enid Blyton and her understanding of the attendee enabled her to bring so much joy.*

*L has used her knowledge of gardening to plan and implement a range of tasks for attendees who are wheelchair Users. Ensuring that they are included and able to complete a range of tasks such as willow weaving, planting outside, sowing seeds in the poly tunnel and harvesting produce.*

*L has a real passion for gardening and works incredibly hard. She is an excellent role model to everyone, shows great commitment, and her enthusiasm is catching. She has supported others preparing and trying new foods that Garden Party has grown. She is now more aware of difficulties others may have in experiencing ‘new’ whether that be foods or people.*

*She shows a sensitive awareness in introducing tasks and gentle but positive encouragement in ‘trying’ tasks, foods or conversations.*

*L has shown a vulnerable side as a memorial to her pet was included in the garden and gave others the opportunity to explore their own personal feelings. This led to discussions about whether a bench needed to be sited there so people could sit and reflect. The group were able to explore emotion tactfully and able to share lived experiences.*

*L works well in a team and was able to compromise her ideas and visions with those of others. She has really grown as a volunteer throughout The Garden Party project and these skills are transferable as she moves onto working in other projects.*





1TO1 AND WELLBEING SPACE

### ORGANISATION OVERVIEW

Since 2013 Assist has provided one-to-one practical and emotional support to over 800 people affected by mental ill-health, disability, illness, loneliness and isolation, as well as those struggling with a broad range of life challenges such as debt, bereavement or relationship breakdown.

Assist offers the following services to anyone aged 18 and over:

- 1 to 1 Support – home-visiting, visits to coffee shops or places of interest, accompanying to appointments, mentoring, befriending.
- Telephone Befriending – a friendly call to someone who is lonely, isolated or struggling with their mental health.
- Dementia Support Group – a group for people living with dementia and their carers offering support and company together with stimulating activities such as arts and crafts, singing and reminiscence.
- Advice, Information and Signposting service.

### IMPACT OF FUNDING

One of the great highlights of this project have been the success of the Gathering Place. Although we had researched this well and visited similar projects, it was still quite an unknown, but the feedback and comments we have had, have all been positive and encouraging and it has been great to see clients blossom as they have grown in confidence and seen the benefits of the group. – Assist

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED

AN AVERAGE WEEKLY ATTENDANCE OF



PEOPLE AT OUR WELLBEING GROUP

### PROJECT OVERVIEW

The funding supported a 1to1 service to provide practical and emotional support to people with both ‘informal’ befriending services and formal mentoring, either in person or on the telephone. This work included:

- Talking and listening to the individual and providing reassurance.
- Helping clients to solve a range of practical day-to-day issues.
- Accompanying people to attend appointments.
- Befriending clients to build (or support) increased confidence to go out for a walk or for a coffee.

Assist also used the funding to open a wellbeing space in Cherry Willingham. A place where people can drop in for company, peaceful reflection or take part in organised activities which will allow them to recharge and focus on improving their wellbeing. This space provided a response to people who were struggling with their health and wellbeing because of long-term isolation, loneliness and post-covid anxiety. The space would also facilitate a safe space for people with autism within the community. The aim was to have a place of sanctuary where people can just come and be themselves.

### PROJECT WINS

- 1 to 1 support for 115 beneficiaries
- The new Wellbeing Space provided 38 sessions a year and has support 55 beneficiaries
- Telephone advice, information, and signposting to 55 beneficiaries
- The support that Assist has given has helped people to:
  - become more confident
  - feel less lonely and isolated
  - make new friendships, that continue outside of the weekly meeting with us at Assist
  - re-connect with supportive networks
  - report significant improvements in wellbeing and quality of life
  - participate more fully in their local community
  - an unexpected benefit is that several of our clients who originally attended the Gathering Place to work on their personal wellbeing have improved so much that they have felt able to volunteer themselves



### Case Study

*X is such a lovely person, and she comes to see me every Wednesday afternoon. I look forward to her visits and feel that I benefit greatly from them. My confidence and happiness levels have improved as a result of seeing her.*

*Over the last couple of years, I suffered several nervous breakdowns (I think the pandemic had a lot to do with it). I had to be hospitalised several times. I was assigned a Community Psychiatric Nurse who visited me weekly to provide support. These visits helped a lot, and it was one of these nurses (two used to visit me) that contacted Assist and applied for help on my behalf. After over two years I have just been discharged from the Community Psychiatric service because I have now recovered, and my lead nurse felt that I no longer needed their support. I am very pleased about that, but I am so pleased that X is still coming to see me. I feel like I now have a friend and am no longer on my own although I am not on my own completely because I have a wonderful husband, so I am very lucky. I hope that my health will continue to improve I feel positive that it will. The last few years have been really difficult, so I am glad to see the back of them.*

***“I am so very grateful for the support and time X continues to give me.***

***Since we have been meeting every week (except school breaks), my stress levels have declined. I have had the confidence to attend a women only support group. Also, I am putting plans together to finish jobs in the home. Where before I wouldn't have made a complete list or contacted people that can and will be helping. These people include handymen, decorators and cleaners.***

***I am emotionally and mentally stronger since we have been talking. This is just from having someone to bounce ideas off and to whom I can trust to talk to.***

***Trust is a huge step for me, and not an easy thing to give. I have started to feel more grounded and balanced within myself.***

***Thank you so much for being able to continue to support me and for matchmaking that X would be a good choice for me.”***





CASE WORKER TO SUPPORT INDEPENDENT LIVING

ORGANISATION OVERVIEW

Citizens Advice Mid Lincolnshire (CAML) provides the advice that people need to resolve the problems they face and improves the policies and practices that affect people's lives.

PROJECT HEADLINES



- We seek to promote active inclusion by working with the financially excluded, concentrating on the most vulnerable members of our community, all of whom will be or have been struggling with mental health problems.
- The caseworker will provide eligible clients with intensive one to one advice and ongoing casework support with a primary view to increasing their income, thereby improving their wellbeing and reducing anxiety whilst preventing mental health crises.

PROJECT OVERVIEW

The success of the project has been measured by the financial outcomes achieved to give clients additional income. This was the main aim of the project.

In order to ascertain the outcomes, clients were contacted regularly for updates on how their benefit applications were progressing. It was then possible to confirm if the benefit had been awarded and at what rate. However due to the nature of the benefit application process and decision waiting times, it has not been possible for us to confirm all outcomes as the clients are still awaiting their decision letters.

In order to overcome this and to record financial outcomes, the adviser recorded an 'expected' outcome based on the medical evidence provided by the clients and the minimum number of points that they should score on their benefit application. This enabled the adviser to identify which rate of benefits the clients should receive. Our reporting system therefore shows that the following financial outcomes were achieved:

- Confirmed outcomes: £220,309
- Expected outcomes: £259,806

Of the above outcomes, £475,773 were from new benefit awards and £4342 were from an award increase following a revision.

PROJECT WINS

- The highlight of the project was the adviser's ability to increase client income (see above). This assistance given was crucial during this time due to the difficulties relating to the cost of living crisis.
- The project has benefited participants as they have been able to access dedicated support with income maximisation and financial capability. Through the work undertaken, it was possible to increase the income of 102 clients. The increase in income totals £480,115 annually. This is an average income increase of £4707 per year, per client.
- In the main, the income increase was possible via benefit applications, in particular Personal Independence Payments.

IMPACT OF FUNDING

Case Study

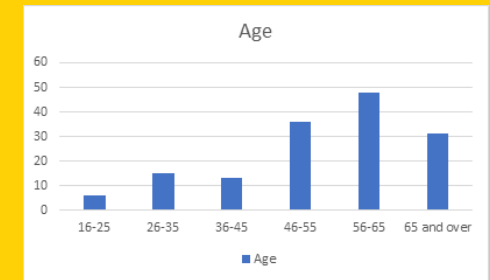
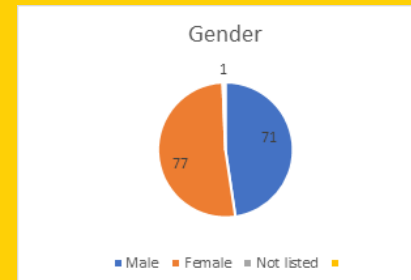
Julia (not her real name) is widowed and lives in private rented accommodation. Julia has paranoid schizophrenia, depression, breast cancer and is diabetic type 2. She receives no benefits but receives multiple private pension amounts.

Julia came to Citizens Advice Mid Lincolnshire for help with claiming Personal independence Payment. After making the first application herself she was awarded 0 points and submitted a Mandatory Reconsideration (MR).

Julia asked for an appointment with Ben (Adviser) after she received her MR decision notice letter and the decision remains unchanged with 0 points awarded for any activity. Julia wanted help to take this to the next stage of appeal.

Ben looked over the paperwork and gave predicted points and advised that she could possibly be eligible for the enhanced rate of daily living and the standard rate of mobility. Ben and Julia completed the appeal form with the input from her mental health social worker. Ben advised Julia on what the next steps will be and how to prepare herself for this.

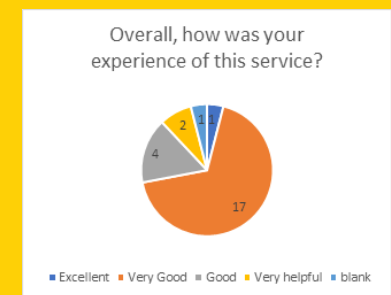
Julia was very happy with Ben's assistance and felt confident and prepared to attend the tribunal in person.



*"Hi, I would just like to give you an update on the excellent help I was given. I am very happy to say that I was awarded the higher grade of PIP, and I am very grateful for your help."*

*"Just to let you know that I have been successful in attaining enhanced mobility and daily living. I have you to thank, once again. So many thanks."*

*"You gave us much needed support and drafted a letter for a Mandatory Reconsideration Notice. We want to thank you as we didn't know what to do and without your help we would have just given up. Thank you for all the support and reassurance you gave."*







## COMMUNITY CAMPERVAN

### ORGANISATION OVERVIEW

Children's Links is a national children's charity. We work with children, young people, their families, communities and other children's sector professionals to improve the quality of their experiences and ensure that they can achieve their full potential.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Community Campervan project set out to deliver 2 x 1½ hour weekly sessions for a year across East Lindsey/Solas PCN locations and remain in each location for 6 months to build positive relationships. (The frequency of sessions, or length of time in any one location was fluid to better meet identified needs.)

Sessions were at set days and times, promoted mental well-being and provided a variety of activities to engage participants in an informal, safe place.

The project provided a range of activities for people to engage with. These would be influenced by the interests of those attending but included: jigsaws, basic use of ICT, sketching/painting, nature walks, art/crafts and reading/book club.

Sessions also included more focussed activities around health and wellbeing that included sharing mindfulness ideas, simple meditation techniques, healthy eating and keeping safe around Covid 19.

### PROJECT WINS

- Most of our sessions have been delivered in Sheltered accommodation after we identified that people have been reluctant to interact again after the pandemic. It has been lovely to see participants engaging with each other again and returning to community spaces that had been busy pre-pandemic and over the last year not being used.
- The fact that so many of the groups have chosen to try and sustain their meetings, with one or two key people taking a lead on making sure there is an activity to do and some refreshments to hand.
- We have left legacy boxes with the groups, full of games, quizzes, tea, coffee and biscuits to help them get started as an independent group and these have been so gratefully received.
- We are most proud that some of our phase 1 groups still meet up even after our withdrawal from the group, which means there has been a lasting benefit for the participants.

**Get together and have fun!**

Every Thursday, commencing  
8th September 2022

Friendly & relaxed  
Quizzes, Games & crafts

- Want to meet people who live close to you?
- Looking for information about local services and events?
- Just want to have a chat?

Everyone is welcome!  
FREE refreshments

**Come along and say hi! We'd love to see you.**

**Location and Time**  
1.00pm – 2.30pm  
Phoenix Court, Trenchard Road,  
Mablethorpe, Lincs,  
LN12 1RR

Lincolnshire Community Asset Development Fund, Social Prescribing (Wave 2)



### IMPACT OF FUNDING

*“Over the programme, participants have engaged in the sessions, learnt new skills, developed friendships... even if just by ‘giving it a go’, got out of their houses, had fun, chatted and drunk lots of tea/coffee and enjoyed the biscuits... especially the ginger nuts!”*

In this last quarter we have delivered sessions at Beech Grove community Centre in Louth.

We had previously delivered sessions at Platform Housing sheltered accommodation in Louth and the facilities manager at Beech Grove asked if we could deliver some sessions in her community room as she was keen to encourage residents to participate in activities or meet up for a chat. Since the pandemic there has been a change in tenants, and many were staying in or not seeing people sociably. She hoped that our delivering the sessions would be a starter to encourage them to continue to meet after our sessions have finished.

She had identified some residents and passed on our flyers and asked them to come along.

The first session was well attended, with comments like “imagine seeing you here, I haven’t seen you for ages. How are you?”

All sessions have been well attended and we have done various activities over the weeks; Badge making, Beetle drive, making hand warmers, games, making bookmarks and quizzes. Participation has been great, with everyone ‘having a go’ with a lot of fun and laughter. – Children's Links

Did you meet any of your original goals when joining this group?

- 5 people found a safe and non-judgemental space to talk
- 5 people made connections with people
- 2 people learned new skills, e.g. resilience
- 6 people felt listened to
- 5 people felt less lonely and isolated



## ORGANISATION OVERVIEW

**CLIP is a social enterprise that exists to widen participation in learning by young people and adults in rural and coastal areas of Lincolnshire and to promote positive and sustainable progression to further learning and employment. CLIP runs three community learning centres in Mablethorpe, Market Rasen and Gainsborough and adopts a proactive and inclusive approach to local learning.**

CLIP runs Market Rasen Learning Centre where we offer ESF Career Net for 15-24s, accredited and non-accredited Adult Education, Access to HE and job-seekers programmes. We also offer Healthy Minds (a support group), aimed at those seeking to improve their mental health, confidence and social engagement.



## PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

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

- **Poor mental health: 6**
- **Financial concerns: 4**
- **Housing issues: 2**
- **Loneliness/social isolation and other daily life challenges: 8**
- **Post-Covid-19 related issues (incl. long covid): 2**
- **Physical health and wellbeing: 8**
- **Serious mental illness: 1**

## PROJECT OVERVIEW

This project recognises the connection between mental health and the physical environment – both built and natural – including plants, the outdoors and a calming décor.

A part-time Project Worker harnessed the skills of project members, colleagues and outside experts to re-decorate, upgrade or upcycle aspects of the Market Rasen Community Café (Café CLIP) to create a more relaxing environment. Plants and foliage will bring the ‘outdoors in’ and outdoor furniture will take the ‘café out’. If more expenditure was required than was available, the Project Worker worked with users and volunteers to fund-raise or seek sponsorship to source the products required.

As well as greening the café environment, the Project Worker’s role was to encourage referrals to the project, meet with potential new members and support them in attending Look After Yourself, Community Gardening or any other provision offered by CLIP to meet their needs.

‘Look After Yourself’ comprised of three activities each week – ½ hour each of physical activity (a short walk, an exercise video, Pilates); a relaxation activity such as mindfulness or yoga and a social activity such as icebreakers or team-building. The specialist training will be funded through our community learning budget (thus adding value to the project) but members started and finished in the café with refreshments and chat, supported by the Project Worker.

We also established/re-established a weekly Community Gardening Group linked to the café to improve and ‘green’ its immediate physical surroundings. This was funded through the project and involved a constructive, healthy and fun activity in which members worked together to enhance public space in the local community. Again, there was time for chat and relaxation by ensuring that the café had outside seating available for the gardeners. Developments included setting up seed or cutting exchanges through a community stall or disused telephone box.

## PROJECT WINS

Users gained social confidence, friendship and benefits for their general physical and mental health. We also hope that some project members will move onto other learning with CLIP, building further on their confidence and skills set.

- What has gone well, we have reached some of the hardest to reach people in the community to give them an opportunity to meet new people and engage in some new activities.
- Being able to put Market Rasen Centre back on the map with the Café and lots of new courses/groups plus a positive hub for the community. To have reached out to 32 participants who had not engaged previously or not since Covid. Having this project has helped so many people to feel part of something again. So often through Covid people felt alone, isolated, vulnerable and scared. By giving them the support, it has given them a chance to live again. One participant was new to the area felt alone even though she was living with her husband. She explained that, coming to the Centre and working with me has changed her life in a positive way. I met her husband for the first time two weeks ago and he thanked me for giving him some time back for himself to play golf but also for the care we have shown his wife.

### ORGANISATION OVERVIEW

Darkside Rising CIC is a non-profit organisation delivering a range of projects to support women's strength, health and empowerment. We work extensively with women who have mental ill health, are neurodivergent, or who are unable to access traditional exercise provision.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Menopause Project is an innovative and much needed 39-week (9 month) programme for women suffering poor mental health as they transition through perimenopause and beyond.

Participants will partake in:

- Weekly, small-group, strength training classes at the gym
- Weekly Zoom pelvic floor health classes
- Access to the 28 Days of Mindful Art online video course
- Peer support and knowledge sharing through a private Facebook group
- Case study development if they wish

### PROJECT WINS

- Measured quantitatively through the administration of HADS (Hospital Anxiety and Depression Scale) at weeks 0 and 16, **42** women had reduced symptoms of depression and anxiety
- Measured quantitatively through discussions, quotes and case studies, **42** women had an increased knowledge of how to use physical exercise, strength training and pelvic floor health to support mental health
- Measured quantitatively through discussions, quotes and case studies, **42** women had improved confidence and self-esteem

Over the duration of this project, we have seen:

- 24% reduction in symptoms of anxiety, from abnormal to low borderline
- 38% reduction in symptoms of depression, borderline to normal

As measured by the Hospital Anxiety and Depression Scale.

We also measured pelvic floor symptoms, through the Australian Pelvic Floor Questionnaire, over the duration of the project, symptoms of pelvic floor dysfunction (such as stress and urge incontinence) decreased by 54%.



### IMPACT OF FUNDING

- This funding allowed us to continue the Menopause Project and support women going through the menopause, including pre- and post-menopause. It also enabled us to create a pelvic floor training manual to support women who didn't get a chance to train on the project.
- 100% rated their experience of the project as 'very good'
- 100% would recommend the project to others
- 100% attended the project 'to make connections with people'
- 91% attended the project for 'a safe and non-judgemental space to talk'
- 82% attended 'to learn new skills e.g. resilience' – Darkside Rising

*"The pelvic floor exercises and programme have meant that my bladder is more controlled, my urination less frequent and my confidence has greatly improved. I have previously had both NHS and private kegels type treatment 10 years ago but it was nowhere near as effective as this programme."*

*"I honestly believe that this project helped save my life, this was my last attempt at getting help with the menopause as my doctor was not listening to me and I didn't know where else to go. I only wish the project went on for longer as the support needs to be continued or women will slip back and undo all the hard work."*

*"I have been singing your praises. I believe there is nothing else like this locally and the projects and participants you support are relevant and needed. You are empowering women and increasing their self-confidence."*



**THE MENOPAUSE PROJECT**  
**FREE OF CHARGE**  
DARKSIDE RISING CIC

A new strength training project for women experiencing symptoms of menopause, including peri- and post-menopause.

We welcome you into a community of strength, supporting your physical and mental health.

Led by professional personal trainers with lived experience of menopausal symptoms.

Classes in the daytime and evening, including specialist pelvic floor health.

Unit 9, Newporte Business Park, Bishops Road, off Outer Circle Road, Lincoln, LN2 4SY.

No formal diagnosis required. Surgical menopause welcome. Please contact Shantelle Svarc for further details [darksiderisingcic@gmail.com](mailto:darksiderisingcic@gmail.com)

Lincolnshire NHS Lincolnshire Shine Lincolnshire  
FB: @DarksideRisingCIC [darksiderising.co.uk](http://darksiderising.co.uk)





DESIRE CHANGE CIC  
BLACKBARN – RURAL ESCAPES

### ORGANISATION OVERVIEW

**Desire Change CIC operate a community farm based at Black Barn in Old Bolingbroke. We have a focus on providing services to meet the need within our rural community.**

For all ages and abilities. 100% of our trading profits are used to help sustain the projects and activities that we deliver. Desire Change uses a Green Care farming approach to provide 'Farming for Wellbeing' activities. We have a flexible, 'GREEN' toolkit for self-cultivation - facilitating Growth, Relaxation, Education, Encouragement and Nurturing. Learning to help yourself using what is around you, making best use of support networks, resources, and the environment.

Based on a working farm, we offer social action opportunities, employment, skills sharing, personal development, education and health and wellbeing programmes through a variety of therapeutic activities set in the contexts of: gardening, food, farming, animals and an array of arts and crafts dependant on an individual's interests and needs.

### PROJECT HEADLINES

189  
BENEFICIARIES SUPPORTED

### PROJECT OVERVIEW

The aims of our project were to provide small group sessions and individual sessions on our farm. These sessions focused on prevention and support for people with mental health issues. We offered a weekly small group session and flexible individual sessions. Available weekdays, evenings and weekends to suit the needs of the clients. The sessions were designed to be peaceful and relaxing, allowing people to benefit from the wonderful rural location. Once at the farm, people were able to spend time with the therapy animals, including our trained therapy alpacas and sheep as well as opportunities to take part in gentle exercise walking or working on the farm. An array of activities were available including traditional crafts such as fleece preparation, spinning and weaving and tending to the garden where we have a variety of fruits, vegetables and flowers growing. Support was provided from a coordinator, mentor and trained volunteers.

### PROJECT WINS

- As part of the project, we distributed 1000 mental health 'Feel Good Therapy' packs to residents living in the primary care network area. These were made available for social prescribing link workers for use with their clients as they seemed appropriate.
- This funding has allowed us to test out a new idea for a project that was designed by those it was set up to support. It has allowed us an organisation to develop the project and build upon our reputation for providing quality outdoor farming for wellbeing services. We have expanded our volunteer base and trained staff and volunteers further to help and support our beneficiaries.
- The project helped the participants with reduction in social isolation, increased social networks, increased knowledge in choices available to support mental health, improved mental health, increase in confidence and self-esteem.



### IMPACT OF FUNDING

- Uninterrupted space to think and breathe
- Confidence to engage with others
- Increase self-esteem and self-worth
- Increased knowledge around mental and physical illnesses
- Improvement in physical health
- Improvement in mental health
- Signposting to other services – Desire Change CIC



ORGANISATION OVERVIEW

Through delivery of 1-1 coaching/ mentoring/wellbeing sessions (both on-line and face-to-face) and group activities.

Working with over 250 beneficiaries a year developmentplus runs six projects including “Step to Work”, a one-to-one coaching/mentoring programme, Sincil Steps, and 1-1 coaching/mentoring programme, Bridging the Gap, a Reducing Re-offending Project, Better Together, a collaboration project, a Neighbourhood Working project and a homelessness advocacy support project “Project Compass”.



PROJECT HEADLINES



PROJECT OVERVIEW

STEPS is a long term, 1:1 mentoring/coaching support programme using a package of tools to help participants self-assess ‘where they are’ in their life. It takes people from chaos to stability through flexible 1:1 support using Acceptance and Commitment Training (ACT) and Rickter (recognised motivational/evaluation tool). This provides the beneficiary with a point of focus, engaging individuals effectively whilst encouraging them to take responsibility for their personal self-development/mental wellbeing. The end goal is to arrive at a self-acceptance position of whatever that may look like for each individual person.

PROJECT WINS

- Through Steps, we have witnessed first-hand the pressures faced by the NHS particularly where participants have found it difficult to access medical support e.g. GP appointments/specialist support appointments such as ADHD 360 referral/ CMHT referrals. When challenges like these are shared, we take time to hear participants’ concerns & when needed advocate on their behalf to ensure they are being listened to. During the waiting period before attending their scheduled appointment, we will champion all medical interventions, keeping peoples hope alive that when they do enter those systems, they will be helped & supported.
- Project funding and our organisational values/support systems have also enabled me to effectively support a number of people who had “fallen through the cracks” and to build relationships gradually without the pressure of withdrawing service if a particular participant struggled to attend sessions.
- Steps is an important part of our portfolio of work widely recognised in the community for supporting disadvantaged communities and delivering a friendly, approachable, committed style of mentoring which brings good energy into the working relationship, within which participants feel welcomed, heard, and supported, without judgement/ criticism.

A STEP in the Right Direction

Disatisfied? Frustrated? Isolated? Anxious? Feeling that you don't matter very much? a bit lost? life is passing you by?  
 Why not try Free Tailored 1:1 coaching support from developmentplus

To:  
 Help you identify and own what's important to you  
 Help you manage difficult thoughts and feelings  
 Help you make an important change and move forward  
 Help you move off the side-lines and reconnect with new possibilities

We pride ourselves on our friendly, approachable, committed and open-hearted work with our participants  
 Interested in finding out more?  
 Contact Ian Enright 07534 444601  
 ian.enright@developmentplus.org.uk



IMPACT OF FUNDING

- Continue one of our core delivery programmes – STEPs coaching mentoring – refined over many years
- Continue to support individuals to negotiate personal, social and economic challenges throughout the city.
- Increase our network of partners.
- Develop its business plan moving forward.
- Offer participants support within the wider organisation.
- Retain important team members and skills within the organisation. – Development Plus

Case Study

BS was in dangerous, cold accommodation in a tiny caravan, having had his tent destroyed, and heading into winter. He also has a number of significant health issues. Without the kind of support, I was able to offer, he would not have been able to file his emergency housing application, as this was required to be online and proved impossible for both of us to access via his mobile phone. We managed via my laptop, over several hours, one night, to file his application. His accommodation was subsequently assessed as hazardous, and he was rehoused as a priority. Amongst several other issues, BS' experience brought issues about vulnerability and the digital divide to the fore. I fear for those who do not have basic access to IT going forward, as agencies increasingly require such engagement across society and it is getting much more difficult to speak to professionals in person, in order to access help.

*“The highlight of the project for me was, being given the opportunity to work with such an interesting and diverse group of people at a significant point in their journey; being trusted to hear their story and to support them to pursue their own priorities.”*





BUILDING BETTER MENTAL WEALTH

## ORGANISATION OVERVIEW

**Evergreen Care Trust was born out of the need to create new and establish further opportunities for older and vulnerable adults to stay connected and engaged with others. Our mission is to tackle the growing challenge of loneliness and social isolation amongst adults locally.**

The Charity has developed a wide range of supports and interventions. These are designed to promote wellbeing and helps avoid aloneness.

Our 7 voluntary services are:

**Advocacy:** Assists in accessing information, form completion and managing paperwork

**Befriending, Face to Face & Telephone:**

Providing friendship each week with a dedicated partnership which is a life-long.

**Chaplaincy & Listening:** A friendly, 'non-judgemental listening service' committed to confidentiality.

**Clean Team:** Restoring a home when domestic circumstances have overwhelmed. Providing a deep clean and assistance in de-cluttering.

**Friendship Clubs:** Weekly lunch clubs with transport provided and monthly friendship tea in partnership with Barnhill Methodist Church and Dementia Support South Lincolnshire.

**Hospital to Home:** Ensuring there are basic groceries, prescribed medications and the member is settled safely back at home.

**Hand & Nail Care:** A simple hand massage, nail manicure and nail varnish if requested. Visiting local care homes or individuals' homes on a regular basis.

## PROJECT HEADLINES

96  
BENEFICIARIES  
SUPPORTED



## PROJECT OVERVIEW

To offer adults over the age of 65 social engagement opportunities, especially in the light of Christchurch Day Centre activities closure. Our aim is to promote individuals socially to be part of a friendly twice weekly gathering for activities and friendship. This in turn will support good mental health, wellbeing, and independence.

The activities would be split into mindful individual activities and group activities. This would serve individuals who would want companionship and/or mental stimulation.

This community group for this cohort would be a safe and friendly environment for the members to form long lasting friendships within. To promote social inclusion and engagement in the community.

In addition, health professionals will be in attendance to offer advice, to signpost and to help as and when needed.

The mindful individual activities offered would be:

- Jigsaws Puzzles
- Reading material
- Board games
- Knitting, crochet
- Hand & Nail Care

The group activities offered would be:

- Singing
- Group lead discussions
- Speakers
- Craft led
- "Stand Strong" to prevent falls
- Scam awareness
- Tea, Coffee, Cake

Individual health promotion activities on offer:

- Blood pressure check
- Diabetics Sugar Level Check
- Physio/OT discussion/advice
- Chaplaincy & Listening



These activities will serve to reduce anxiety levels in the individuals attending by creating meaningful friendships/ contacts. We will cover three areas as stated above, individual based activities, group activities and offering health promotion advice on a continual basis.

This will allow us to monitor the individuals who attend and escalate to the necessary MDT where applicable.

The activities on offer will promote the grant criteria for the funding. Thus, allowing people to form positive friendships and developing positive support networks. Gaining health promotion simultaneously.

## PROJECT WINS

One highlight has been to see the joy on members faces as they enter the venue, to see them laughing and engaging with one another. Some have been encouraged enough to play the piano for us, sing to us, recite poems to the group.

We have a good uptake from men too, which is very encouraging and speaks for the varies quality of the group.



### Case Study

*'C' joined us as a Volunteer from Stamford College at the beginning of the Project. She has turned up twice a week ever since and became a valuable member of the Volunteer Team.*

*At first, very quiet and timid, with mentoring from us she has grown in confidence, taking part in activities as well as helping with refreshments and chatting with and engaging with the members.*

*'C' has been encouraged all round and fills in forms etc. for newcomers, which helps her get to know them. She helps with coats at home time and clearing away.*

*From having no clear direction in life, reaching 21 and drifting from one course to another at college, we got her into a local charity care home where she did work experience and has since been offered a job as Activities Co-ordinator. She came to realise this was what she wanted through working at the Project.*

*'C' has turned into a wonderful young lady with a wealth of experience and the confidence to move forward thanks to the Project.*

***"I am writing to express my sincere thanks for the social benefits and for all the new (and renewed) friendships I have found as a result of attending BMW afternoons .... may your good work continue long into the future, to the benefit of so many isolated local residents. You have certainly been a blessing in my life."***



### ORGANISATION OVERVIEW

**Circles of Support work with individuals with mental health issues who are stuck and cannot move forward.**

We use personalised, respectful questioning and coaching techniques in facilitated sessions, with a trained worker enabling an individual to identify and unblock key areas they are struggling to resolve, developing, and agreeing a personal plan they can implement to move things forward, aimed at reducing anxiety, regaining control and improving mental health.

Circles of Support works with individuals who find their lives 'stuck' and unable to move forward.

Support to individuals takes four to six sessions on average, though this is flexible, and paced to fit individual needs and complexities. We will use this time to bring family members, the wider community and other support services into the Circle and to build resilience and strengthen individual agency.

### PROJECT HEADLINES

23  
  
**BENEFICIARIES SUPPORTED**  
In Apex/Marina

20  
  
**BENEFICIARIES SUPPORTED**  
In Trent

### PROJECT OVERVIEW

We have successfully reached people in both urban and rural settings, and have worked with people from diverse backgrounds, some with English as a second language, people with a learning disability, people who are neurodiverse and the elderly, helping address health inequalities.

Issues we have supported people with that have affected their mental health and wellbeing include: housing, managing out of control finances, loneliness and isolation, leaving prison and reintegrating into the community, loss of identity for carers of people with complex needs, living with a life limiting diagnosis, engaging with a new health and social care system after moving into the county, caring for an autistic child, caring for a spouse with a dementia diagnosis, the aftermath of domestic violence, a partner in prison, and leaving the armed forces and joining 'civvy street'.

### PROJECT WINS

- We have been better connected with Mental Health Partnership Boards and have continued to strengthen our relationships with referrers, including GPs, Probation Services, Community Mental Health Teams, Adult Services and Social Prescribers. This has benefited referrals from professionals to 'Circles', the sharing of intelligence and good practice, and we have received (and made) cross-referrals within the SHINE funded cohort of organisations and groups.
- The importance of clear information for beneficiaries and services, and regular information sharing directly to services and through relevant networks, has become increasingly apparent, and we have worked hard at this, having a positive effect on referral rates after they had dipped last summer.
- Project effectiveness is demonstrated by both cost-effectiveness and by qualitative feedback from beneficiaries and referring agencies. We have been approached on 11 occasions this year to provide Circles of Support services to people in unfunded areas.



### IMPACT OF FUNDING

#### Case Study

*Family – new to the area with a child with complex needs who requires round the clock care. They were unaware of the local services available to them and impacted by and socially isolated due to covid. This has impacted on the parent's coping abilities, confidence and on family life. The family were keen to include their child in Society as much as their disabilities would allow.*

*We introduced them to Lincolnshire Sensory Service, signposted to the Lincolnshire Blind Society, requested help together from SSAFA to complete a sensory garden, approached the Royal British Legion to provide solar panels in home library, approached Lincs Military Network to support parent who is a veteran, made the family aware of the LCC's Short Breaks for children with special needs.*

*This led to the family being more aware of local services available to them, confident they're providing the correct support for their child's recovery, happier and more relaxed about re-introducing their child to Society. Feeling less isolated and alone, increased wellbeing, taking control. Knowledge to access and integrate into the local community, looking forward to a more positive future.*





GRANTHAM TENNIS CLUB

### ORGANISATION OVERVIEW

**Grantham Tennis Club is a community based charitable organisation offering tennis and associated social facilities, coaching and support to people of all ages (3 to 93) and backgrounds within Grantham and the local area.**

Our mission is twofold:

1. to promote participation in and the joys of taking part in tennis
2. to offer opportunities to the whole range of people – irrespective of previous sporting experience, state of fitness and health, abilities and disabilities – so that they can engage with entry to tennis and our community at their own individual level

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

The course has been attended by a good number of varied individuals, with an array of needs. The sessions have been delivered to a good standard and feedback from attendees has been very positive. So far 12 attendees have continued to attend tennis sessions after the funding ended. The atmosphere at the session was very positive and we achieved our aim of providing a fun, inclusive, supportive atmosphere.

### PROJECT OVERVIEW

The new project will offer weekly fun, 2hr social tennis for beginners and improvers – with particular focus on welcome, inclusion, joviality, social interaction. All these aspects are vital as part of the recovery from Covid-19 restrictions and are promoting resilience and a sense of well-being particularly in participants who are living alone or who are facing other health difficulties in their personal circumstances.

### PROJECT WINS

- The funding enabled us to provide a quality free coached session. The funding paid for the coaches time, the court hire and the fruit/refreshments we provided.

#### “Feeling Good Again!” Tennis for All ..

Join us here at Grantham Tennis Club for a FREE weekly fun, inclusive, social beginners tennis session! Just thing on a Friday afternoon to drive away those post-Covid blues ... starting Friday 12 Nov 1.00 p.m.



- Fun physical activity and exercise ..
- Welcoming, friendly and supportive ..
- A real boost to your well-being ..
- For all adult ages and fitness levels ..
- For tennis beginners and improvers ..
- A safe, warm indoor environment ..
- All equipment provided ..
- Your safety / well-being is our priority ..
- A chance to make new friends
- Basic tennis and ball skills practice ..
- 1.00 until 3.00 with refreshment break ..
- The best fresh fruit in Grantham! ..
- Just “Try it out” 12th or 19th Nov ..
- We are on Gonerby Rd Grantham ..
- Help with transport may be possible ..
- COMPLETELY FREE OF CHARGE!

“Feeling Good” is important to us all. Exercise, joining with others, laughing together, improving fitness and skills provides a real boost .. So now’s your chance!

Over the past 6 years more than 120 local people have taken part in our highly successful “Feeling Good! ..” schemes. Some join us after GP or social prescriber referrals and other people refer themselves. Our aim with this new Friday “Feeling Good Again!” group is simply to offer the opportunity to people who can benefit most! SO .. What next?

Pick up a leaflet (or look on our Grantham Tennis Club website or Facebook page), have a chat with family, friends or your GP . Alternatively, give us a call on 01476 591391 ...



### IMPACT OF FUNDING

#### Case Study One

An individual coming to the session was lovely but very shy. She came with another lady who we later discovered was her carer. As the weeks went on the lady opened up more and more. She became a constant source of joy in the group beaming and giggling all the time. Towards the end of the course we discovered through conversation that this was the first activity she had attended any sort of group outside her home in many years because of anxiety issues. On the last week of the course her carer was unable to support her and so we worried she wouldn’t come. However, she came on her own to attend the group. This was the first time she had left the house without a carer to support her in nearly a decade.

#### Case Study Two

A young man who had recently experienced a stroke was brought to the group by his grand parents who are members of the club. Following the stroke the man had lost much of his mobility on the left side of his body and had virtually no use of his left arm at all. His grandparents brought him because he was, in their words, doing nothing but sitting in his room depressed. He had made little progress with his rehabilitation as a result. He was made to feel very welcome by the group and despite being the youngest there seemed to really enjoy the company and fun environment. The tennis gave him the opportunity and motivation to work on his motor skills and his progress week by week was astonishing. He went from having a heavy limp and no use of one arm on week one to being a capable social level player by the end of the course, able to move freely and toss a ball for a serve with his previously weak arm. His grandparents told us that he was so determined to conquer tennis that he spent hours a day training his arm to be able to throw a ball in the air. The change in both his physical abilities but also demeanour was remarkable. He is now a regular member of the tennis club enjoying his tennis.







GRUBBY KNEES

### ORGANISATION OVERVIEW

Grubby Knees is a Company Limited by Guarantee (not for profit) which aims to create and present a diverse and high-quality programme of community arts, education, and entertainment, to use a holistic approach to providing creative and innovative workshops which focus on the improvement of public wellbeing and to provide a platform for local arts practice, encouraging, and facilitating participation in the arts locally as audience and active practitioners.

Grubby Knees Ltd delivers a successful Youth Theatre Program for children and young people aged between 4–16 living in Lincolnshire, and aims to encourage young people to participate, thrive and grow, to be free, safe and creative through accessible, inclusive and carefully considered workshops.

Grubby Knees Ltd are currently working in partnership with Magna Vitae, trust for Leisure and Culture, to develop and deliver a program of creative days for adults with a learning disability and complex needs, for the Lincolnshire County Council Day opportunities service.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Growing Room is a holistic, high quality, inclusive, creative arts participatory programme that will focus on using the creative arts to encourage, stimulate and empower individuals living with a mental health condition.

Growing Room aims to break that barrier for people by making engaging in the arts, learning a new artistic skill and building connections through art more accessible, inclusive and available.

Our project will bring a free, high quality, creative workshops from drumming to pottery, dance to spoken word and music technology to embroidery to carefully considered venues across the whole the PCN creating a hybrid of learning meaningful creative skills and a safe space to express feelings, lived experience and build relationships with individuals experiencing similar difficulties.

As well as face to face sessions, our project will deliver a monthly virtual creative session for our participants. The recent Coronavirus Pandemic has highlighted just how important a digital offer can be, allowing individuals who wouldn't normally be able to participate, the opportunity to do so. If a participant is uncomfortable attending face to face workshops, or is having a bad day, they are still able to partake in a participatory, meaningful activity. Session materials will be made available to those individuals who take part in the virtual offer.

### PROJECT WINS

The "Growing Room" project has brought significant benefits to its participants, including unexpected positive outcomes:

- **Improved Mental Wellbeing:** A evaluative mood map conducted among participants revealed that 92% reported feeling more mentally well after taking part in a workshop.
- **Sharing Valuable Information:** Participants have gained insights into mental health support services, artistic opportunities, and learned strategies related to mental health through talking to one another, empowering them with knowledge and resources to enhance their overall wellbeing.
- **Encouraging Creativity and Culture:** By engaging in various artistic disciplines, participants have been encouraged to explore their creative potential, fostering self-expression and personal growth.
- **Combating Loneliness:** The Growing Room project has acted as a catalyst for social connections and community engagement, combating feelings of isolation and loneliness. Participants have had the opportunity to interact with like-minded individuals, sharing experiences and fostering a sense of belonging within a supportive and inclusive environment.
- **Uniting like-minded individuals:** One benefit of the project has been the unification of individuals facing common disadvantages. The "Growing Room" project has brought together people with mental health conditions through the discipline of art and culture, creating a sense of solidarity, understanding, and shared experiences.
- The project has not only improved mental wellbeing but also fostered a sense of community, creativity, and empowerment among individuals facing mental health challenges.
- **Increased openness and willingness to discuss mental health:** One unexpected benefit of the "Growing Room" project was the participants' increased willingness to openly talk about their mental health. Through their engagement in the creative arts and the supportive environment fostered by the project, participants felt comfortable sharing their personal experiences, challenges, and triumphs related to mental health. This new-found openness not only allowed participants to receive support from their peers but also helped to reduce the stigma surrounding mental health within the community.



REGISTERED CHARITY NUMBER: 1168775

HAPPIER, HEALTHIER, BETTER CONNECTED

### ORGANISATION OVERVIEW

**The relief of those in need by reason of Age, Ill-health, Gender, Economic Status, Disability or Other disadvantage in Lincolnshire by; The advancement of education & training, The preservation and protection of good physical and mental health, The promotion of community participation in healthy recreation by providing facilities for the playing of football and such other sports or physical activities which improve fitness and health and such other purposes recognised from time to time by law as charitable.**

We currently offer a range of services working with over 1600 people a week. We work with a wide cross section of the local population aged 18 months up to our oldest participant who is 93. We host a wide range of support groups such as the local Cancer Support, Dementia, Armed Forces Breakfast, Red Hat Ladies, the Ramblers to name a few where we offer a safe space and a friendly environment for their groups to operate.

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

Huge improvements in clients mental health and wellbeing from the coffee group and the seated exercises were seen. I have included quizzes, games, word searches that are interactive and engaging based on health and wellbeing and the importance of nutrition and with the seated exercise there has been many adaptations that have been made my including resistance bands to support those with chronic knee pain, arthritis and joint problems

### PROJECT OVERVIEW

We will be delivering 5 weekly sessions that will support the mental health and wellbeing as well as tackle isolation and loneliness of people aged 18 and over within the top end of the IMP PCN.

Through our current provision and conversations with service users within Trent PCN that borders onto IMP we have identified a lack of opportunities for people to meet with others who may be facing similar barriers and challenges on a regular basis. We also found that although some of IMP is in Lincoln some of the bigger villages feel isolated and cut of from activities that take place in the city.

We will target two of the main villages of Welton and Nettleham as well as providing activities and sessions based around the Lindum, Minister and Glebe medical practices.

### PROJECT WINS

- Fun interactive Quizzes – 1970’s, nutrition, Christmas theme,
- Interactive Games (timed) to do with key areas e.g. nutrition
- Word Search based on nutrition
- Seated Exercise
- Seated Exercise with resistance bands
- 1970s General Knowledge
- Coffee Groups
- Target Games
- Boccia Competition
- Physical Activity Session
- Discussion on how to keep our bodies active and healthy
- Discussion – listing tips to boost mental health
- Session Debriefs



### IMPACT OF FUNDING

The funding enabled the organisation the opportunity to engage with the IMP PCN community. The impact was centred around the improvement of participants well-being and mental health through different forms of engagement. Activities were planned and marketed throughout the funded period. These were distributed through numerous forms, for example social media posts, mail drops, advertising boards in different localities to the relevant demographics. – Gainsborough Trinity Foundation

*“All good.”*

*“I really think the groups was very good and enjoyed it.”*

*“Very good with all sports that Sunny has done so far I will never change any of the sports he does.”*

*“I found the sports very enjoyable, helped me keep motivated.”*

*“More sessions.”*





REGISTERED CHARITY NUMBER: 1168775

THE NO WORK NETWORK

### ORGANISATION OVERVIEW

**The relief of those in need by reason of Age, Ill-health, Gender, Economic Status, Disability or Other disadvantage in Lincolnshire by: The advancement of education & training, The preservation and protection of good physical and mental health, The promotion of community participation in healthy recreation by providing facilities for the playing of football and such other sports or physical activities which improve fitness and health and such other purposes recognised from time to time by law as charitable.**

We currently offer a range of services working with over 1600 people a week. We work with a wide cross section of the local population aged 18 months up to our oldest participant who is 93. We host a wide range of support groups such as the local Cancer Support, Dementia, Armed Forces Breakfast, Red Hat Ladies, the Ramblers to name a few where we offer a safe space and a friendly environment for their groups to operate.

### PROJECT HEADLINES



### PROJECT OVERVIEW

We will provide two weekly activities.

One will be a weekly meeting/get together for individuals who are employed and potentially in a senior, management, supervisor, coordinator role or has responsibility for the health and wellbeing of staff or volunteers.

The second activity will be a once-a-week themed activity targeted at anyone that is employed who may usually miss out on traditional community activities.



### IMPACT OF FUNDING

The funding enabled the organisation the opportunity to engage with the wider working demographic. The impact was centred around the improvement of participants wellbeing and mental health through different forms of engagement away from the workplace. Activities were planned and marketed throughout the funded period. These were distributed through numerous forms, for example social media posts, mail drops, advertising boards in different localities to different working groups and demographics. – **Gainsborough Trinity Foundation**

#### Feedback from GTF following Mental Health First Aid training

*The Mental Health First Aid course was an effect way to impact a larger number of people via awareness and training. The candidates on the course will now have the resources to positively affect other work colleagues and their wider connective network.*

#### Feedback following Mental Health First Aid training

*Kerry Group plc is a public food company headquartered in Ireland. It is quoted on the Dublin ISEQ and London stock exchanges. Given the company's origins in the co-operative movement, farmer-suppliers of the company retain a significant interest in the company. They have multiple sites one being locally in Gainsborough, we provided a Mental Health First Aid course.*

***"All positive from the people I have spoken to, they all said they enjoyed the course, the delivery was good and very informative. They all said they enjoyed the Venue too and were grateful for the opportunity, and some of it was certainly eye opening."***





REBUILD-IN NATURE

### ORGANISATION OVERVIEW

The programme aims to combine the peaceful and relaxing woodland environment with completion of environmental construction and landscape practical tasks.

Participants will work with the ranger team to complete eco-construction activities, including but not limited to; log cabin building techniques, dead hedging, fencing, renovation works to existing eco-buildings, applying and mixing cob etc. Learning sustainable construction skills, meeting new people, enjoying the natural environment and working as a team are core to our project. Completing practical tasks within this setting (Norton Big Wood), that also offers public access all year round, will also allow participants to feel part of a wider project and community.

### PROJECT HEADLINES

26  
BENEFICIARIES SUPPORTED

### PROJECT OVERVIEW

Summary of activities/guidance/advice

- Learning about reciprocal roofing, using model making and smaller scale sticks to understand principles
- Participants have been marking out the ground to construct the roof
- Participants constructing the roof on the ground
- Reciprocal Roof installed by participants (See Figure 1)
- Groundwork and slabs laid for centre circle.
- Area for the fire pit
- Roof cladding

The main idea is for us to provide a ranger with a unique skillset (eco building), offer a stress-free environment, allow participants to learn new skills that they can take with them in the future and evoke an atmosphere that promotes discussion and support for one another – allowing participants to feel a sense of community and reducing feelings of isolation. In addition, the practical elements of the project will help participants feel better both physically and mentally.

### PROJECT WINS

- We also planned to complete UK rural skills reciprocal framing certificates with attendees. 10/26 participants achieved this certificate as these individuals attended 2 or more sessions throughout the duration between November 2022 and February 2023 when we constructed the reciprocal roof structure.
- The project has enabled people to gain hard skills – 10/26 gained a UK Rural skills certificate in reciprocal framing. All participants used hand tools in practical activities, creating the log cabin style structure.
- Soft skills improvement. Participants have said they had had an increase in confidence and self-esteem as a result of being involved with the project. One participant stated the project has impacted him by “confidence building in meeting new people”.
- Improved mental/physical health and wellbeing.
- Improve social skills and enables participants to meet new people.



### IMPACT OF FUNDING

To measure if the project has met the aim of improving mental and physical wellbeing, results can be seen on the participant evaluation forms and within the testimonials we have received. Of those who completed the evaluation form (25 attendees out of 26) 88% stated that their overall experience of the group was very good, with the other 12% stating they found it good. The most reported fulfilled goal by participants was to learn new skills (22/26 reported this), followed by making connections with people (16/26 reported this), having a safe and non-judgemental space to talk (13 reported this) and help with feelings of loneliness and isolation (10/26 reported this). One family member of a participant stated, *“Being active in the fresh air has also been great for his physical and mental health and having the opportunity to mix with a wide variety of people has improved his social skills”*, whilst another participant stated *“I have had the opportunity to be introduced to new skills and techniques in woodcraft in a relaxed and non-pressured environment”*. These indicators, alongside the physical structure completed and attendance record, showcase how our project has met its overall aims and objectives. – Hill Holt Wood

*“Thanks for all your input today I really enjoyed the session today and had a lot of fun and more than a few laughs, not to mention the lovely setting.”*

*“Being active in the fresh air has also been great for his physical and mental health.”*

*“The camaraderie of the project has helped my social skills.”*

*“The experience of completing a successful project has really boosted his confidence. He has learned new skills which will be transferable to other aspects of his life such as working as a team and problem solving.”*





HORSES HELPING TO IMPROVE MENTAL WELLBEING AND REDUCE SOCIAL ISOLATION

### ORGANISATION OVERVIEW

The objects of the CIC are to carry on activities which benefit the community and in particular (without limitation) to provide Equine Assisted Learning (EAL) in Lincolnshire for:

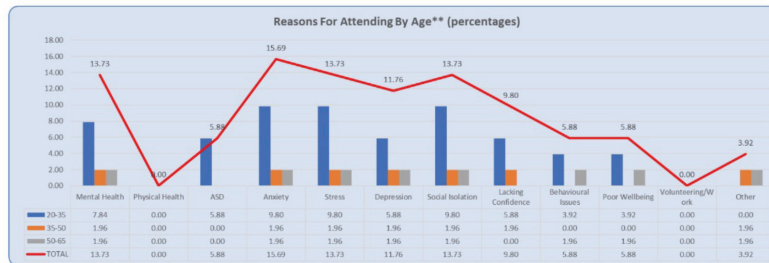
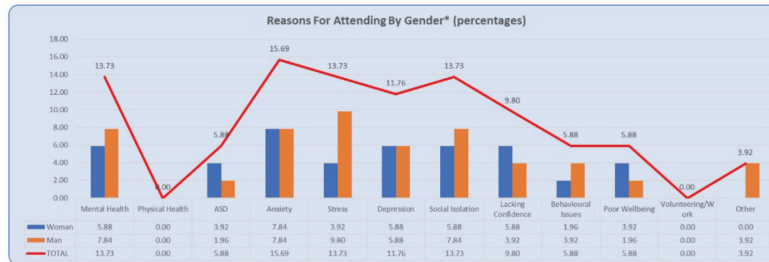
- Adults & children with mental health problems
- Adults & children with physical disabilities
- Adults & children in residential care
- Adults & children with life limiting illness and their families
- Adults & children with behavioural challenges, anxiety or depression
- Respite for adult & child carers

EAL is a unique learning experience that uses horses as active participants. It does not involve riding and no prior experience with horses is required. EAL is a very effective way for people to improve their confidence and self-esteem, and enhance their communication and relationship skills. Horses make perfect learning partners as their natural responses give immediate and honest feedback about how we are interacting with our surroundings. Horses respond instantly to our energy and body language without judgement or prejudice to provide an accurate reflection of our current behaviour.

### PROJECT HEADLINES



Exceeded their target number of beneficiaries and number of sessions to be delivered



### PROJECT OVERVIEW

Therapeutic horsemanship to improve confidence, communication, and emotion control. It will also help reduce social isolation etc following Covid.

### PROJECT WINS

- All beneficiaries have made good progress on the project with demonstrable improvements in confidence and communication skills.
- Seeing participants grow in confidence and become far more assertive around the horses has been a highlight. Several participants were struggling with severe anxiety when they joined the project, and initially they were very nervous around the horses and were only prepared to groom those who were very calm and well behaved. Over time, as confidence grew, these participants not only started leading the horses around obstacle courses but started working with the more challenging horses. This required the participants to remain in control of the situation and assertively correct any equine behaviours that were inappropriate using body language and voice commands.

### IMPACT OF FUNDING

#### Impact on beneficiaries:

- I feel my mental health has improved: 7
- I'm more physically active: 7
- I feel more focused: 4
- I'm feeling more confident: 10
- I'm not feeling so isolated: 9
- I'm feeling less anxious: 9
- I feel more hopeful of the future: 2
- I feel less stressed: 8
- I have a better understanding of my behaviour: 1

*"The award of this grant was fantastic, and the support is key to helping IdeAL to continue our mission to provide EAL sessions free of charge to those who need them. Given the nature of what we offer, and the resources required it can be difficult for IdeAL to make the activities self-sustainable or free to beneficiaries without the opportunities and support that funders provide. Both Boston and South Holland have areas of significant deprivation, and the combination of incredibly low wages and high rent sadly means that there are a large number of people and families living in poverty locally. Invaluable activities and opportunities, such as ours, just simply wouldn't be accessible to them if they were on a self-funded basis and so the funding allows them to experience the benefits on a much more equitable basis."*

*"EAL is experiential, meaning beneficiaries learn by "doing" and the horse is a facilitator who helps to direct the session, making it a unique combination of exercise, education, therapy, cooperation, and fun. Including horses as part of the learning experience is an especially powerful method to help discover effective techniques to manage stress and anxiety, enhance communication and problem-solving skills, develop a sense of wellbeing, confidence and trust, and learn how to understand and control emotions in order to enrich relationships and interactions with family, friends and colleagues. The skills and physical abilities of the participants have noticeably increased as the project has progressed."*

# Jubilee Church life centre

OPEN DOORS CAFÉ

## ORGANISATION OVERVIEW

We are a church group but welcome and encourage people from any faith or other protected characteristic to attend our projects. We seek to actively help those in need and develop a caring, integrated community with a real sense of belonging.

## PROJECT HEADLINES

72  
  
BENEFICIARIES  
SUPPORTED

Why did you take part in this group?

- Poor mental health: 53
- Financial concerns: 38
- Housing issues: 17
- Lack of opportunity: 11
- Loneliness/social isolation and other daily life challenges: 46
- Post Covid-19 related issues (including long covid): 15
- Physical health & wellbeing: 21



## PROJECT OVERVIEW

This project is a friendly café located in the heart of Grantham one morning a week 9am and 1pm for those who have mental health problems, feel, isolated especially in the post Covid season.

Café, serving refreshments at a very low cost/ free for beneficiaries to chat and socialise. Craft, an emphasis on knitting, crochet, board games, art.

End of day M&S food, an open fridge and breadbasket for those who would like free food i.e. fruit and vegetables, eggs etc. to take home.

## PROJECT WINS

We have met all our aims and objectives. Our location is a real advantage, and the café has a really good buzz. Having a really good team of staff and volunteers who always go above and beyond their roles.

Seeing the café come to life and support so many people of all ages and nationalities. Seeing new friendships blossom not just on café days but seeing them meet up in the week and go to other activities.

## IMPACT OF FUNDING

- Created a safe place and a sense of belonging for those referred by NHS/ LCVS but open to all who feel lonely, depressed and isolated.
- Formed a new partnership between NHS, LCVS, Social Prescribing Link
- Provided opportunities to make new friendships.
- Carried out activities to include knitting, crochet, cross stitch, art, board games.
- Raised up/ training new volunteers, promoting ownership of project.
- Raised up advocates who encourage others to join them and promote the café.
- Promoted befriending opportunities.
- Increased feeling of Well-being. People feel better about themselves and how they function, both on a personal and a social level
- Provided a structure to an individual's routine.
- Provided an increase to their social support networks.
- Provided a place for individuals to learn new and share their skills or hobbies.
- Provided support and a voice when needed, going with them to volunteer training, other activities and job interviews and working closely with Job Centre for those seeking employment.
- Filled a much-needed gap in provision in Grantham. – Jubilee Church Life Centre



## Case Study One

### The challenge

- Support elderly lady who lives alone, to continue to keep contact with her.
- To be made welcome in the café after being in hospital for a period of time.
- Feels isolated.
- Limited cooking ability.
- Mobility issues.
- Post-op care difficult for her.
- Fuel poverty.

### The action

This particular Monday morning we were concerned as 'A' had not come into the café as was her usual routine. After making enquiries with others, we were made aware that 'A' had been

taken into hospital after having a fall at home. Her friend explained that she was in touch with 'A' and told us which hospital it was. Arrangements were made for some other café friends to go and visit her.

Contact continued with 'A' over a period of about 10 days while she was away. We found out when 'A' was back at home. Some of her café friends offered 'A' a lift to the café and a return trip home when she was fit enough to come again.

Food was given each week for her to take home that she could cook in the microwave or on the hob.

### The outcome

'A' was fortunately able to come and see us again. Everyone was very pleased.

'A' wrote a few lines about the café:

**"The Jubilee Café has changed my life for the better – everyone is so kind and helpful. Nothing is too much trouble. I have made so many lovely new friends for life.**

**I'm so lucky to have the Jubilee."**

'A' seems to have recovered well and is a lovely person and makes friends with others and welcomes them.

**"I feel the café is a great place for people to come and feel less isolated and make new friends."**

**"Even if I cannot attend, I know it's here and that makes me feel less isolated."**



### ORGANISATION OVERVIEW

Lincoln City Foundation delivers a programme of Adult Activities targeting those aged 55+ to offer regular social and physical opportunities.

### PROJECT HEADLINES



Each session will include a range of targeted and appropriate activity to support and improve the health and wellbeing of the participants. Session will be in groups of up to 20 individuals to provide a social outlet to individuals to support their mental wellbeing and create lasting relationship to combat social isolation.

### PROJECT OVERVIEW

We want to use this funding to ensure we can connect with individuals with long term health conditions such as Diabetes; COPD and Stroke recovery. The type of physical activity classes we would deliver would also be aimed to support the Fall Prevention agenda in the APEX/Marina locality. By upskilling our existing team of health and wellbeing professionals to enable them to deliver physical and educational interventions we aim to reduce the occurrences of individuals presenting at GP or Hospital through trips or falls.

### PROJECT WINS

A change in the role of Health and Wellbeing Leader within the Foundation meant we had someone in the team with extensive background working with individuals with long term health conditions and mobility issues. With this individual in post, it allowed us to enhance the level of advice and input we could offer class attendees including providing programmes and exercises they can complete at home in between sessions. The specialist skill set of our Health and Wellbeing Leader also led to increased engagement from individuals with complex long term health conditions and mobility issues.

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

### IMPACT OF FUNDING

Summary of key findings are:

- 97% of respondents have been for a walk lasting at least 10 mins in 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 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

### Case Study

*I was introduced to the Extra Time Hub through my other involvement with the foundation. I hoped to achieve some socialising, and this has certainly been the case. Taking part in the Extra Time Hub has been worthwhile for me because when one gets older there are fewer activities you can be involved in. This suits me. Taking part in the Extra Time Hub has definitely improved my mental condition. What I enjoy most though, is the socialising.*

### Seated Chair Class

Response Rate: 23.6%

- 89% said we are positively contributing to their physical wellbeing
- 93.6% said we are positively contributing to their mental wellbeing
- 93.6% said we are positively contributing to their social wellbeing
- 100% would recommend us to others





## RECONNECTING WITH CONFIDENCE

### ORGANISATION OVERVIEW

**Lincoln and Lindsey Blind Society, has since 1921 provided opportunities and services to people with sight loss or blindness to gain the skills needed to live as independently as possible.**

LLBS Services have always been developed and led by users' needs and wishes, and prevent problems becoming crises.

LLBS is independent and has no constitutional connections with any other national or regional charity for the blind, although we work closely with Social Services and other organisations.

LLBS services include:

- Sight Impairment Officer Visiting Service
- Resource Centre for specialised equipment and devices
- Talking Books and Newspapers
- Social, Sport and Craft Groups
- Eye Clinic Support Desks
- Visual Impairment Awareness Training.



### PROJECT HEADLINES



### PROJECT OVERVIEW

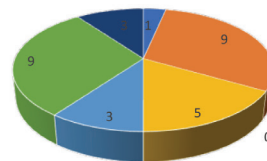
Volunteers engaged in various activities such as walking, swimming, shopping, and social visits. This has resulted in sight impaired and blind people having the opportunities to enhance their life and social skills.

### PROJECT WINS

- A highlight of the project has been the positive impact on general well-being that Volunteering brings. The volunteers very much enjoy the satisfaction of knowing they are needed and appreciated both by our clients and by our charity.
- The Ten pin bowling groups are a good way for some of our less mobile clients to keep active physically which has a positive impact on their health.
- We have been able to provide workshops for our Volunteers which enables them to meet and share their Volunteering experiences with others in a similar role. This ensures that they are aware of the value of the support they give and results in them feeling appreciated and supported.



Did you meet any of the following outcomes by joining this group?



- Safe non-judgemental space to talk
- Received signposting to other services
- Felt listened to
- other
- Made connections
- Learnt new skills
- Felt less lonely and isolated



### IMPACT OF FUNDING

**An unexpected benefit of the project would be the peace of mind gained by the families of the clients, safe in the knowledge that their loved ones are actively participating in group activities and are less lonely and isolated. – Lincoln and Lindsey Blind Society**

*'One lady in her late eighties had just lost her dear husband in horrific circumstances. Not only was she suffering from the real trauma and shock of that, but she was really struggling with the grief and loss of his company. Like many couples they had done everything with each other, she was bereft. She had no family to lean on, a few friends but she didn't want to 'burden them' or even feel up to reaching out to anyone.*

*Another lady, also in her eighties was made of stern stuff. Although she too was losing her sight and had lost her husband some six years ago, she had been a very public-spirited lady. In her working life she had worked in the Police, the Prison Service and the British Legion as a case worker. She was now feeling 'valueless' as she could no longer do any of those things....she had lost her purpose.*

*I was able to connect these ladies and it has been of real benefit to them both. They both now have a feeling of having a place in someone else's life, of making a difference. They can pass an hour chatting on the phone, and they now attend a village coffee morning together once a month'.*

*None of the circumstances have changed for either of them in any way, yet things feel different.*

*Our project really has an impact on reducing Social Isolation in people with sight-loss which is a real issue in a rural County such as ours. Our clients are able to socialise with others facing the same issues, share experiences and develop lasting friendships.*

*Our volunteers really enjoy making a difference to their matched clients and at our groups. Many of our Volunteers are retired and by giving their time they feel that they are 'giving back' something to the community and are a valued part of our charity.*





### ORGANISATION OVERVIEW

Lincolnshire Rural Support Network (LRSN) is a resource for the county’s rural communities and businesses; the food chain in the county employs around 75,000 people.

Agriculture is recognised as a sector with higher incidence of work-related health problems than most. Long working hours, isolation, financial uncertainty, changes in legislation and statutory duties, administrative demands and exposure to physical risks all take their toll. Our work within rural communities is focused on:

**Casework** – primarily through one-to-one work with individuals, responding to referrals made in person or by others by telephone, email or at one of our drop-in advice points. Our casework volunteers have a range of experience including physical and mental health, stress, legal, finance, business, tenancy and a range of other issues.

**Helpline** – manned between 8am and 8pm, with emergency out-of-hours contact. As well as providing signposting to advice and other agencies, the helpline is a point of contact for casework services.

**Health Screening** – operating alongside drop-in advice points and through digital clinics overseen by our volunteer medical director and delivered by Registered Nurses, we offer confidential screening and advice across a range of medical issues.

As well as routine work, we form part of the county’s response to major incidents – flooding and other weather-related events as well, of course, as Covid-19.

### PROJECT HEADLINES



- Supported 642 beneficiaries completing a total of 2743 separate health checks
- In addition, we have engaged a further 1019 unique beneficiaries in healthy conversations – these are people who were spoken to about our services outside the health hut but who did not have a health check.

### PROJECT OVERVIEW

The Health Hut will offer a mobile health screening unit which will travel to rural communities across the area, taking a proactive approach to supporting mental health and wellbeing. This represents a new approach for LRSN, enabling us to broaden and deepen the reach and accessibility of our services. The Health Hut will act as a welcoming and non-threatening first point of contact, encouraging and supporting early intervention and prevention strategies. It will also enable easy access to wider services offered through LRSN and other partner organisations working in the mental health field.

### PROJECT WINS

LRSN Health screening offers a variety of outcomes for clients, and feedback received has included:

- Reduced anxiety and distress.
- Increased understanding of health issues
- Reduced hospital / acute healthcare engagements.

The Health hut has engaged many service users who would not have used our traditional “static” health screening clinics, we have noted many have then asked for follow up and sought out the services at Louth and Spalding, as well as accessing LRSN’s 1:1 casework support and mental health services.

We have been able to offer increased support to those who would not traditionally access our existing health screening services and promote a wider up take of our community casework service. We know that we have ‘found’ several very poorly people via our health checks, who were not previously aware of their health concerns and had not sought any help prior to having an LRSN health check. A number of these individuals have since been back to visit our nurses and tell them about the help they received from the hospital/GP as a result of our checks and signposting.



### IMPACT OF FUNDING

Total health checks undertaken during project:		2743	
BP:	621	Eye check:	4
Advice only:	2	Foot care:	1
Blood sugar:	589	Mental health chat:	437
Cancer chat:	4	Other concerns:	47
Cholesterol:	588	Stop smoking:	5
DHW:	386	Wound care:	3
Ear check:	38	Diabetic risk score:	20

### Case Study One

Discovered an unknown diabetic on the health hut blood sugar 26mmols, very high, feeling generally unwell. Not sure how long he had been extra thirsty, over tired, eyesight problems but it had been a while. Gave him some reassurance and some information and wrote a referral letter for him to give to GP the next day. His wife came to see nurses 2 months later at another event and she wanted to tell us how he had been treated very well at the surgery and how grateful she was that we had been there that day to see him. She said he was like a new man now, he had turned his life around, changed his diet and activity levels. They all realised how unwell he had been for quite a while.



### Case Study Two

Farmer in mid-forties attended for a health check, all tests were within acceptable readings. During the nurse’s conversation he revealed he was recently bereaved unexpectedly of his father. Typical farming family where dad made all the farming decisions and completed the paperwork. Now son is left trying to make a success of the farm but is struggling with both his bereavement feelings and a lack of the information and guidance he needs to move forwards on the farm. He appeared keen, but floundering, both he and his wife were suffering with anxiety and low mood due to the situation. They recognised they needed help and were very grateful when the nurses suggested they refer on to LRSN caseworkers to get involved. The Wife’s health check revealed issues with her BP and cholesterol levels which nurses referred to her GP for further assessment.

## PROJECT HEADLINES



The funding allowed the project to open following Covid and the lockdowns, to open the workshop for two full days a week. To promote the project and really give it a good chance to succeed and push towards the next stage of making the project full time to support more people and be more creative.



## PROJECT OVERVIEW

Outwood specialises in creating products from predominantly reclaimed wood that would have been destined for landfill. The predominant activities would be the salvaging of the wood, cleaning it up to a standard it can be used to create new and purposeful items to be sold locally at markets and fairs and via on-line marketplaces. By using wood as the main material, it opens all possibilities for the first-time user learning to use different tools and machinery to create a modest product all the way up to the more experienced creating more complex pieces that can be sold. By selling at local markets there is the possibility to improve confidence and self-esteem by interacting with the public by selling the pieces and raising awareness of the project through direct interaction.

## PROJECT WINS

The project has benefited the participants greatly – giving a relaxed friendly environment to be creative, problem solve and gain a sense of achievement from making things from reclaimed wood. People attending the workshop are becoming more confident, self-esteem is growing and this can be evidenced in the level of items being created and the relationships that are being formed between the participants. It's an absolute pleasure to come back after a stall and tell people what they made has sold, to see someone's face when you tell them something they made has been bought by someone they don't know, and they felt it was worthy of their money is just amazing. It really motivates the individual to keep moving forward.



## IMPACT OF FUNDING

The highlight of the project is a difficult one to try and describe, its more of a feeling. I've witnessed it a few times and it just makes the whole thing feel worth it. I've been in the workshop with my back to the room doing something and it's felt like a perfect moment in time – there is hammering going on, I can hear saws going, people chattering and laughing together. All other problems have disappeared, no one is worried about their anxiety, depression or neurodiversities; they are just themselves being themselves in that moment. It's perfect. It's how I envisioned this project being. That's how I want it to be and it showed me that it is possible and that this project can achieve that.

As a Social Prescriber my role is to support people to integrate in their communities. I have introduced many participants to Outwood, the space itself is fab with lots of tools and ideas buzzing about. It is an exciting space with a really good atmosphere. Simon has a sound understanding of how the people that are coming through Outwood's door may be feeling and has gone above and beyond to make the people I have introduced to Outwood feel more comfortable. Outwood has identified some of my participants' strengths and worked with them to help them grow and build confidence. Outwood is a fantastic resource for me and my Grantham colleagues. – Sarah Marshall, Social Prescribing Link Worker, Integrated Placed Based team

### Case Study

#### The challenge

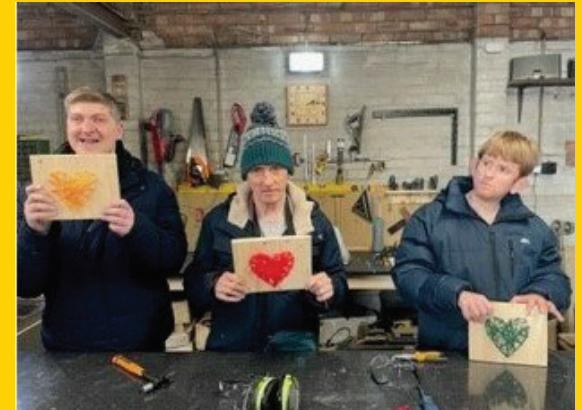
To deliver a craft session at a residential care home with early stage dementia residents.

#### The action

Asked by the residential home to deliver a session to the residents with early stages of dementia. Making it fun and interactive at a level that all residents could enjoy and actively take part in. Plan to simplify the bug houses for residents to finish and hang in the grounds of the property to encourage more wildlife into the area. Pin art craft for the residents to complete and hang around the building.

#### The outcome

Ran session in the recreation room to 14 residents and staff members to build bug houses and pin art. Supporting fine motor skills and coordination as well as socialising with other residents.



## ORGANISATION OVERVIEW

Established in 1998, soundLINC'S 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.

soundLINC'S 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.

soundLINC'S 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. Typical components for a high-quality CM interaction would include participant collaboration, informality, creativity, accessibility, empowerment, offering equal opportunity, and valuing personal and social developments in addition to musical ones. The strength of the CM model is that it reflects the context in which it takes place and Community Musicians ask themselves 'Why these individuals? Why here? Why now?'

## PROJECT HEADLINES

168  


BENEFICIARIES SUPPORTED

## PROJECT OVERVIEW

soundLINC'S proposes a service called UpBEAT! This is a variety of music related activities, each of which is provided or signposted following an initial conversation with the referred person. Activities would vary from 1-2-1 to group work; from online to face to face; encompassing all instruments, genres, traditions, and contexts.

## PROJECT WINS

- UpBEAT! has shown that participation in music has a profound positive benefit on mental health and wellbeing.
- Examples of positive benefits experienced by UpBEAT! participants include, improved confidence, making new friends, reduced feelings of loneliness, pride in achieving or improving a skill, improved memory function, improved dexterity, sense of belonging, coping better with bereavement and regaining a sense of purpose. Participants have described the UpBEAT! service as a 'life-line'.
- 78% of participants felt that UpBEAT! provided a safe, non-judgemental place to talk, 73% felt listened to and 78% felt less isolated and lonely. 98% of participants in the project enjoyed the activity and felt happier as a result.
- The highlight of the UpBEAT! project has been the amazing, courageous, inspiring individuals that have engaged with both the groups and the 1:2:1 sessions and shared their stories along the way. There are so many beautiful and moving stories of how music has brought connection, joy and purpose back into people's lives.



soundLINC'S  
Unleashing potential through music

# UpBEAT!

"Supporting Mental Health Through Music"

Music is fantastic for good health and wellbeing... It strengthens the brain's executive functions, can reduce depression, stress, it's fun, and it makes you feel good!

UpBEAT! is a soundLINC'S social prescription service, to help explore musical opportunities tailored especially for you.

For more info give us a call on  
**01522 510073**  
or email us at  
[upbeat@soundlincs.org](mailto:upbeat@soundlincs.org)




## IMPACT OF FUNDING

- Participants within both the UpBEAT! 1:2:1 and group sessions have benefited by experiencing increased enjoyment and joy through engaging with a new musical activity. 98% of participants in the project enjoyed the activity and felt happier as a result. "J" enjoys the sessions and is extremely grateful of the opportunity to discuss his life experiences. He has had significant trauma not only in his own life but also, losing his mother at the age of 16, his wife died of cancer, and two friends have committed suicide. He really benefits from sharing his grief and feels that the sessions have a positive impact on his wellbeing."
- Music has proved an effective antidote for negative feelings by boosting self-esteem and confidence, lowering cortisol levels and improving resilience to stress. 78% of UpBEAT! Participants reported feeling more confident after engaging with the music service. Upbeat! promotes social engagement and the cultivation, learning and nurturing of new skills all of which have positive impact on self-esteem and confidence. "This is absolutely brilliant and really brings people out of themselves to have fun and feel free to dance and sing".
- 76% of UpBEAT! participants made new friendships through the UpBEAT! service and reported feeling more connected to their communities. "This is the one group that everyone gets involved in. We have noticed that residents connect music to memories and the sessions stimulate interaction, communication, and group connection. Everyone loves the sessions, and it encourages dance and movement. The hard-to-reach residents have even got involved and come out of their rooms to sing." – SoundLincs





THE PARISH CHURCH OF  
ST. WULFRAM, GRANTHAM

### ORGANISATION OVERVIEW

We established our Wholeness & Wellbeing Centre at Grantham House in late 2020; however, due to Covid pandemic restrictions, there was only the most limited activity there (outdoors) until late May 2021. The Shine funding helped St Wulfram's launch the centre properly in the autumn of 2021; and enable us to communicate our vision, inclusivity and hospitality to the local community.

### PROJECT HEADLINES



**BENEFICIARIES  
SUPPORTED**

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

- Poor mental health: 3
- Housing issues: 1
- Loneliness/social isolation: 3
- Post-Covid-19 related issues (incl. long covid): 3

### PROJECT OVERVIEW

The Wulfram Centre community wellbeing programme at Grantham House will run during the Autumn 2021, Spring 2022 and Summer 2022, each 'term' having three activities before the school half-term holiday and three after the school half-term holiday. Each activity will comprise four tutor-led two-hour sessions.

In addition, our Artist in Residence will lead two two-hour workshops on Wednesday mornings each term. The programme includes art, craft, photography, woodwork, flower arranging for the home, a reading group, and physical activity (e.g. Yoga).

### PROJECT WINS

- Offer more activities and events for the local community
- Raise the profile of our organisation and new Centre
- Develop new working relationships and collaborations with other providers in the locality



### IMPACT OF FUNDING

#### Case Study One

This is a case study about a retired gentleman who came along to the Shine-funded 'Coffee & Chat in the garden' on Thursday mornings on the Grantham House site (a hidden gem behind a high stone wall close to the town centre). The activity was overseen by the Wulfram Centre Project Co-ordinator, who served coffee and biscuits at the start of each session. The sessions were facilitated on each occasion by one or two 'tutors'. We'll call the subject of our case study Arthur, but that's not his real name. Arthur first attended the 'Coffee & Chat in the garden' sessions when they started in the summer 2022; and he was present almost every week. Arthur is a widower and suffers from anxiety and depression, for which he was treated as a patient at a local clinic. He takes medication. Arthur tries to keep busy. One way he does this is by sharing an allotment in town with some friends he made through the mental health clinic. His goal in joining the group was to help feel less lonely and isolated. He wanted to spend time in a safe place. He has no access to outside space at home, so wanted to benefit from the glorious garden at Grantham House. He enjoyed drinking the coffee and the 'chat' element of the group when a facilitator or member of staff engaged him in conversation. But, above all, Arthur was keen to use his time in the Grantham House garden to read a book. We eventually learned that he is a member of a local book group; and that he was taking advantage of the peace and quiet in the garden to prepare for meetings of the book club. He said that he is one of about four people in the group, although there were more pre-Covid. One member organises the venue (often a coffee shop in town) and borrows sets of books from the local library. We wondered if the book club might like to meet at Grantham House sometimes and made this suggestion to Arthur. Our Project Co-ordinator enjoyed meeting Arthur on Thursday mornings. She observes that he seemed very content to sit on a garden bench, drink coffee, and read in the sunshine. He felt free to be in his own space, doing his own thing, which was courageous. A relatively small number of service users attended 'Coffee & Chat in the garden' on Thursday mornings, but all benefited in different ways. The activity halted in mid-September, when the weather began to be more autumnal. We would be glad to run the activity again next year and to make it possible for more people to spend time chatting or just 'being' in a special green space that is not routinely open to the public.

#### Case Study Two

This is a case study about a gentleman who's a keen member of the Shine-funded 'Gardening for

Wellbeing' group hosted at the 7-acre garden at Grantham House (a hidden gem behind a high stone wall close to the town centre). The twice-weekly sessions have been led by our paid Gardener and supported by our volunteer community gardeners, who have acted as 'buddies' to the service users. The activity is run and overseen by the Wulfram Centre Project Co-ordinator, who serves coffee and biscuits part way through each session. We'll call the subject of our case study Dennis, but that's not his real name. Dennis first attended the sessions when they started in the summer 2022; and he has attended either one or two days most weeks. He was forced to leave his home country in difficult circumstances and lost land and property there by. What happened there has affected the whole of Dennis' life and being; and he often talks about his loss. The challenge he faces is depression. He is currently unable to work; and he belongs to a scheme run by the local college, which focuses on engagement into learning for unemployed people. Dennis says he feels included in the gardening activity at Grantham House. He feels welcome and has made friends. He says he would come every day if he could. He feels that he achieves something, and the work in the garden gives him a sense of purpose, freedom, and peace. He feels in touch with his mum when he looks up into the sky while working here, which is a great comfort. Dennis says what a nice person our paid Gardener is and how his personality really helps all people who volunteer in the garden. Our Project Co-ordinator observes that Dennis has gained a great deal of confidence since she first met him in July. Dennis would like to have a 'college' allotment area within the grounds of Grantham House, that he can oversee, and others on the college scheme can help with. This is at the planning stage and could be a long-term benefit for Dennis, for his college colleagues, and also for the project team at Grantham House in so far as it serves as a model for future activities. It is not only service users such as Dennis who have benefited from 'Gardening for Wellbeing'. Our Gardener has been enriched by the experience; and the 'buddies' have been rewarded by helping those in need. They have all enjoyed witnessing growth in the personal confidence of the people they have supported through the project. Lastly, fruit and produce picked by the service users has been donated to Grantham Passage, a local charity that provides a daily hot meal to local people in need.

**"It's an incentive for him to get up in the morning, he is really getting back into his drawing and making now that he can talk to someone about his ideas!"**

**"I haven't self-harmed since I started coming to the sessions."**

**"The sessions have helped with my confidence; I have been in my own for so long I was finding it difficult to go out and be with people again."**



DON'T GET IT RIGHT, GET IT WRITTEN

### ORGANISATION OVERVIEW

We offered writing and drama workshops, under the title of the Stepping Stone Scribblers, "Don't get it right, get it written". We are also offering the opportunity to be part of the Lockdown Legacy Project regular Podcasts. The podcast is where we will record peoples living history in hopes that it will improve mental health for the podcast's participants and also the listener.

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED



### PROJECT OVERVIEW

We will be doing story telling as a cathartic way of healing. By sharing your story, it may help others. Don't get it right get it written is a tried and tested writing and Drama workshop which seeks to improve mental wellbeing through creativity. Participants are encouraged to write their own testimonial story and perform if they feel up to it This is a no pressure, non-judgemental non-clinical fun approach to writing and telling your story.

The participants where all students at BGU and were invited by their heads of departments to join in the sessions. It proved so popular that the session were timetabled into schedule lectures.

### PROJECT WINS

One of the truly unexpected benefits was how quickly after each session, the students bonded with each other. It seemed that before the session individuals kept any issues very close to their chest, but by giving an opportunity to open up and share their story they started to feel comfortable with each other's company.



### IMPACT OF FUNDING

#### Case Study One

*T is a second-year drama student at Bishop Grosseteste University. She attended a workshop led by Stepping Stone Theatre. In the session she became very tearful, and it became evident she wanted to disclose "her story". As the workshop continued it became clear that it was too painful for T to talk about. Stepping Stone encouraged her to attend a second workshop, which she did. This time as the session went on she enthusiastically engaged in the exercises and worked well with her fellow students. At the end of this session, she shared with the group that she is stricken with anxiety. She explained that she did not know the source or cause of the anxiety, but that she knew how it manifested. Her story was heartfelt and very honest. The sharing of it was a definite break through on her journey of mental health. Stepping Stone encouraged her to write her story and submit it for the Lockdown Legacy Booklet. In due course she did submit her story. It is published in Booklet 5 of the Lockdown Legacy series of booklets. T has been in touch and expressed that sharing her story and seeing it in print has given her an improved perspective on her mental health.*

#### Case Study Two

*D is a second year SENDI (Special Education Needs and Diversity) student at Bishop Grosseteste University. She is a mature student. She attended a workshop lead by Stepping Stone Theatre. In the session she required very little encouragement to share how her mental health was. She expressed that she had just become free of a very turbulent relationship. As she told the story she had her fellow students laughing. This showed that she is already finding the humour in a very stressful situation. Stepping Stone encouraged her to write the entire story. In due course she wrote a 2-page entry for Booklet 5 of the Lock Down Legacy project. We have had report from her professor that her positive attitude and insights have been an inspiration to her classmates. She is gratified that her story has been publicised.*

*"Fantastic workshop with our group today. Naturally engaged us all – even when not sure, your natural flow and your down to earth openness, allowed everyone to participate."*

*"It has been helpful and challenging. It helped me a little with my social anxiety aka speaking in front of the whole class. It also gave us a safe place to get all our feelings/thoughts off our chests."*

*"Being able to have this opportunity to both address and let go of memories /trauma/emotions in such an accepting and creative way felt so nice. It is definitely something I think any and everyone should be able to experience. It was honestly amazing and I'm glad I was there to experience it."*

*"Today's session was amazing in making me realise how to let go and be myself. The atmosphere was great, and lessons learnt today will not only help with my degree but with life in general."*





STEPPING STONE THEATRE - TRENT  
THE LOCKDOWN LEGACY – THE  
STORY CONTINUES

### ORGANISATION OVERVIEW

**We offered writing workshops, under the title of the Stepping Stone Scribblers, “Don’t get it right, get it written”. These were done in person and online and completed story telling as a cathartic way of healing. By sharing your story, it may help others. We offered, with our allies, art and painting workshops and a weekly walking group to help with health and wellbeing. Also, we practice creative befriending, where people of a similar frame of mind can meet and share their experiences together.**

### PROJECT HEADLINES



**BENEFICIARIES  
SUPPORTED**

We were able to pay our sessional leaders, room hire and most importantly we were able to provide a service of continuity and consistency. It also enabled us to provide refreshments and enable to run the groups free of charge to participants.

### PROJECT OVERVIEW

We do this by offering a women’s support group online. A Photography Archiving project. Podcast storytelling. A very ambitious creative endeavour, but one we feel stepping stone theatre could rise to. All the above will be done under the guidance of the ‘Lock Down Legacy’ Project; overseen by Bill and Kate. As people come out of Lock Down they are going to need a safe place to come and feel welcomed. It is that safety and reassurance that with encouragement, will allow people to re-engage and be open about their mental health challenges. We will welcome people to our new workshops with open arms in a non – judgemental, non-clinical way; safe approach where no one is labelled as their illness. Just good old-fashioned friendship. We offer companionship and a sense of inclusion. There is a lack of opportunity in our area, to experience creative, cathartic work as offered by Stepping Stone Theatre for Mental Health.

### PROJECT WINS

All, yes all, of our service users have improved mental health. The friendships that have been forged and that continue outside the groups are wonderful. It has enhanced mental wellbeing and enable people to open up about their own mental health journey. It has also boosted self-worth, self-esteem and confidence after seeing the work in print. It has enabled each participant to be more outgoing and honest about the mental illness. All this comes from a stigma free place of safety.

P – one of the women in our case studies – got a job!!! And she is loving it. P has, for the first time in her life has a job. She has been taken on by the VCS as a support for you people seeking employment. With help and encouragement from stepping stone and the group members, she felt confident enough to apply. One of our directors wrote a reference and she is now well settled in her new role.



### IMPACT OF FUNDING

**“Our ethos has been to encourage people to heal at their own pace; slowly building confidence, self-esteem and self-belief. We have succeeded in this. The friendships that our services users have grown has been an extremely rewarding element to the work. This has occurred due to the fact that we are a 365 organisation. We do not run 6- or 12-week courses, we are continual, – Stepping Stone Theatre**

#### 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 publicised. 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.*



## ORGANISATION OVERVIEW

ReStore provide a base along the coast for the social prescribing team to base themselves/see clients in a safe environment. We will support those within our community to access support services, make contact with agencies like housing, addiction services etc as well as providing a hot desk for these agencies too.

## PROJECT HEADLINES

182  
  
BENEFICIARIES  
SUPPORTED

## PROJECT OVERVIEW

We offer a befriending service over the phone that the social prescribing team can refer into. As well as signposting and providing a hot desk environment, we offer daily access to art & crafts, games, the internet and printing as well as using the computers we have in place for study/further development.

We want ReStore to be a real hub of activity or simply a safe place for someone to have a coffee whilst talking to one of our team. We want to prevent the development of mental ill health in those that access ReStore by offering this weekday service to the community free of charge. We take a holistic approach to those we come alongside and in theory, create a care package around them that best meets their needs.

## PROJECT WINS

Seeing one of the participants going from accessing social prescribing to running her own peer support group (weekly) to have a space, for free, to meet beneficiaries in a safe, warm place.



## IMPACT OF FUNDING

### Case Study

*B has agoraphobia and only feels comfortable in her place of work or her home. B lives at her work for a lot of the time and sometimes this can be a little overwhelming when there is no escape from her workplace.*

*I met B first in her own home – away from work. We chatted about what matters to B the most and for B this is her work and her family, B explained that although she loves her work sometimes it can feel very over whelming as she lives there too and there is no escape. I introduced B to The Store House in Skegness as this is only a few doors down from her work, here we have met several times and had a cuppa and B is wanting to get involved with some of the groups here.*

*B now feels comfortable with going to the Store House and can use this space as an escape from her work place and to spend some time doing something for herself. Hopefully B will find new friendships by attending The Store House.*

*FYI: The Store House is not in B's PCN area but it is close to her work. It is important that we use spaces that are relevant to that person on a personal basis and not purely on a PCN area.*

***"(I have) become confident in coming to more groups and meeting new people."***

***"Great to have someone local to confide in."***





## POST COVID COMMUNITY RECOVERY PROJECT – MENTAL HEALTH

### ORGANISATION OVERVIEW

Winthorpe Community Partnership is a resident led collaboration between residents and service providers from NHS, Council, Police, Housing Association and others. With the aims of providing the community with more choice, more opportunities and increase local knowledge and skills to make our community a happier healthy inclusive place to live.

Alongside all of this we run clubs and activities. All based on what our residents say they would like to attend.

Encouraging residents to get involved, volunteer and make a difference.

Our Community Garden is being look after by a local lady in her 70's with Dementia



### PROJECT HEADLINES



### PROJECT OVERVIEW

The project has been divided into groups with individual aims and focus. The groups are delivered by the coordinator & volunteers with additional support provided by a mental health professional.

The groups are aimed at attracting 5 new service members per week (20 individuals per month) with the overall aim to have supported over 100 individuals over the year.

**Focus Groups:** Engagement, Empowerment, Inclusion, Independence

#### Groups

All groups and services are aimed specifically to promote outcomes which support recovery and wellbeing (also good mental wellbeing both in the home and in the wider community).

#### Groups have 4 key areas:

- Physical Wellbeing: The effects of physical health on mental health
- Mental Wellbeing: How mental health can create physical health conditions
- Social Wellbeing: How mental health can reduce social mobility

### PROJECT WINS

- Seeing the change in people, and the amazing friendship groups that have been made.
- They now support each other and understand each other.
- Opening the Charity shop has proved so worth while for everybody involved.
- The confidence these ladies and gents have now is unmistakable.

### IMPACT OF FUNDING

One elderly lady told the coordinator that she has no family and if it was not for the weekly lunch club she would not see anyone. – Winthorpe Community Partnership



### Case Study

Mrs W, Age 76, Widowed, lives with her son on an over 50s site

#### Key issues/problems

Mrs W was really lonely, socially isolated and struggling to find her place in the world. She was feeling very down.

#### What happened

She found one of our leaflets and gave me a call. We had a chat about what we could offer her at Winnies and I booked her in for our lunch club.

She came on Wednesday for her dinner and met some of our lovely service users. She immediately felt at ease and agreed to come to the knitting on Tuesday.

She got on so well with everybody that she started coming every Tuesday, Wednesday and Thursday. She really started to come out of her shell. She came to me one week and thanked me for encouraging her to come. She said she had been in such a low place but was feeling so much better in herself. In April we set up the Charity shop, Mrs W has previous experience in shop work. She put herself forward as a volunteer and now 6 months later she basically runs the shop with the other 8 volunteers. She is in their most days but still comes in for her dinner and to see her friends.

#### Going forward

Mrs W wants to carry on in her voluntary role for as long as she possibly can. She has made a real success of the Charity shop, has great organisational skills and is very well liked.

#### Key outcomes

- Confidence improved
- New friends made
- Seems happier in herself
- Mental health improving all the time
- She is getting out and about more
- She has a purpose to get up in the morning

A Community Litter pick that we helped arrange and took part in.







YMCA LINCOLNSHIRE

YMCA

### ORGANISATION OVERVIEW

**Dance Your Cares Away is a project designed to provide positive benefits to participants physical and mental health and combating loneliness by bringing people together to share fun, enjoyable dance activity and a social opportunity.**

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

In three batches of 10 weeks adults aged 18+ will take part in a series of weekly dance classes led by a professional practitioner, with a chance to stay on afterwards and enjoy an informal social aspect through coffee and healthy snacks with other participants.

**Dance Your Cares Away**

A FREE weekly programme run over 8 weeks (1 hour duration).

Improve your wellbeing and mental health through dance exercises.

No previous dance experience required.

Everyone covered to your ability, then come to have fun!

The perfect way to build your strength and have time to chat to others in a friendly, safe environment.

Venue: Guildhall Arts Centre, St Peter's Hill, Grantham, NG31 6PZ  
Class Time: 10.00 - 11.00

Course Dates:  
Thursday 1st September Thursday 08th September  
Thursday 15th September Thursday 22nd September  
Thursday 29th September Thursday 06th October  
Thursday 13th October Thursday 27th October

(Please note there will be no class on Thursday 20th October)

If you need more information or to book your place please contact:  
Email: [communities@lincsycma.co.uk](mailto:communities@lincsycma.co.uk) Telephone: 01529 302466

NSF Lincolnshire  
Lincolnshire  
Shine  
YMCA

### PROJECT OVERVIEW

The sessions will be aimed at providing a fun and safe environment to explore dance. The sessions will provide positive mental health benefits to the participants through the taking part in a shared activity with other like-minded people. This will be an opportunity to make new friends, and to chat in friendly informal surroundings after the class with peers.

### PROJECT WINS

It enabled us to offer something very different in an area where we aren't well known. It also gave us the opportunity to be able to work with a practitioner who has the skills to be able to offer this type of class, with potential to work with them on future projects.

All participants have significantly increased in their confidence, stamina and balance throughout the sessions. Participants who have continuously attended have significantly improved in their balance, including one participant who on their first session had to lean on others or the walls when balancing / stretching/ walking at pace around the space. Throughout the sessions, the participants balance has improved and now can balance in stretching positions without any assistance.

Participants have benefited from a similar structure to the sessions each week, where they can remember sequences and have felt more confidence when moving and performing in the space.

Creative movement games have helped participants with their confidence, allowing them to perform their own movements without assistance from staff or guardians, improvise with others and motivate others when dancing together, which has been so rewarding to see when delivering the class.

Staff from Day Break have regularly mentioned that the participants thoroughly enjoy dancing in the session and the skills they have learnt from attending has benefited them in other activities within the day centre. Participants feel confident moving the class without staff assistance which has been rewarding for staff to see how far they have come from week 1 of dancing.

**Dance Your Cares Away**

Quote from participant:  
"I thought the classes were well great and definitely helped me in improving my wellbeing. The teacher was supportive, welcoming and supportive. The exercises and movements were paced to my ability. I feel stronger, more confident and really looked forward to my weekly sessions. I would definitely recommend it to anyone."  
Thank you for the opportunity just when I really needed this in my life!

Venue: Guildhall Arts Centre, St Peter's Hill, Grantham, NG31 6PZ



### IMPACT OF FUNDING

**Participants thoroughly enjoyed the sessions and wish for the sessions to continue. Majority of participants who attended were from Day Break in Grantham and have voiced an interest in delivering the session within their centre, which would be a barrier for potential new participants. – YMCA Lincolnshire**

*'Thank you so much for making my group feel welcome and at ease. They will miss the sessions.'*

*'I thoroughly enjoyed Amy's session this morning – thank you for organising – I will be back next Thursday. It was really good to do something completely different and to have a laugh with a nice group of people.'*

### Case Study One

Participant joined class from week 2 of the sessions back in May. Participant had recently suffered from long Covid, and aimed to come to class in order get back into the community and take part in a positive physical activity as she was currently out of work and actively looking for employment.

The small group was comforting for her as she suffered from social anxiety and when dancing found the technical terms nostalgic from when she used to dance ballroom with her partner.

She attended 5 classes until due to finding full time work had to stop attending. Her confidence throughout the sessions grew significantly and she really enjoyed speaking to the other participants, of which she used to stay after the class and have a drink in the cafe afterwards. Week after week her balance, stamina and ability to remember the sequence from the following week improved.

### Case Study Two

Participant has attended 6 sessions in Wave 2, and attended as part of a larger, previously formed learning support group.

The participant had never taken part in a dance-lead session before and was reluctant to participate in their first session, asking for constant support from chaperones/staff in the space. A lot of encouragement had to be given to participate and the participant struggled with walking confidently in the space and had to hold onto staff/the wall in order to balance when holding static positions.

Week on week the participants balance has significantly improved, to which the participant was able to jog in the space, quickly change direction of motion and hold static stretching positions, without assistance or physical support.

The participant in the last session volunteered to lead our movement game, incorporating their own ideas and creativity into the movement story and was encouraging others to join in.

Carers/staff from the learning support group had mentioned that they had never seen the participant move this confidently and independently before and found that from little interference from helpers/staff members helped with the group's overall concentration in the session with the dance group leader.



**The significant impact of this funding on the health and well-being of Lincolnshire becomes apparent when considering the numerous beneficiaries supported during this phase. It is essential to acknowledge that the influence of the funding extends beyond individual recipients; those in their immediate circles also experience a sense of comfort and support.**

These initiatives transcended mere life-saving measures; they empowered individuals and strengthened community resilience. The funding has fostered collaboration among grassroots organisations throughout the county and forged stronger connections between statutory and third-sector provisions. This has led to the implementation of a 'No Wrong Door' approach to mental health care in Lincolnshire.

This cohesive strategy has resulted in a robust mental health support system across Lincolnshire, ensuring that individuals can access assistance in the early stages and effectively preventing crises from escalating.



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

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