



Lincolnshire
Community Mental
Health & Wellbeing
Transformation

Community Asset Development

Wave One Evaluation



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MENTAL HEALTH TRANSFORMATION AND THE COMMUNITY ASSET DEVELOPMENT FUND

What is Mental Health Transformation

The NHS long term plan created in 2019 set out to develop a new approach to primary and community mental health care. The vision is that community mental health services play a crucial role in delivering mental health care for the population.

The community-based offer will include access to psychological therapies, improved physical health care, employment support, personalised and trauma informed care, medicines management and support for self-harm and coexisting substance use.

By 2023/24, this will enable at least 370,000 adults and older adults per year nationally to have greater choice and control over their care, and to live well in their communities.

Each county has been tasked with leading transformation on a local level, this means local areas decide the exact content and priority of each plan in collaboration with children, young people and their families as well as providers and commissioners.

Transformation in Lincolnshire

The Lincolnshire Mental Health and Wellbeing Transformation Programme is a programme of work that has been put in place to ensure that every aspect of care has the people of Lincolnshire at the heart of the decisions. The ambition is to transform the provision of mental health and wellbeing to develop new and integrated models which enable people to access the right care in the right place at the right time, enabling people to self-help as appropriate.

Part of Mental Health Transformation ensures that there is 'No wrong door' to accessing care, ensuring everyone is able to receive the right support at the right time. It

also ensures that everyone has the opportunity to have their say as to how mental health and wellbeing services in Lincolnshire are designed, implemented, delivered and evaluated.

The vision is to create opportunities for people to thrive; discover and shape their communities; encourage relationships and build a sense of belonging to support their wellbeing.

The Community and Voluntary Sector and Mental Health Transformation

The entire Community and Voluntary Sector from national charities down to small community groups are vital to the implementation of Mental Health Transformation. They provide assets such as community hubs and crisis cafés that upskill communities, destigmatise mental health and reduce social isolation all while increasing the support offer to prevent crisis escalation.

Working strategically and inclusively with communities allows connections to be created, this has value. By investing in interventions which build and strengthen networks of social relationships it is possible to generate this value within the community, thus increasing the wellness of the community. The Community Asset Development Fund is part of this investment.

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 promote 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 21 applications with 19 successful projects. These projects were delivered across Lincoln, Grantham, Boston and Gainsborough, with the last project completing in June of 2022.

'Each project has provided a unique offer for beneficiaries in Lincolnshire to come together and receive support within their own communities. Without this, these beneficiaries would have had to choose between accessing statutory or private services or continuing without support, increasing the risk of crisis escalation. The work these projects have done has been vital in supporting the mental health of communities and highlights how much of an important role the Third sector plays.'

Rachel Wright, CEO Shine Lincolnshire

As a collective, the projects successfully supported the wellbeing of 2,739 beneficiaries at a community level, clearly demonstrating the importance of community based support within mental health transformation.



BOSTON UNITED- POSITIVE PILGRIMS

ORGANISATION OVERVIEW

Our vision is to help members of the community accomplish their goals by delivering a range of quality, innovative projects through football and sport.

Through this vision we have broken it down into more specific aims:

- To increase and develop new opportunities for community members to participate in sport and physical activity.
- To develop and nurture the local youth of tomorrow.
- To create and develop opportunities for everyone to engage in grassroots football.
- To increase physical activity levels and promote healthy lifestyles.
- To raise peoples' aspirations and attainment levels in sport.
- To deliver innovative projects in order to engage and bring together various groups and communities through sport.
- To create and provide opportunities for local people to develop skills, access training, volunteering and employment.
- To develop and create links with Boston United Football Club 'The Pilgrims' fans for the future.

PROJECT HEADLINES



INFORMATION & GUIDANCE PROVIDED ON

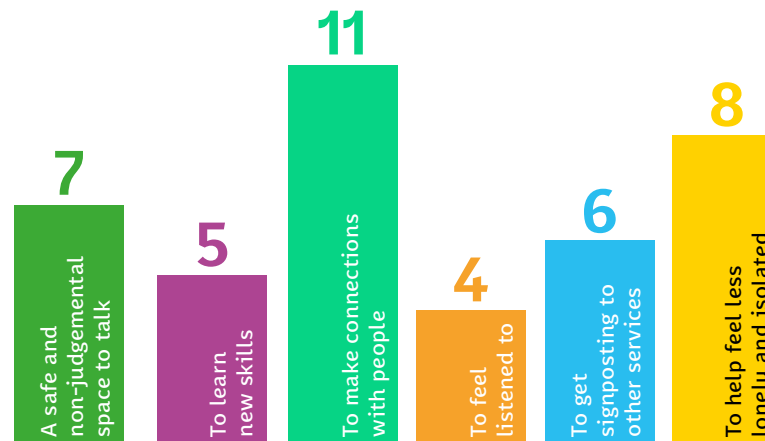


PROJECT OVERVIEW

Based in Boston, the **Positive Pilgrims** project provides weekly organised sport and physical activities alongside opportunities to undertake employability skills training and sports coaching qualifications, helping improve participants' mental and physical wellbeing. One of this project's essential features is that the service users drive the agenda and activities to ensure maximum engagement. A mood map and goal setting exercise is conducted at these sessions, then done at periodic intervals throughout the project.

PROJECT WINS

- All 19 individuals surveyed would recommend the project.
- All participants had either a 'good' or 'very good' experience accessing the group.
- How individuals felt their original goals were met:



IMPACT OF FUNDING

The funding gives us the opportunity to target specific groups and help out the wider community through putting on sporting sessions which will aid and improve all beneficiaries mental health and physical health and wellbeing.

Boston United Football Club Community Foundation

'DS' is one of our more senior participants in the group and has always been a very quiet reserved guys. Since joining the programme and over a number of months into it he has been very open about talking about his own individual issues of what caused his initial breakdown/depression. He shared and elaborated with the group that he was held up at gunpoint in his previous job as a cashier in a local shop, he shared that this was the incident that spiralled him out of control as he couldn't come to terms with why and what could have happened (unfortunately for him he made newspaper headlines which is one way it didn't help him). DS's main focus was to improve mentally doing something he has always loved to do, which was football. Months into the programme and he became sort of the 'dad' of the group where he would go around picking some of the other participants up so they could get to the session on time (personally, I think it was a case of him ensuring others were there so the session took place). Once he showed signs of improvement in confidence, I approached him about extra things he could do as he was loving being back playing again. He then joined ManvFat football where he would attend on Friday nights. This encourages him to watch what he is eating as he has to weigh in before playing a game. During that season, when he is doing fantastically on his weight loss, the captain all of sudden leaves the team. DS showed even more confidence as he then volunteered to be captain of that team which he still is up to the present day. Such a massive step for him from where he first started.



DS is also currently part of the group taking part in the Sports Leader Award course at the Club which is just another step in the right direction for him personally.



LINCOLNSHIRE COMMUNITY AND VOLUNTARY SERVICE – NATUREHOOD PROJECT

ORGANISATION OVERVIEW

Lincolnshire Community and Voluntary Service (LCVS) is a charity working in Boston, South Kesteven, South Holland and East Lindsey. LCVS works in a variety of ways to support the health and wellbeing of communities and individuals.

We work with local groups and charities to provide practical, community based solutions to social and economic problems and provide a forum for sharing information and knowledge.



PROJECT HEADLINES



PROJECT OVERVIEW

The project created a **Naturehood**, positive action by people for the wildlife in Boston, helping to understand what actions have the best impact on wildlife across the town. Working with Lincolnshire Wildlife Trust we aimed to create good quality, nature friendly places for everyone to enjoy, six publicly accessible sites in Boston that can act as stepping-stones and corridors for wildlife. We held community events at the sites, activities included things like a wildflower meadow, bug hotels, logs piles, bird boxes. Organisations and participants received Naturehood wildlife packs (meadow seed mix, plant pot, plants, compost, bird box kit, logs, pollinator friendly garden sign), so they could establish their own small wildlife area using instructions provided.

PROJECT WINS

- Project promotion posts reached **2,325** people on social media.
- Some participants have gone on to be regular volunteers.
- Some participants have gone on to create nature areas in their own gardens.
- When asked how taking part in the naturehood project made them feel, the participants answered:
 - Happy **152**
 - Peaceful **68**
 - Helped with my low mood **51**
 - Other **5**
 - Made no difference **4**
- When asked what they thought about the events, the participants answered:
 - I loved it **233**
 - It was ok **29**
 - I liked some of it **18**

IMPACT OF FUNDING

As a result of the funding, we have made new partnerships – in particular with Lincolnshire Wildlife Trust, and strengthened links with many local organisations including The Men’s Shed, Boston College, Geoff Moulder Community Garden and the Young People’s Learning Provision. We have provided volunteering opportunities for social prescribing clients and local people, and brought in other funding and in-kind contributions, e.g. ASDA Foundation grant for £502, free training and staff support from Lincolnshire Wildlife Trust, bird box kits made by Boston College and The Men’s Shed, and free pallets provided by South Lincs Pallets.

LCVS

“It was lovely to see disabled elderly people getting so much enjoyment from the activities.”

Participant from Dementia Action Week in Central Park

“The best thing about the Naturehood project was the interaction of students within the event and creation of new habitats.”

Boston College

The Community Garden was built in 2013 and was funded by the Health and Wellbeing Fund, Lincolnshire, Boston Borough Council, Lincolnshire County Council, Boston Greenscapers and Incredible Edible. Boston College students were involved in looking after the garden but then there was a gap of around 3 years and the garden became very overgrown. The Boston Vegan Group was offered gardening space here following the closing of the community

garden in Central Park. They were gardening for one season and then it was shut down due to COVID and the group disbanded. The original members were unable to come back when the garden re-opened, apart from M. A few other members helped in the background.

The Naturehood Project introduced new volunteers to the community garden, and this has allowed the garden to continue. Without it, M who runs the garden, doesn’t think it would have been possible. Some of the new volunteers came from Social Prescribing and this has given them a safe, tranquil place to come to, to do something worthwhile and learn new skills. N and D said that they enjoyed being in the garden, it had given them something to focus on and being outside had been therapeutic. D had not been in employment for a few years and being involved in the garden had given her a sense of achievement.



LINCOLNSHIRE COMMUNITY AND VOLUNTARY SERVICE – HOARDING PROJECT

ORGANISATION OVERVIEW

Lincolnshire Community and Voluntary Service (LCVS) is a charity working in Boston, South Kesteven, South Holland and East Lindsey. LCVS works in a variety of ways to support the health and wellbeing of communities and individuals.

We work with local groups and charities to provide practical, community based solutions to social and economic problems and provide a forum for sharing information and knowledge.



PROJECT HEADLINES

SIGNPOSTING TO 35 ORGANISATIONS

10 BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Hoarding is a major problem within the Boston locality. Multiple agencies visit members of the public daily and identify risks that hoarding can induce. Within the locality we have specialities to help deal with patient’s mental, physical and social needs. However there is a part of hoarding that is overlooked, the hoarding itself. Through assessing peoples physical/mental health, social situation and by understanding what is important to that person, we strive to achieve the following:

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

PROJECT WINS

- A majority of programme participants have been engaged with multiple services to aid with their reintegration into the community.

“Excellent work, I can find some stuff now, the progress has been made. The service provided more than I expected; I thought you were going to throw everything away but you respected my values and you have been asking if items can be removed or rearranged.

“I am very impressed about everything, your attitude, being nice, polite. I haven’t felt judged, you give advice and get on with things; so much has been done but not enough hours – more needed for all the jobs to be completed. You (DYM) did loads more than was expected.

‘I am 100% satisfied! I didn’t expect that somebody would do so much for me. I’m very pleased with your service.’

Participant feedback

IMPACT OF FUNDING

The Challenge:

Initial referral sent to the neighbourhood Team from Adult Social Care – the patient had been admitted to hospital following a fall and EMAS had raised a concern around the condition of the property.

Patient lives in her own home, large-detached bungalow in a rural location

The property is very cluttered with boxes, empty milk bottles, mouldy food and magazines. Due to the condition of the property the patient is unable to return home from hospital as this is not a safe environment, this means the patient will have to remain in a care home until it is safe to return.

Clutter ranking 8.

The Action:

Case discussed at the Neighbourhood MDT and it was decided that the best course of action would be for Declutter Your Mind to start work asap. The patient consented to the work being completed as she is keen to return home.

Referrals have been made to the Fire Service and Declutter Your Mind for practical support around the hoarding.

20 hours of paid work completed by Declutter Your Mind funded by the Hoarding Project fund.

The Outcome:

Patient’s neighbour has been involved in the decluttering/cleaning process at the request of the patient.

The work has been completed and the patient has returned home.



ORGANISATION OVERVIEW

The Askefield Project Ltd is a **Community Hub in Friskney in rural Lincolnshire, registered with Social Farms and Gardens, located between Skegness and Boston.**

Our mission:

- We aim to be a sustainable Community Hub that promotes positive life changes to support, encourage and enable recovery.
- We will create a supportive friendly atmosphere where enjoyment, achievement, inspiration, and structure encourage growth through experience and where volunteering is positively promoted.



PROJECT HEADLINES



PROJECT OVERVIEW

The **Tool Shed** is an activity hub for the local community where participants meet, socialise, and engage in an array of different hands-on activities of their choosing, creating something that would be impossible to achieve at home. The Toolshed provides support, access to tools and equipment and applies to all genders, abilities, and ages.

PROJECT WINS

- A successful day was held to raise awareness of the project.

AREAS OF SUPPORT



IMPACT OF FUNDING

The Toolshed is a lifeline to many of our clients. Post covid, we have seen many more clients with loneliness and isolation issues and without this funding, The Toolshed would not have been able to take place.

The Askefield Project

Terry is a retired gentleman in his 60s. He first heard about The Toolshed through social media, when we responded to a post from another gentleman asking about whether there was a local “Men’s Shed” back in April. He attended initially after giving someone a lift, but enjoyed it so much he continued coming when the other gentleman’s health deteriorated.

His first project involved finishing some tables that had been made at The Toolshed for The Village Museum in Skegness for their model railway set up. We had 3D printed some feet for it and this began the conversation with Chris about his 3D printer and what he was able to create with it. His next projects were to make a bird feeder out of broom handles cut in half and a mini picnic table for the squirrel in his garden, which he linked to a camera so that he could watch its antics on his phone...

Terry is very proficient with electronics and loves creating new machines. He uses his 3D printer to make all sorts of equipment for both himself and us! He has built a laser engraver from scratch, which he has used to make signs for Sim’s egg cupboard and another client’s wheelchair friendly table. He then worked with Chris to modify an old table saw to create a router table for clients to use, which took about six weeks to complete. During this time, he took home our second 3D printer which had been donated and was not working, and turned it in to a laser engraver, which we now have working in the classroom.

We won a beehive from Thorne earlier in the year which Terry and Sim built for us, and he also completed building the owl house that had been designed and started during our Challenge Askefield afternoon sessions. This will be installed at the top of a telegraph pole in the next month. He even laser etched a name plate for it (taken from Winnie the Pooh). Having spotted our compressor in the barn, Terry then created a glass etcher so that we could etch names on to our Farm Club children’s glass juice bottles.

Most recently, Terry has repaired our mobility scooter; it had an electronic fault which proved to be a mystery to everyone and had been out of action since October. Terry worked with Chris to determine the fault and has managed to fix it, which is fantastic. Our Care Farm client is returning this

week and will be delighted that she is finally able to feed the animals.

Terry shows such enthusiasm for The Toolshed and has become a huge supporter of everything The Askefield Project does. He even appears on our Toolshed flyer which he is very proud of. He and his wife also brought his grandchildren along to our Farm Club, which they all enjoyed immensely and attended our recent Bingo Night Fundraiser.





GAINSBOROUGH CRISIS ACTION TEAM

ORGANISATION OVERVIEW

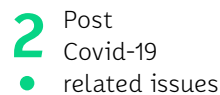
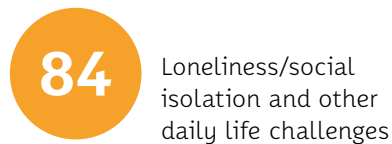
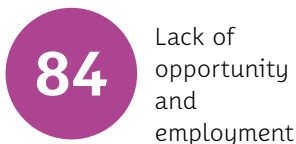
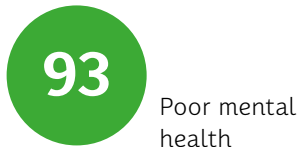
Gainsborough Crisis Action Team are a mental health crisis prevention group. They are fast-acting to provide high-speed interventions to circumvent a mental health escalation.

Clients often present with complex needs. Issues include social isolation, poor housing, homelessness, re-offending, domestic abuse, benefits dependency, substance misuse and crisis and suicide prevention.

The organisation's main aims are:

- To promote and support positive mental health within our community
- To support people affected by mental-ill health
- The advancement of health or saving of lives
- Community Asset Development
- Promote partnership working

AREAS OF SUPPORT



PROJECT HEADLINES



PROJECT OVERVIEW

x-church Community Drop-in is a holistic place where everyone can come to make new friends, engage in enjoyable activities, have refreshments and food and access support. Our community drop-in is open to anyone 18+ who needs advice or support about a range of topics, including their housing situation, challenges in their home life or relationships, or even simply need pointing in the right direction. We work alongside a large network of service providers so can point people in the right direction to meet their support needs. We also host several social activities aimed at promoting good mental wellbeing.

PROJECT WINS

- 7 individuals supported with PIP claims.
- The takeaway soup kitchen has been accessed by 27 separate individuals across over 300 visits.
- Access to a counsellor for 6 of our clients.
- Co-hosted a community litter pick with WLDC VCS. The event attracted over 25 volunteers from members of the public and third-party agencies including the Ward County Councillor, Children Links, Lincolnshire Police and LEAP. Seven of our clients participated in the litter pick.
- Liaised with CMHT on behalf of 5 of our clients with favourable outcome.
- Co-worked with We are With You to jointly support 5 clients with dual-diagnosis with their full consent.

IMPACT OF FUNDING

It has enabled us to provide a valuable service to support vulnerable adults with mental health difficulties living within our community. They have been able to access a rapid response service to circumvent a mental health/crisis escalation. The service has provided wrap-around support to connect people to the services and activities they need to retain positive mental health.

GCAT

'C' was introduced to us on the 7th September 2021 under fortuitous circumstances. He arrived in the café with two friends ostensibly for a bite of lunch. During a brief conversation with the trio it appeared that there may be a more significant story going on behind the scenes. We explained the service that we offered and the couple indicated that C might be back to see us sooner than they imagined. They couldn't have been more right. Within an hour the trio returned. C's temporary accommodation had fallen through and he had nowhere to stay for the night. As the story unravelled C had fled his home due to domestic abuse, and the couple who were long time friends had been supporting him with a roof over his head for a week or so. C had been offered temporary accommodation via his employer but this had fallen through that same afternoon under vague circumstances. By this time it was about 2.30pm so we called numbers for every member of the Home Choices team to no avail. Finally at 3.30 we had to escalate. C is a 52-year-old-man who had recently had a stroke and we couldn't risk him being homeless that night. The couple who had befriended him had to head back to Sleaford that night. We finally received an email indicating that the Home Choices team had picked this up as a priority case. C presented at WLDC, was assessed and placed in temporary out-of-town accommodation for the night. He came to see us the following morning and it transpired he had no money nor food as he had left his bank card behind. We organised a food parcel through the Salvation Army.

C's employers kept his job open for him to allow him to settle in accommodation within Gainsborough which would make it feasible for him to return to work. C has since been placed in stable accommodation whilst statutory bodies conduct the necessary protocols with regard to domestic abuse and him having to flee the family home. As we understand it, C continues to have a stable roof over his head and has returned to work. He called us to thank us for our understanding and support.



REGISTERED CHARITY NUMBER: 1168775

GAINSBOROUGH TRINITY FOUNDATION

ORGANISATION OVERVIEW

Gainsborough Trinity Foundation offer a wide range of services for members of all ages in the local community.

These include support groups, armed forces breakfast clubs and Ramblers, they aim to provide a safe space and a friendly environment for the local population.

The charitable main aims are:

- The relief of those in need by reason of youth, age, ill-health, gender, economic status, disability or other disadvantage in Lincolnshire by;
 - a) The advancement of education and training
 - b) The preservation and protection of good physical and mental health
 - c) 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
 - d) Such other purposes recognised from time to time by law as charitable.

PROJECT HEADLINES



PROJECT OVERVIEW

Stay Connected comprises weekly wellbeing sessions supporting people to get out and socialise to improve both mental health and social wellbeing. A weekly craft and chat session, an open access and drop-in group, to access support and signposting, and Coffee Connect, to meet other like-minded individuals and reduce social isolation.

PROJECT WINS

- An unexpected outcome was through our Coffee Connect session where we started with a group of 3 older ladies, living locally to the site, who felt isolated through Covid. This session grew week on week and now sees the group meet every Thursday for food and coffee. They share books and bring their family members down and it looks to be a group that will continue for years to come. We signposted the initial ladies to Stepping Stone Singers as they told us they used to sing in care homes. They are now active members of that group and attend every week.



IMPACT OF FUNDING

The funding allowed us to provide three weekly opportunities that we would not have been able to start without funding support. Through the sessions and promotion, it has opened our organisation to a number of new participants that may not have been to our organisation before or may have never come to our organisation. Some of the new participants are still engaged with our organisation and still visit our site for other services. It has left a legacy as some of the equipment purchased will support the ongoing delivery of some of our services.

Gainsborough Trinity Foundation

Our service members have been made to feel very welcome and they thoroughly enjoy themselves. Friendships have been forged with other people sharing the sessions and the venue's facilities.

Both Andy and Jackson have given help appropriate to each person's needs and ability level. Some service users require a lot of support to participate in activities. Improvements have been made with hand-eye coordination

“One group member who does not have speech, has noticeably improved in his confidence. It is heart-warming to see him feel so relaxed and happy in such a supportive environment.”

A short excerpt from a letter from group members

skills. Nothing is too much trouble. People are given encouragement to do what they were able to do without judgement. Everyone is treated with respect and dignity. Social skills and confidence have grown. Anxiety levels have reduced. Some of our members will go up to other people and start a conversation as they feel comfortable to do so.





STEPPING STONE THEATRE FOR MENTAL HEALTH

ORGANISATION OVERVIEW

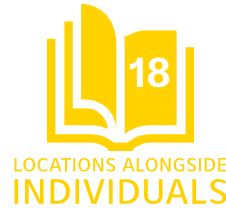
Stepping Stone Theatre (SST) is a multi-award winning community company for people with mental health issues.

Since 2015, in the community of Gainsborough, we have successfully created and performed six major theatre shows, show case and conference performances, and run dozens of workshops and drop in sessions. We gather stories of people with mental health problems, and their carer's and health professionals on how they each have coped during lockdowns. We aim to enhance wellbeing through creativity by giving people who often find it difficult to speak for themselves, a voice. We are now providing online services where participants write and tell their story.



PROJECT HEADLINES

BOOK DISTRIBUTED TO



LOCATIONS ALONGSIDE INDIVIDUALS



BENEFICIARIES SUPPORTED

REFERRALS THROUGH



DIFFERENT AVENUES

PROJECT OVERVIEW

The Lockdown Legacy – collecting and collating stories, poems, photographs and painting for a series of memorial booklets, podcasts and online writing workshops. We encourage people to tell their stories in the hope these will one day become part of someone else's tool kit.

PROJECT WINS

- The booklet is now recognised as an official library book and is available to borrow from our local library in Gainsborough.



IMPACT OF FUNDING

The funding, without a doubt, was incredibly valuable. In particular it allowed us to create a booklet with high quality print, formatting and paper, which enabled us to create a unique legacy, not only for the people of Gainsborough and surrounding villages, but also as a great tribute to the mental health of Gainsborough's community. We could not have created a document of such high specification without the funding received. It has given a true, tangible sense of ownership of the booklet, and a feeling of pride amongst the contributors.

Stepping Stone Theatre for Mental Health

'CA' First joined Stepping Stone attending the LIVETALK sessions. She is agoraphobic and has psychosis and hears voices. It took several weeks of persuasion to gain her trust but finally CA attended face to face writing groups. This was a huge triumph for her. Bill encouraged CA to submit a piece of writing for the Lockdown Legacy booklet. Her lack of confidence and self-belief held her back; she was physically scared to submit a short piece

"It feels absolutely brilliant to both be involved in the project and to be involved in the book itself. When I first became part of the project I was hesitant about posting any of my work but I'm glad I did. Everyone involved in the project is so kind and nice. Like a nice little family, and Kate has definitely given me confidence in my writing."

CA

of writing. Bill casually chatted with CA and discovered what a support her dog was during lockdown. Bill suggested she write a piece about the dog and make it less about her. This was a huge turning point.

Subsequently, she went on to write a wonderful piece about her dog and it went to feature pride of place in the booklet.

When the booklet came out CA was so excited, that for the first time in a long time she left the protection of her home and was the first to collect the newly printed booklet.

It is a major triumph that CA, with great pride, has fought her agoraphobia and is a contributor to the booklets, she has already submitted writing for the next and is in the process of getting ready to write for the one after that.





GRANTHAM TENNIS CLUB

ORGANISATION OVERVIEW

Grantham Tennis Club is a community-based non-profit charitable organisation with over 1,200 members drawn from Grantham and local villages and towns within a 15 mile radius.

They offer tennis and associated social facilities, coaching and support for people of all ages from 3 to 93 and all levels of skill from complete beginners to county competition level in an inclusive and welcoming social environment.

The philosophy at Grantham Tennis Club is very much one of seeking to involve and engage the general public – people of all walks of life – in active physical exercise, a healthier lifestyle and all the social interaction and possibilities that are now also available in and around the Club.



PROJECT HEADLINES



PROJECT OVERVIEW

The **“Feeling Good!”** tennis scheme offers a weekly 2 hour light-hearted and engaging opportunity for local adults to learn or relearn basic tennis skills in a supportive and inclusive outdoor environment. Over the six months of the project our aim is to provide a setting for the development of positive new social relationships and networks, to encourage participants to develop a taste for, and commitment to regular exercise and to progressively build-up their tennis skills so that by the end of the scheme people taking part will be able to arrange and join in their own social tennis doubles games.

PROJECT WINS

- Project helped with feeling more confident and engaged with others post-Covid.
- Project gave participants a sense of achievement seeing their improvement week on week.



IMPACT OF FUNDING

For our club staff and members, the funding has re-affirmed our commitment to inclusiveness and has helped spread awareness of the active lifestyle agenda across the wider community. In turn, this will support the long-term viability of the Tennis Club and other sports and exercise organisations.

GTC

“It’s been an amazing experience. It’s brought people together during some tough times, giving them respite from their daily problems. There’s been a lot of fun, laughter, patience and bonding and even improved people’s tennis no matter what their level is. It’s an excellent scheme which has helped many and long may it continue!”

“I would recommend to friends and family the FG tennis sessions; it is a great and positive way to learn a new skill and to have fun and exercise. The instructors are very friendly and make you feel that no matter what your level of ability you can really have a great time and make good progress. I have really enjoyed the sessions and I’m sure you will too!”

“The FG Friday tennis group has proved to be very inspirational – it has provided an opportunity to learn new tennis skills or improve, with excellent input from various coaches and volunteers. It has increased activity levels and been a different challenge in a fun and friendly atmosphere where new friendships have been made and healthy snacks enjoyed at the interval! All together I have enjoyed every minute and hope to continue in the future.”

“I rate this course five stars out of five. Excellent leadership – brilliant organisational skills and communication with updates via text messaging on a weekly basis.

“Brilliant approachable coaches demonstrating their skills in a professional encouraging and friendly manner interjected with lots of humour!”

“Personally, I have loved every session and it quickly became the highlight of my week! The regular activity has boosted both my mental and physical wellbeing and I have made long lasting friendship.”





COMMUNITY INTEREST COMPANY

OUTWOOD CIC

ORGANISATION OVERVIEW

Outwood offers groups and workshops to local people, providing the opportunity to engage with others whilst learning and sharing woodwork and craft skills.

Outwood promotes positive interventions to improve mental wellbeing and gain confidence to continue their personal recovery.

The projects aim is to support and help gain further support with recovery from mental health issues in a non-clinical way and to support continued recovery through meaningful activity. Providing a relaxed environment to learn and share skills in whilst engaging in mindful activity, creating items from reclaimed wood. Building people’s confidence and self-esteem to organically grow social networks and the confidence to continue moving forward in their recovery. The project also plans to support people to achieve further goals such as employment, by providing structure to the day, encouraging participants to apply for suitable employment and by providing references as and when required.

PROJECT HEADLINES



PROJECT OVERVIEW

The project’s aim is to support people with their recovery from mental health issues to gain support in a non-clinical way. To support continued recovery through learning and sharing skills whilst engaging in meaningful, mindful activity, creating items from reclaimed wood. It aims to build confidence and self-esteem to organically grow social networks and for participants to continue moving forward in their recovery. The project also plans to support people to achieve further goals such as employment by providing structure to the day and encouraging participants to apply for suitable employment.

PROJECT WINS

- St Wulframs church asked if Outwood could provide the decorations for their main Christmas tree.

IMPACT OF FUNDING

Without the funding the project wouldn’t have carried on, it has been a pivotal part of being able to keep the project going and open.

Outwood CIC

“I found out about Outwood from an NHS Community Mental Health worker as a way to get me out and doing something I might be interested in. It has helped me by giving me people to talk to, learning different things and helped me mentally. I feel focused on things now, gives me something to get out the house for and something I look forward to. I enjoy helping to make things and knowing that what I have made gets sold and this money helps to keep the place open and hopefully help someone in a similar situation. The highlight for me has been the getting out and talking to people. It has helped me to concentrate and have something to look forward to and a positive attitude. It relaxes me. Since coming my moods have been better. With coming to Outwood it has helped me to try other things like joining weight watchers and I have lost nearly 2 stone. In the future I would like to start making more things and hopefully gain more experience and work towards gaining employment.”





South
Lincolnshire
Blind Society

SOUTH LINCOLNSHIRE
BLIND SOCIETY

ORGANISATION OVERVIEW

South Lincolnshire Blind Society (SLBS) is a major provider of services for blind and partially sighted people and their carers, who live in the Districts of North Kesteven, South Kesteven, Boston Borough and South Holland.

Our aim is to work with blind and partially sighted people to provide services so that they may lead fuller, more independent lives.



PROJECT HEADLINES

518
BENEFICIARIES
SUPPORTED

SIGNPOSTING
TO
9
ORGANISATIONS

2283
INTERACTIONS ON
SOCIAL MEDIA

PROJECT OVERVIEW

South Lincolnshire Blind Society have established BHive Community to build local partnerships and networks to enable a consistent approach to community capacity building for the benefits of better community health. BHive are providing the physical base for the community mental health crisis café in Grantham as part of the Lincolnshire mental health plan in partnership with LPFT. We have established book groups, social groups, coffee mornings, lunch clubs, choir group, 'Sewing Bees', craft club, poetry and writing group, veterans support group, quiz club, friendship group, swimming group. South Lincolnshire Blind Society provides emotional support to its service users and their carers, it's an integral part of the preventative work they provide as 60% of people who have sight loss report feelings of anxiety and depression.

PROJECT WINS

- 357 new people registered with the organisation



IMPACT OF FUNDING

We were able to create a range of activities and try out some new ones that have encouraged more people to join our community. Participants have learned about a wide range of other services and groups in their local community and people have directly benefited from being more active.

We have created a repository of equipment that people may not have at home such as sewing machines, different wools, fabrics and craft materials. This has provided the opportunity to use skills that may have been forgotten about and be able to share vital craft skills with others.

South Lincs Blind Society

'C' joined knit and natter and no problems were identified when filling in joining questionnaire. We started to run sessions with the local CAB and informed all our group participants that we were doing this.

C identified that she would benefit from some financial advice as she was struggling and in debt.

An appointment was made for a full benefits check for C. C was receiving all her entitlements but benefited from some budgeting advice.

Finances are now under control and C has been using the BHive hub to drop in most days and work on her sewing projects. She usually stays most of the day but at least until lunch which she shares with the other volunteers that we provide lunch for. C says she feels the BHive is home from home and the people there are like family .

During the fuel price hike C was struggling to pay her household bills as they had all doubled overnight and she had no money left for food. BHive have a store of emergency food and we are able to discreetly support C to keep herself adequately fed and emotionally supported.

Outcomes

C feels connected to her local community. She has made friends and been able to contribute her skills and talents in the other groups she has joined, knit and natter, crafts and laughs and the photography group. She is able to budget and live within her means knowing that she can always ask for help and receive support. Her health and wellbeing has improved and she feels a sense of belonging.





BRIDGE CHURCH

ORGANISATION OVERVIEW

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

Since 2005, they have worked hard at achieving this through various community initiatives, firstly in Bracebridge and more recently in Sincil Bank. They run various projects and services such as a community cafe, a free soft play area, charity shop, clothing bank, food bank, local library service, a free business start-up project, crisis cafés and other initiatives. Bridge believes that their organisation is well placed to deliver community projects with local residents being at the heart of them, to help coordinate efforts between organisations and to also facilitate the start of other community groups, providing a vehicle for ideas to turn into real community assets.

AREAS OF SUPPORT



Poor mental health



Lack of opportunity and employment



Loneliness/ social isolation and other daily life challenges



Post Covid-19 related issues

PROJECT HEADLINES



PROJECT OVERVIEW

Bridge Church is a daily drop in space for local people to connect with mental health nurses, community activities, cooking classes, art classes, befriending scheme.

PROJECT WINS

- Engagement of 5000 individuals through community newsletter
- Free tea, coffee and lunch provided for all visitors
- Access to a counsellor for 6 of our clients
- 25 volunteers involved with the project



IMPACT OF FUNDING

The funding has been incredibly helpful for us as an organisation. We were trialling something that we have never done before and something that we have not seen modelled in many other places.

Bridge Church

One older lady in her 70s suddenly lost her husband of 50 years just before Covid. Two of her three children decided to cut her off at this point, which caused tremendous upset and pain. She struggled a lot during lockdowns and regularly felt suicidal. When we were setting up for the Wellbeing afé, we knew that she would benefit greatly but would never want to consider herself as someone who was 'in need' so we asked her to help us with washing all the crockery we had been offered, cleaning the building ready for opening etc. She started coming into the café when it opened and chose to move physically closer to the building to be near support. She began to have some one-one sessions with our befriender to talk through everything she is feeling and experiencing as a new widow. She enjoyed being around others so much that she now volunteers with us during

the week. Conversations are now starting to turn to her future and what she would like to do with her time. She has a passion for helping families due to her fostering experience and we have a few new initiatives that she can get further involved with. Her depression has lifted so much, and although she still has difficult days, she can start to see a future ahead of her.

"The classes are very relaxed and intuitive. Very friendly and in a safe environment the lessons have taught me various techniques to utilise. I personally found the classes to be very therapeutic and a breath of fresh air. Not very often I can switch off can truly focus on something without worry or my brain whizzing away. Kathy is a fantastic teacher very easy to follow the guidance, she is very supportive and encouraging to the group."



Darkside Rising CIC

Women's Health Organisation

DARKSIDE RISING

ORGANISATION OVERVIEW

Darkside Rising CIC is a non-profit organisation delivering a range of projects to support women's strength, health and empowerment.

The organisation seeks to challenge the perception of female strength, resilience and power through innovative physical training and mindful arts projects.

AREAS OF SUPPORT

26

Poor mental health

1 Lack of opportunity and employment

6

Loneliness/social isolation and other daily life challenges

5

Post Covid-19 related issues



PROJECT HEADLINES

27% OF PARTICIPANTS SAW A REDUCTION IN SYMPTOMS OF ANXIETY

38 BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

28 Days of Mindful Art is 28 days of daily, 10 minute videos of art-based mindfulness that participants can work through in their own time. We will be piloting the course to groups of young women, adult women and autistic women during August and from September, Social Prescribing Link Workers will be able to offer it to their male and female clients on an individual basis. Especially suited to those suffering from mental ill health.

PROJECT WINS

- Target beneficiaries exceeded
- 2614 engaged with project advertising

IMPACT OF FUNDING

This funding helped us to create and pilot a brand new video course of art-based mindfulness, something we have only delivered live sessions for previously. This has helped us to establish a curriculum for art-based mindfulness, reach more people and expand our provision to include mindful clay. We are also exploring options for delivering art-based mindfulness to people with neurological conditions, such as multiple sclerosis, Parkinson's and dementia.

Darkside Rising

'G' originally came across Darkside Rising through a share on a Facebook group that she admin. Having been isolating since the 10th March 2020, and a home-educator of her 5 children, she needed an accessible space for supporting her mental health and achieving her own goals. With a passion for artistic creation, G started our Untold Art Project and then moved onto 28 Days of Mindful Art. 28 Days is an online video course of art-based mindfulness, offering short, 10 minutes videos that you can access in your own time and at your own pace. G's biggest barrier was mental health and anxiety, alongside monetary considerations and risks associated with Covid. The video platform made accessing the information really easy.

She has found the videos varied and interesting:

'I think there's been a good mix of different techniques to keep me interested and I always look forward to the next day.'

"I'm normally quite shy, it's really improved my confidence to talk to other people and have that social contact."

And having peer support through a Facebook group was also beneficial.

G is now exploring how to set up her own business and earn money from her artwork.



ORGANISATION OVERVIEW

At Lincoln City Foundation our vision is for happier, healthier, inspired communities across Lincolnshire.

We strive to achieve this by utilising the brand and reputation of Lincoln City Football Club, alongside leveraging our own potential and the influence of our key partners, to inspire, empower, and help individuals and communities to improve their physical, social, and mental wellbeing.

We deliver a range of programmes under the key areas of, mental health and wellbeing, community cohesion, education and employability, and sport and physical activity. This includes an adult activity programme, community development support to a local neighbourhood, a range of children's and youth activities, and an extensive programme of education support from primary through to Foundation Degree level.

Through our programmes we engage with a wide demographic of participants and continually strive to provide a platform of opportunity for all.

PROJECT HEADLINES



PROJECT OVERVIEW

Lincoln City Foundation's EFL **Extra Time Hub** is part of a national network designed to increase social interaction for over 55's. The hubs aim to bring people together in their local community. We hope as the year goes on and we can meet face to face safely, we will be able to offer sessions such as health walks, walking football, community gym sessions and walking cricket as well as other groups and opportunities. We aim to make a positive difference to the lives of retired and semi-retired people and for them to find out about the range of activities on offer in their free time as well as give them the chance to meet and spend time with other like-minded people from the area.

PROJECT WINS

- The Extra Time Hub has a membership of **152**
- **268** attendees to Lincoln City Foundation activities through the project



IMPACT OF FUNDING

We have seen improvements in physical and mental health in the majority of our participants.

Being able to put on the Club and Community event on the 23rd to celebrate and showcase our activity and to have some of the participants along as guests on the evening was an unexpected benefit.

For them to be able to be part of the official opening of a community facility alongside Lincoln City first team players and then come to the game as guests of the club gave them an immense sense of pride and value to the Foundation.

Lincoln City Foundation

This 42 year old man made contact with us in July 2021 after seeing social media posts about Walking Football and one of our other programmes funded through Shine, Team Talk. He wrote to us last week:

"I would like to take this opportunity to thank Lincoln City Foundation. A few years ago I suffered a nervous/mental breakdown, losing all my self-confidence and becoming very reclusive, distancing myself from all my friends and family.

Through joining the sessions ran by the foundation I have re-found a love for football. Even though I am now very unfit I

go home after each session buzzing, benefiting both physically and mentally from the sessions.

I believe the sessions have had a positive effect on my physical and mental wellbeing and had a knock-on effect on my personal life as well, beginning to help to rebuild my relationships with my family and friends, through the sense of wellbeing, happiness and achievement that the sessions have provided. I would like once again to give a big thank you."





NW COUNSELLING HUB CIC

ORGANISATION OVERVIEW

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

NWCH provides counselling to ages 4 and above removing barriers for accessing therapy to those living in Lincolnshire.

NWCH delivers therapeutic interventions – to include but not limited to

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

Since their inception they have supported 2,000 people, have a combined therapeutic experience of over 50 years.

PROJECT HEADLINES

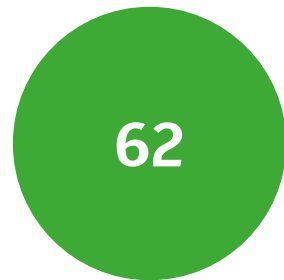


PROJECT OVERVIEW

TALA (The Anti Loneliness Alliance) connects people 18yrs+ to create meaningful relationships with each other. TALA provides sustainable peer support through befriending and group activities. TALA's ethos is to become self-sustaining, encouraging its members to advocate for continued growth, gain confidence through creating meaningful peer connections to encouraging a greater sense of personal wellbeing. 6 weekly courses for 2hrs a week to include mindfulness. Face to face groups, minimum 8 people, maximum 12 people. With a Facebook group for each course.

PROJECT WINS

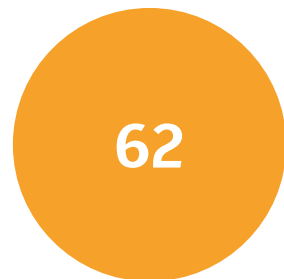
- Areas of support:



Poor mental health



Lack of opportunity and employment



Loneliness/ social isolation and other daily life challenges



Post Covid-19 related issues

IMPACT OF FUNDING

This group has been a massive form of support through some very turbulent times. The fact that the group is a facilitated support group helps people feel safe and supported, whilst allowing freedom to discuss and problem solve everyday issues. A massive bonus is the flexibility to either attend in person or join online and switch around as necessary. One of the key factors that makes a difference is the closed online messenger contact between the group. In this messenger group, members can be there for each other, without taking too much on board themselves. Just knowing people are there who understand is massively important.

NWCH

For the last four years, 'T' had pretty much isolated themselves from any form of social interaction. T had destroyed or pushed away all the people T had grown to care for. This wasn't by choice but rather from suffering from a terrible case of social anxiety disorder. T stopped going out completely and T felt they had no one. Trips outside would cause panic attacks so T stopped functioning as a member of society.

T attended regular individual therapy sessions with NWCH, but the Counsellor suggested the TALA group as a way of building social interaction with people who were experiencing similar feelings. T joined the group via Zoom to begin with which relieved some of the stress T felt about being in a room full of people. T did not talk very much at all for the first few sessions and found it hard to overcome years of solitude. However, T fed back that there was something different about this group, they were real people with real problems and similar experiences and T felt understood, accepted, and in place for the first time in years.

As the sessions progressed T slowly opened up more and more, and finally felt able to share their feelings and thoughts with like-minded people. After two months, T left the house and started to attend the group in person, which had not felt achievable at the start. Starting to function again was one of the hardest things T had ever done, but T felt they had the support of the group that pushed T forward.

T now feels completely different compared to 6 months ago and can actually go out places. T finds it easier to interact with others and is grateful to the people they met at the group. The ongoing peer support means T no longer has to take difficult steps alone.



ORGANISATION OVERVIEW

WEM is the literature development agency for the East Midlands.

We work to enable people of varying aspirations and motivations to share in creative activity by running projects that support local community needs. We believe in a fair and open society, which for us means everyone should be able to choose to take part in creative activity. This idea informs the work we do, the areas we work in, and who we work with.

PROJECT HEADLINES



PROJECT OVERVIEW

The project is composed of two sets of five poetry and mental health workshops running within Lincoln in summer 2021. The Lead & Shadow Writers in Residence will take inspiration from a variety of sources – such as narrative therapy, creative writing, poetry, and poetry therapy – and develop a series of activities and exercises. The aim of the workshops is to enable participants to write and share their narratives and reconnect to things that are valued and meaningful within their lives. The residency will create a safe space in which people feel able to share their stories and the workshops will potentially serve as a starting point for individuals to consider creativity as an ongoing part of their lives.

PROJECT WINS

- Areas of support:



Poor
mental
health

IMPACT OF FUNDING

The funding allowed us to explore different models of working and help a core group of people through their mental health crises by the means of creative writing. The funding also allowed us to work with and develop ties with social prescribers within the Lincoln area. Participants have spoken about how the exercises have resonated with them and how some of these experiences have helped to shape their perceptions of things moving forward which has been beneficial for their mental health and recovery.

Writing East Midlands

Eric attended the first series of workshops and was really engaged throughout, however, was quite open about not considering himself to be a poet or being particularly skilled in writing creatively or poetically. As the workshops progressed Eric produced some really beautiful pieces of writing and gradually began to speak more within the workshops, having initially preferred to us the 'chat' function within Zoom. After the workshops the workshop facilitators spoke with Eric who disclosed that he had found the workshops really helpful and found that they had enabled him to explore certain topics which would otherwise have been quite difficult. Eric made the point that he had previously attend group and individual therapy but that he hadn't been prepared for some of the emotions and thoughts that not only would he would be able to explore but also that he would be able to tolerate within the workshops. Following the workshops Eric stated that he was continuing to read poetry, which felt important to him and hoped to be able to attend future events/workshops.

ORGANISATION OVERVIEW

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

soundLINCS strives to provide a quality service for music and creativity, which achieves measurable social change, which works in partnership with local, regional, national and international agencies to provide and develop high quality, creative and innovative participatory opportunities. We work to find innovative and effective ways of achieving positive personal and social outcomes for and with individuals and communities.

soundLINCS provides musical activities in the Community Music (CM) model which prioritises engagement and facilitates authentic choice-making by participants such that their needs, interests, experiences and world view are always paramount.

PROJECT HEADLINES



PROJECT OVERVIEW

UpBeat. Through Community Music making and collaborative enjoyment, soundLINCS will share the benefits of music. Music has the power to create joy and excitement, enable calm, develop communication and is a catalyst for social interaction.

SoundLINCS Music Facilitators, will engage and guide participants through authentic choice-making, listening to their interests, experiences, and world view to create a safe environment to enjoy the benefits of music, be it listening, understanding or making. We will signpost participants to local assets and support them initially whilst exploring what is available to help build an ongoing active interest in music.

PROJECT WINS

See next page

IMPACT OF FUNDING

The funding has allowed soundLINCS to bring its experience and skills of community music and music as a tool for improving health, into the County health sector arena and commence a journey in developing a new service for Lincolnshire. One that brings accessibility for music and works in partnership with social prescribing, the health care sector and colleagues. This grant has opened the door, not only to further funding, but has introduced soundLINCS to important partners and established new relationships across the County, while bringing new opportunities, for participants and workforce alike. soundLINCS UpBEAT! will become one of the backbone projects of the organisation.

[SoundLincs](#)



PROJECT WINS

GAINSBOROUGH



f 'W' is a young participant, referred to the group who is interested in music production and has 1-2-1 sessions with a soundLINCS Music Facilitator in an adjoining room in order to meet his different musical needs. He likes Drill so was supported by soundLINCS Music Facilitator to create a track using that as inspiration. Together they looked at Ableton Live 10.5 and investigated the differences between creating in Logic and creating in Ableton. W has started the music part of the production project and will be working with our Music Facilitator to incorporate lyrics.

BOSTON



f 'S' owns 3 guitars and a keyboard and had loved playing them in the past, particularly being out busking in the public arena. He wished to start playing the guitar again, but was struggling with motivation and being able to focus on one thing for a period of time. He hoped that the UpBEAT! Boston project would support him to be able to do something he enjoyed in the past, support his mental health and give him something positive to do for himself. This has certainly been achieved! Taking part in the UPBEAT! Boston project has been of great motivation to S, who not only attends the UpBEAT! sessions, but has set up a music group for members of another organisation in Boston and encourages members to attend UpBEAT! and vice versa to enable participants to make new friends and connections with others and ease feelings of loneliness through a shared musical interest.

GRANTHAM



f 'S and M' are a husband and wife who have attended the sessions together as they both love to sing. The UpBEAT sessions for them provide a sense of belonging and are, "Lovely, we look forward to the singing sessions as we find it so relaxing, to have the fellowship of others and to have a feeling of our own community get together, being able to have fun and a laugh especially when we get it wrong! The Music Facilitator keeps us on track. He's lovely and plays the guitar for us to keep us in tune."

LINCOLN



- Created music activities based on participants' ideas and choices. For example, the participants at the Open UpBEAT! sessions at Olsen Court, Lincoln have provided soundLINCS Music Facilitator with ideas at the end of each session of songs they would like to sing the following week. There is currently a collection of over 25 songs. They all take part in a musical quiz and listened to and joined in with the Jubilee anthem.

f 'S' is severely sight impaired/blind. He likes to sing and he asked for soundLINCS' assistance to compose or arrange his words to music and record the resulting tracks. S's faith is a massive part of his life and he wished to record the first 7 verses of the Torah in Hebrew. With soundLINCS Music Facilitator's assistance, S recorded the first of the seven days of Genesis. S was impressed by the setup of a home recording studio and the resulting track from this session is Hallelujah Chorus with Hebrew dialogue by S. SoundLINCS' Music Facilitator recreated a major classical work, Thus Sprake Zarathustra, for S's second recording. The sessions have progressed so that 6 tracks have currently been finished and produced with S' voice recorded, with two remaining to write and record. S confirmed that he is impressed with the overall experience of soundLINCS UpBEAT! project, providing him with a safe and non-judgmental space to talk and work with soundLINCS' Music Facilitator and he will definitely recommend the service to others.

THE IMPACT OF CAD 1

BOSTON



GRANTHAM



GAINSBOROUGH



LINCOLN



CONCLUSION

Reflecting on the first wave of the Community Asset Development funding, it is clear to see the impact that the funding has had on the recipient communities. The statistics show that investment into 19 projects across the four areas provided support for 2,739 individuals.

However, the impact of this is far greater than what can be conveyed by the numbers alone, through project evaluations and participant feedback we can see that the projects have changed lives, reconnected individuals and strengthened community resilience all

while encouraging collaborative working between numerous third sector and statutory organisations. Many of the beneficiaries who accessed projects under the CAD wave one funding have continued to attend sessions with the organisations, with many branching out to access other services in their town and community. This in turn, has provided intervention prior to crisis, creating a circle of support around each individual with a 'no wrong door' approach to accessing treatment and support allowing individuals to remain in their homes and communities.



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

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