



Managed Care Network

Wave Eleven Evaluation



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The Managed Care Network is an alliance of county-wide community groups and organisations delivering a variety of support activities, services and projects which provide people with structure and choice in their lives contributing to individuals' emotional wellbeing within their own community.

The funding 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 such as reduced social isolation, a safe non-judgemental space to support recovery and promote good mental health. Projects shall generally contribute 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 & partner agencies to ensure equitable access to community support services across the County.

The fund was a £318,750 investment and saw 48 applications split into East, West and South resulting in 34 successful projects. Each of these projects offered a unique opportunity for individuals across Lincolnshire to support their health and wellbeing.

In total, the projects supported 6,528 individuals throughout the county. However, the impact actual impact of the projects cannot be fully measured as each project will have had a positive impact on not just their beneficiaries but their circles, creating hope, resilience and support.

'Every project has enabled individuals to tap into community-cantered mental health support. These community provisions, are the cornerstone of a resilient society, providing a lifeline of support that transforms lives and supports the well-being of our county.'

Kerry Stocks, Operations Manager, Shine Lincolnshire



ACTIVE ARENA - RAISING TOGETHER

ORGANISATION OVERVIEW

Active Arena is a community hub and home to Lincolnshire's only purpose-built indoor football pitches. Launched during the pandemic by former professional footballer Daniel Hone, we aim to ensure a safe and accessible environment for all to improve all areas of life, including mental health, physical wellbeing, confidence, and education.

We operate five-a-side leagues four nights a week, deliver children's football coaching from 18 months to 10 years old, provide a fun and safe space for children's parties and offer event hire for corporate clients. Our café and sports bar screens live matches and serves food and drink all day.

We also let space to micro-businesses and have plans to further develop our space to offer a wider range of sports coaching, education programmes and facilities that support people of all ages and needs to lead healthy active lifestyles.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Raising Together** project provides support for mums who gave birth during lockdown. The experiences of these women vastly differ from pregnancy and birth in 'normal' times. Regular support services and classes were unavailable during lockdown. Many mums felt unsupported and, in some cases, helpless. We deliver weekly hour-long sessions that plug the gap in services that still haven't returned to pre-pandemic levels. Three in every four sessions focus on child development and are led according to the needs of the mums.

PROJECT WINS

- All mums reported becoming more relaxed with their children.
- **16** children became less attached to their mums and were happy to play with and interact with other children without parent-led play.
- The first cohort of mums created their own WhatsApp group and regularly meet at Active Arena for coffee and a catch-up.

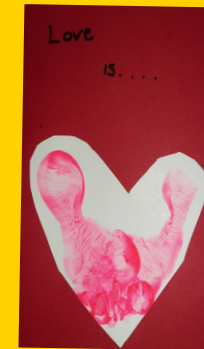


IMPACT OF FUNDING

The funding enables us to deliver a vital programme to the community and gives the opportunity for mums to reach support that wasn't otherwise readily available. It allows us to reach a different demographic and welcome a much broader group. Our aim is to be a community hub here at Active Arena and this funding helps us to support that.

Active Arena

"This group has been amazing. It was just what I needed. Meeting other mums to talk about our experiences in lockdown to people who really understand. I was feeling so isolated and lonely. I now have friends!"



"This is the first group I have been to after lockdown, and I was so nervous. But from start to finish the group has really given me and my little girl confidence! Thank you so much."

"I've really enjoyed it thank you. And it has been brilliant for my daughter, it has really improved her confidence which has helped my anxiety no end."

"It has been a great group. Me and my little one have made new friends and feel I have more support when things get tricky."



ORGANISATION OVERVIEW

Our mission is to empower people to end poverty. To achieve this, we aim to both prevent and alleviate poverty through projects and services that empower people to overcome their challenges themselves, with the support of our teams.

Our objectives are based around restoring broken relationships; such as relationships with money, food, work, with each other and with ourselves

The activities we run are designed to help us achieve these objectives and to fulfil our mission. These include:

- **Energize Youth Work:**
Supporting young people through mentoring and activity clubs/schemes
- **Lincoln Foodbank**
Alleviating food poverty through food parcels and supporting people to address the root causes
- **Night Light Cafes**
Supporting people who are having, or are at risk of having, a mental health crisis
- **Community Grocery**
A membership waste food supermarket

PROJECT HEADLINES



PROJECT OVERVIEW

The **Restore Programme WRAP course** enables beneficiaries to create their own Wellness Recovery Action Plan. This is a personalised wellness and recovery system that helps people to:

decrease and prevent intrusive or troubling feelings and behaviours, increase personal empowerment, improve quality of life, and achieve their own life goals and dreams.

This allows people to develop skills and tools which support them to manage their own wellbeing in a positive way such as recognising triggers which could affect their mental health, creating coping strategies that work for them, and learning how to access support, firstly within their own social groups and secondly, how to access support services if required.

PROJECT WINS

- A small group of women signed up for another course together as they became friends.
- Participants reported feeling heard and like they'd been listened to.
- Participants recommended the WRAP course to others, who then later attended.

IMPACT OF FUNDING

The funding has allowed us to provide these mental health courses which have proven impactful for those attending. We have also connected with new local organisations with this course, who have then gone on to refer their service users to some of our other projects, both beneficial for those seeking the support, and for joined-up working between the two organisations.

ACTS TRUST

'G' took early retirement seven years ago due to ongoing health issues. They used to really enjoy working. When they retired, they lost themselves a bit. The sense of purpose they used to have disappeared. They were single, and had a couple of short, fiery relationships after they retired that added to them feeling worse, mentally, even more so as their health didn't improve. They felt like a burden, and were really afraid of becoming even more of a burden to their family and friends who all seemed so happy and active. Looking back, they can see they were already beginning to isolate themselves

Then Covid and the lockdowns came. This was a difficult time for G. They lived alone and during the pandemic, became really nervous to leave their house. G didn't want to meet with people or talk much, so spent days and weeks alone. They realised it had gotten really bad when even being in the garden felt too much. As the restrictions began to lift, the feelings didn't go away; if anything, they got worse because now there wasn't a strong reason to avoid going out, it was just because of how they felt.

G found out about the WRAP course almost by accident. With the help of their family, they'd begun walking once a day, and they bumped into someone from their church who used to run a group there pre-pandemic. They told G about the course and encouraged them to sign up.

G signed up, and spoke to the team before the course started which was really helpful and settled a few of their many fears. Walking in was about the hardest thing G had done in a long time, but the group was small, which was great for them and really nice.

G found the WRAP course really helpful. Firstly, it got them talking about how they were feeling, which was a big step. G loved the practical element of the course, thinking about what routines and activities they have in place to help their mental health on a daily basis and what new things they could try. The bit that G found most impactful, though, was a bit of a personal revelation about how they have power over their mental health: they can make positive changes, and things can change and get better in my mental health.

In all honesty, this course came along at just the right time for G. They don't think they really understood just how much they were struggling until they started talking about it in the group. G feels proud of themselves for the steps they've taken and will keep moving forward.



ADULTS SUPPORTING ADULTS -
EARLY INTERVENTION AND GOOD
MENTAL HEALTH PROJECT

ORGANISATION OVERVIEW

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

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

ASA currently provides a community support service for individuals within their homes or/and accessing the community. The sit2gether services offers individuals support in the home with company and engagement, often to provide carers with respite. A telephone befriending service is also provided which is run by a team of volunteers.

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

PROJECT HEADLINES

437
ADDITIONAL
SUPPORTED HOURS



49
BENEFICIARIES
SUPPORTED



PROJECT OVERVIEW

ASA often finds that peoples mental health fluctuates sometimes due to external circumstances affecting their lives. At these times, the budget allocated to them can be insufficient to prevent a decline in mental health. The **Early Intervention and Good Mental Health** project enables additional hours, sessions and works to be made available in a timely manner to provide extra support over and above the health and social care budget provided.

PROJECT WINS

- Raised awareness throughout the organisation of mental health. As a result, a further 8 staff completed extra modules via care skills in Mental Health Awareness, Autism and Dementia.
- More flexible, person-centred support delivered including extra staff visits and telephone calls.
- 313, 20-minute support phonecalls made.
- We were able to respond quickly to individual circumstances which, for the individual, relieved anxiety quicker compared to waiting for assessment.

AREAS OF SUPPORT

21
Poor
mental
health

18
Loneliness/
social isolation

3
Financial
concerns

5
Physical
health and
wellbeing

2
Housing
issues

IMPACT OF FUNDING

The funding had reduced the impact on statutory services and enabled consistent support and starting new services earlier that would otherwise be the case if waiting for funding authorisation / assessment.

The reaction time and delivery of extra support is also so much quicker than would traditionally be the case due to delays in awaiting assessment and funding. An unexpected benefit was word of mouth compliments and new referrals based on the work of this project.

ASA

Case Study One - R

'R' has been overwhelmed recently and everyday chores in the home have escalated. This has impacted R's mood and anxiety. The task now feels too big for R with one support worker. To help achieve success and give R a boost, ASA agreed to use the funding to enable a second support worker to visit R whilst her other support worker was present so together they could really make use of the extra help and time to make in-roads into the task of sorting clothes, re-arranging storage, and sorting out recycling/charity items. It ended up being a really positive session in which R helped, she achieved lots, her mood was lifted, and she felt motivated to do more.

Case Study Two - G

'G' is an older lady in Barrowby, near Grantham. She had never accessed support before, and therefore, was very anxious about what it was and why she needed it. G had grown very dependant on her husband for all her support needs. This was getting increasingly more challenging for him and G was less relaxed about him leaving her home alone but did not want to go with him either.

The funding was used to offer G a taster session with a member of the team. This enabled a support worker to spend some time with G and her husband together first and then, after a short period, the support worker was able to offer G's husband an opportunity to leave the home, whilst she stayed with G. G engaged with support well and although quiet and withdrawn initially, towards the end of the session and when her husband returned, G was relaxed and calm, stating that she was happy for the support worker to return the following week.

G is now accessing support once a week to enable her husband to have an afternoon to himself where he can do jobs around the house or get out into the community.

ORGANISATION OVERVIEW

Age UK Lindsey is a local, independent charity based in Horncastle, Lincolnshire, providing vital services to older people across the council districts of East Lindsey, West Lindsey and North Lincolnshire; an area twice the size of Greater London.

The aim of our charity is to make later life a fulfilling and enjoyable experience by tackling issues older people face such as social isolation, loneliness and poverty. We deliver a wide range of support including; a Befriending Service targeting lonely and isolated older people and an Information and Advice Service covering a range of advice and information for older people; from helping them find out about the benefits they are entitled to claim, to discussing options that help make later life at home more manageable.

PROJECT HEADLINES



PROJECT OVERVIEW

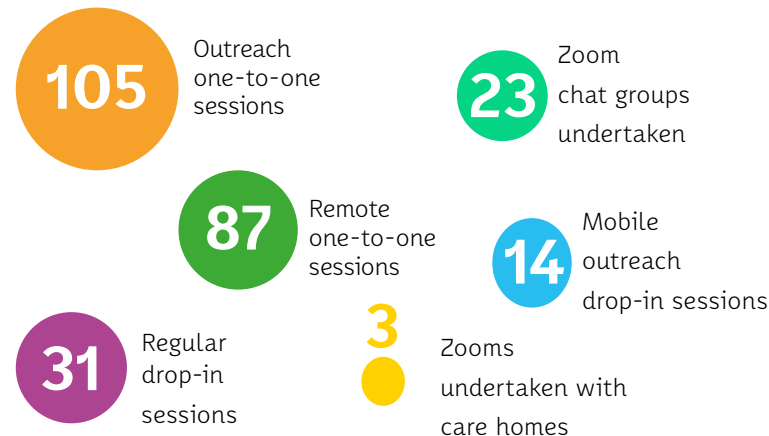
The **Keep Connected Mobile Outreach** project targets older people who have been disproportionately impacted by the pandemic, suffering high levels of anxiety and a lack of confidence, along with increased isolation and loneliness.

The project runs in coastal and rural areas of East Lindsey, targeting hard-to-reach and socially isolated older people, helping to connect them with both interactive and face-to-face social gatherings and stimulating activities.

The mobile outreach vehicle is equipped with tablet computers, which are especially useful for older people as they are portable, the screens are large and clear, and they can be used with speech recognition software.

The project supports older people who might have their own equipment but are not confident in using it and issues IT equipment (tablets) to individual older people if they do not have their own equipment, on a short loan basis to enable them to attend specific online social groups.

PROJECT WINS



IMPACT OF FUNDING

The funding has enabled us to provide regular drop in sessions in Louth and Skegness to help people with their digital skills. We have run a tablet loan scheme where we have lent tablets for an approximate 3-month period, and offered instruction and support during that time.

We have held fortnightly zoom groups to enable friendship between clients, regardless of where they live and whether they are able to get out.

The project has been very beneficial to clients. It has enabled them to try out technology and access digital services that they were previously unable to.

AGE UK

One beneficiary is 72, lives alone, and has poor mobility. She already had a laptop that she found difficult to use. It was too heavy and awkward, particularly with her poor mobility and leg problems. She had multiple face-to-face and telephone support sessions with the digital support volunteer. We provided her with a tablet which she uses on a daily basis, and she's now able to shop online, whereas previously, this was done by her family. She feels much more confident and secure being online, relies less on family and so feels more independent.

“What a wonderful scheme. I am so grateful to have been loaned this tablet which I would really have struggled to buy myself. The digital support volunteer was so patient and really took his time to explain and show me things.”



Art Pop-Up



ART POP UP/DON'T LOSE HOPE -
WELLBEING MAP OF BOURNE

ORGANISATION OVERVIEW

APU is a non-profit community arts organisation. We create inspiring, thought-provoking opportunities for creative discovery, participation and enrichment.

As community builders and cultural engineers, we believe cultural engagement has a key part to play in cohesive communities. With some support and encouragement, everyone can be creative; they don't have to be "good at art". We help people explore their creativity, making a positive difference to mental health and wellbeing.

Don't Lose Hope is a charity based in Bourne, centred around a volunteer-run community cafe where people can find someone to talk to, access support, advice and guidance, join in activities or just have a cup of tea. We organise activity in our men's Shed and Community Garden and offer a professional counselling service for all members of the community, delivered by a team of qualified and experienced counsellors.

PROJECT HEADLINES

62%

SIGNPOSTED
TO OTHER
ORGANISATIONS



HARD-COPY
SURVEY
RESPONSES

81



FACE-TO-FACE
INTERVIEWS

PROJECT OVERVIEW

Art Pop-Up, working with Don't Lose Hope, undertook research with the Bourne community and produced the outcomes as a **Wellbeing Map of Bourne**, showing the community-specific opportunities available to support positive mental health. T

The deep-dive research was conducted through surveys, one-to-one and group interviews, connecting with service users, citizens, other community groups and associations. It helped to formulate a clear picture of the hyperlocal support mechanisms endorsed by those with lived experience and genuine community knowledge.

The final map was launched with an event at Don't Lose Hope. Five walking tours were arranged to explore some of the map points, with meet and greet stops for introductions as relevant.

PROJECT WINS

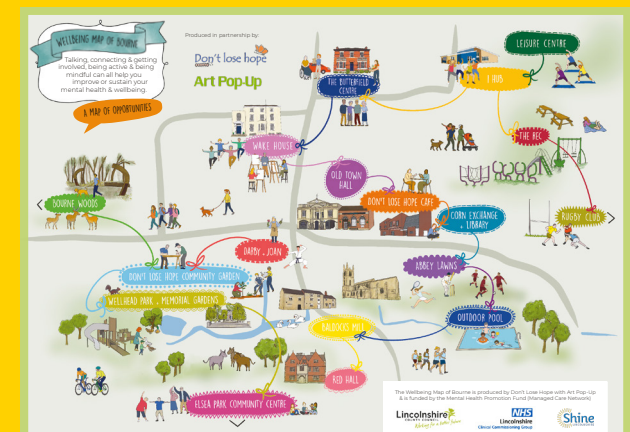
- 95 groups/activities were collated and contacted by researchers, situated around 6 main hubs.
- 2000 copies of the map have already been distributed.
- The local community now has better knowledge about how they can connect with others and find support for wellbeing within the community with the groups listed.
- The listing has now been digitised, which was not an original part of the project proposal, with Don't Lose Hope committed to maintaining the listing.
- The speed at which Don't Lose Hope has been able to shift their offering to incorporate the gaps identified has been fantastic.

IMPACT OF FUNDING

Both the research process and the resulting map have been very well received by the community and by support providers. Largely, Don't Lose Hope reported that people feel more connected in their community through participation in the project, which recognised community strengths. Consequently, this results in them feeling less lonely and socially isolated. People are more aware of the local mechanisms to support positive mental health and will be able to incorporate this into their daily lives. Participants reported increased engagement and increased personal wellbeing through social interaction during the project as a result of simply taking part and feeling they were helping others.

It is clear that people want to be able to look after their own mental health and wellbeing, having been introduced to a broad range of groups and activities whilst chatting about what is on offer. By identifying community assets and bringing them together (via engagement with Don't Lose Hope and others holding the Wellbeing map), the mental health and wellbeing offering is more joined up with the prospect of new collaborations in the future. This enables an even broader offering as well as pinpointing other opportunities for potential action.

ART POP-UP

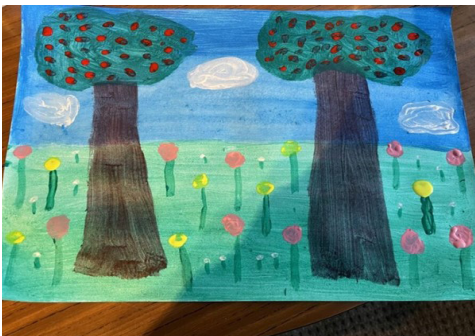




CENTREPOINT - ALONG WITH US

ORGANISATION OVERVIEW

Centrepoint provides opportunities for those who have been affected by homelessness to engage with the community through a range of activities designed around their needs.



PROJECT HEADLINES

86
BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

Using art, cooking, music and sensory exploration, participants of the **Along With Us** project were able to develop confidence as they were supported to build up strategies and skills to move into opportunities for volunteering, education, and greater self-discovery.

PROJECT WINS

- Centrepoint signposted participants to BEAM, the rough sleeping team at Boston Borough Council and the Multiply project at Centenary Church.
- The funding helped toward delivering Centrepoint's vision of homeless and vulnerable people in Boston and the surrounding area being empowered to improve their circumstances and achieve their full potential.
- Regular attendees grew in confidence.
- Project volunteers also benefitted, with one volunteer stating the cooking sessions helped improve their self-esteem and gave them something to focus on.
- The Along With Us project enabled Centrepoint to provide ways for their wider client cohort to spend the afternoons in a meaningful way. As well as people who are homeless, this included individuals who are accommodated but often living alone, resulting in social isolation.
- One particular participant's life was transformed, partly as a result of attending the Cook Along sessions. They moved from just participating in the cooking sessions to being a volunteer. Their confidence grew so much that they decided to apply for paid employment. They are now settled into their job and in November 2022, they spoke at Centrepoint's AGM about how attending their activity sessions had helped them.

IMPACT OF FUNDING

We noticed that the individuals who attended our Along With Us sessions on a regular basis were more willing to engage with partner agencies. As well as a reduction in social isolation, the other main benefit participants stated they had gained from attending the Along With Us sessions was increased confidence. In some cases, that came from learning new skills such as learning how to cook simple meals and, in other cases, it was from meeting new people and chatting to them.

Centrepoint

'I' had a very difficult time during the pandemic and became very anxious about her health which, led to her making numerous phone calls to us and other agencies. She was living on her own and felt very isolated which caused her anxiety issues to worsen.

Once she was able to get out and about again, I needed to find activities which would enable her to meet other people.

I began to attend our activity sessions in Autumn 2021 and continued to attend during the whole of the Along With Us project. She particularly enjoyed attending the Create Along and Chill Along session and attended these regularly for the whole of the 12 months.

She enjoyed chatting to the other participants and we observed her having some very good conversations with the volunteer at the Tuesday afternoon sessions where she felt able to open up about the health challenges being faced by a family member.

We watched I become more confident about chatting to others in the group as the year progressed. She said, "This is like a second home to me" and that when she was at home on her own she "went back into herself". She also told us that because the room in which the activities take place is not huge, she felt confident talking about things.

I's father sadly passed away earlier this year but she was able to talk openly about the situation with the group and this helped her to manage her grief without it becoming overwhelming. She talks very positively about how attending the sessions has helped her and how she misses them if, for some reason, she is unable to attend.





CHILDREN'S LINKS/DARKSIDE RISING - MUMS FIT

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.

We have been successfully doing this since being established in Lincolnshire in 1993. As an innovative and growing organisation, focused on customers and stakeholders, we have grown a wide range of services in response to need and identified gaps. As a direct result our services include those that support babies, children, young people, their parents and carers, the communities they live in, and other children and young people's organisations to speak for themselves, a voice. We are now providing online services where participants write and tell their story.



PROJECT HEADLINES



PROJECT OVERVIEW

Mums Fit aims to support women at risk from postnatal depression and anxiety, providing Mums with vital social interaction and support in a friendly and safe environment where children are welcome to attend if it helps remove a barrier.

PROJECT WINS

- 15 participants reported improve mental health.
- The project has enabled Mums to get back or into fitness, who otherwise wouldn't have had the opportunity or confidence to do so.
- Some of the mums have been regularly meeting up and going to different groups at the children's centres.
- By week 12, all Mums had visited groups at children's centres or privately run groups, with some of the Mums attending groups together.



IMPACT OF FUNDING

The funding helped with the sustainability of the toy library. It enabled us to directly support the families involved with the project, providing them with help and advice at a time that it was not readily available. The funding has brought in new families who may continue to use our service. The publicity of the sessions has helped to raise the profile of our facility outside of our current audience.

Children's Link

Case Study One - C

'C' presented as visibly down. She rarely smiled and rarely joined in with the chats. She did, however, put her all into the exercise aspect of the course. She suffers with ill health, which causes her pain, and throughout the weeks, she has had various family issues too. When she booked onto the course, she mentioned a dance session she had been attending, but she had stopped going. At week 10, she started to attend the dance session again! She also started to attend a free dance session in woodland and was enjoying that. On week 11, she smiled as she left and

"Thank you. The work you do is very important and has helped me during some difficult days. It's just the right mix of social and fun for babies and mums and fitness for our physical and mental health. I've enjoyed every session and come away feeling much better every week."

genuinely looked happy; this had been the 1st time we had seen her smile. She also smiled as she left the last session, having decided to continue her journey with Darkside.

Case Study Two - J

'J' appeared very anxious during her 1st session. She presented as almost jittery! I was happy to speak to the group and was very open about her feelings. She felt very let down and unsupported by "the system" and had struggled with lack of sleep, weaning issues, and poor mental health. As a standard section of the session each week, AA would ask how everyone's week had been. I often had some concerns she wanted to check through. The group did a fantastic job of supporting her. At the last session she commented that the Mums had visibly improved!





COMMUNITY LEARNING IN PARTNERSHIP - AXIOS

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 Gainsborough, Mablethorpe and Market Rasen, and adopts a proactive and inclusive approach to local learning.

CLIP runs The Bridge Learning Centre where we offer Flare for 16-19s, ESF Career Net for 15-24s, accredited and non-accredited Adult Education, Access to HE, and job-seekers programmes. We have café facilities and host Dine at the Bridge where some young people volunteer. Younger students also engage in a range of sport and community activities in the Gainsborough area, often in partnership with other local community organisations.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Axios** project was delivered to young people who self-identified or were referred as experiencing anxiety to an extent that it inhibits their day-to-day participation in learning, work, or social activities. The sessions followed a programme including understanding anxiety and techniques aimed at reducing feelings of anxiety, interspersed with more informal support sessions including activities designed to increase confidence, resilience, and enjoyment of social contact.

PROJECT WINS

- Young people encouraged each other to try new things and have taught each other to cook new recipes.
- New friendships have been forged between participants.
- The project had a positive impact on social isolation, mental health and resilience, which has led to an improvement in the health and wellbeing of participants.



IMPACT OF FUNDING

It has allowed a safe space to be created, where young people can meet, talk, relax, cook and participate in other activities requested by themselves.

CLIP



'A' was going through a particularly difficult time when they joined Axios. Their home situation had been dysfunctional for some time and there had been previous (sadly unsuccessful) early help involvement due to a disruption of the family dynamic, which had caused A to run away from home more than once. Added to this was a debilitating anxiety and loss of self-worth. The participant was struggling to eat (it would appear this was due to stress) and was losing weight rather rapidly. Things came to a bit of a head when the participant ran away from home once more and refused to return. Temporary accommodation was found through a friend, and a more stable arrangement was put into action via the WLDC Homeless Team and HATS. As a student on the Flare programme, A benefitted from a plan of action which focused on ensuring they had adequate clothing, food and other support that was needed. A was also referred to the Bearded Fisherman and accessed mental health support. The Axios project allowed a safe space for A to relax, chat, learn new skills and have an opportunity to have fun. A is now in a much more positive place. They have been housed by HATS for nearly 6 months and they are looking to move into social housing in the near future. Their studies have gone well over the past few months, they have secured a part-time job, and are looking to progress to full-time work after Christmas.



Darkside Rising CIC

Women's Health Organisation

DARKSIDE RISING - POSTNATAL
COMMUNITY OF STRENGTH

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.

Our gym facilities are donated to us through Darkside Training LLP, a women-only and strength-focused gym. This ensures that our overheads are minimal and that we are able to focus on community provision and providing support where it is needed. Our gym environment has been adapted to be suitable for babies, including a matted area, play pen and toys.



PROJECT HEADLINES

18
BENEFICIARIES
SUPPORTED

44%
DECREASE IN
SYMPTOMS OF
DEPRESSION AMONG
PARTICIPANTS

PROJECT OVERVIEW

The Postnatal Project invites women at risk of postnatal depression and anxiety to take part in mum and baby strength training sessions, delivered by a specialist postnatal coach in a safe and supportive gym environment. They will train once per week in a small group of 4 women, with additional emotional support through Facebook and email.

In these classes, their coach will work to support full body strength development and rehabilitate any physical postnatal problems, such as diastasis recti and pelvic floor issues which will negatively impact mental health. Further mental health support will include encouraging resilience, building confidence and providing the opportunity for peer support to alleviate social isolation. Common barriers to exercise, such as childcare, have been resolved through the inclusion of their child in the sessions.

PROJECT WINS

- 100% of participants would recommend the project to others.
- 100% of participants said they made connections with people.
- 79% of participants felt less lonely and isolated.
- 86% of participants said they had found a safe and non-judgemental space to talk.
- 71% of participants said they learnt a new skill, such as resilience.

IMPACT OF FUNDING

This funding has allowed us to continue referral relationships and ensure that we continue to be known for supporting women at risk of postnatal depression and anxiety. It also supported us to train another specialist postnatal coach to work on this and future projects.

Darkside Rising

B came to the Postnatal Project from the Children's Links Mum-Fit programme. Anxiety was major barrier for her, but she found the slow and steady progression of weight training to be really beneficial.

"I came for the first session and as soon as I did, I loved it! I keep coming back and keep getting better. It's good for your mental health and it's a place that I can bring my little boy and feel comfortable bringing him as well. You just feel like you get a bit of you back, when you're doing weight training, and it's something where you can see progress every week."

Alongside the mental health benefits, B also found physical health benefits for her fibromyalgia. She said:

"I've never had any fibromyalgia flares doing it and I think it's helping. It demonstrably helps with the fibro."

Childcare and affordability were also barriers to access, and so the free of charge mum and baby sessions allowed B to bring her little boy as well as benefit from the social and health benefits of the project:

"You feel less guilty, like mum guilt, not that you should do, but you feel guilty about taking time for yourself. But you feel less mum guilt here, because he's here, he's playing, he's happy, he's having a whale of a time! So you feel like you're kind of doing a good thing as well. He sees you exercise which I think is important. I know he's a bit young to understand what that means, but it's good to have that sort of role model experience. It's great as well that it doesn't cost anything, because unfortunately again, that would be a major barrier to me coming because I just wouldn't be able to afford it."

"When you come here it feels like, it sounds a bit cheesy, but it feels like a magical place to come into."





DESIRE CHANGE - BLACK BARN RURAL RETREATS

ORGANISATION OVERVIEW

Desire Change CIC operate a community farm based at Black Barn in Old Bolingbroke, Lincolnshire. We focus on providing services to meet the needs within our rural community and welcome all ages and abilities. 100% of our trading profits are used to help sustain the projects and activities that we deliver.

We are based on a working farm and offer a range of therapeutic interventions, social action opportunities, employment, skills sharing, personal development, education, and health and wellbeing programmes. We do this 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

87
BENEFICIARIES SUPPORTED

ALL PARTICIPANTS REPORTED FEELING LESS SOCIALLY ISOLATED

80 MENTAL HEALTH SUPPORT PACKS GIVEN OUT TO PARTICIPANTS

PROJECT OVERVIEW

On our therapeutic farm in a beautiful peaceful rural location, the Black Barn Rural Retreats project has been renovating and refurbishing the vintage railway carriage. We have offered short breaks at our therapeutic farm to those with lived experience of mental ill health and their carers. They have been able to experience time with our therapy alpacas and sheep, taking part in rural crafts, and time to just enjoy resting and relaxing.

PROJECT WINS

- The project has provided a social arena for people to come to, thus helping reduce social isolation and build social connections.
- A regular small group of participants developed and has been attending the site at least once a week and up to 3 days a week.
- The project delivered hundreds and hundreds more client hours that it ever envisaged at the beginning.
- Participants are steadily growing in confidence and feel less lonely.



IMPACT OF FUNDING

As an organisation, this funding has allowed us to start development on a disused paddock space in order to provide a wonderful facility to support mental and physical health which is available 7 days a week. It also provided essential funding to purchase equipment and materials, and pay staff time to oversee the projects and work with participants in a meaningful manner. Staff and volunteers have developed skills and also gained confidence. Through this project, we have also trained new volunteers that will continue to support projects in the future. We have also strengthened our reputation by providing a quality project for the community to access. We have continued to learn more about our beneficiary group and have recognised future projects that need to be developed. Through the monitoring and evaluation of the project, we are now able to influence the future direction of our organisation through our business planning with others.

Desire Change

'I' was socially isolated but wanted work experience and preparation for work. They said they would like to fill their time in the week instead of staying at home, which can make them feel very lonely.

After engaging with a social prescribing worker, I was connected to Grandma's Pudding Company and offered a supported work placement for two days a week, along with assistance around travel arrangements. They were also offered two sessions a week at Black Barn, including the opportunity to complete an ASDAN garden certificate.

I is now attending projects four days a week, meeting lots of new people, and learning essential skills for the future. They are also undertaking training towards a recognised certificate in gardening. This has helped to reduce isolation and improve I's mental health.



ORGANISATION OVERVIEW

Developmentplus aims to develop the capacity and skills of people in such a way that they are better able to participate more fully in society.

We also provide opportunities that inspire and build resilience in people and their communities and a range of responsive services for the people of Lincolnshire that will improve their wellbeing and mental health, promoting hope and sustainable personal progression.

Developmentplus has the the following objectives:

- Encourage and enable people to access services that improve their wellbeing, physical and mental health
- Empower people to speak out and seek support about issues that affect their lives
- Provide programmes of training and support to enable individuals to overcome personal barriers and improve their economic prospects
- Building peoples' strengths through acceptance and validation

PROJECT HEADLINES



PROJECT OVERVIEW

Delivered predominantly on Zoom, the **Feel Good Project** offers individuals a flexible programme based on mindful practice including

- Mindful Meditation: including short meditation in every session, but in one week, the whole session involved meditations and breathing exercises.
- Mindful Eating: incorporating healthy eating/cooking.
- Mindful Walking: this was an outdoors activity in which participants chose where they would like to walk
- Arts and Crafts: practical skills with a mindful theme.
- Mindful Movement: energising the body, including Thai chi moves.

PROJECT WINS

- Participants are more independent.
- Participants appeared happier at the end of each project block.
- The project is respected and has a good reputation locally.



IMPACT OF FUNDING

It has helped some participants to get out and about and increase their confidence. A couple have ended up back in work as their mental health is more positive. Some participants have also continued to meet up for mindful walks.

Developmentplus

"I have absolutely loved the Feel Good Project. Looking back through my feeling journal, I have had a couple crisis moments, but with the tools and skills you have taught me and encouraging me to get out the house and meet up within the weeks from start to finish, I am a different person. I am no longer a shell of who I was, but I am starting to love the new me and understand my complex mental health and physical conditions. It's ok not to be ok, and by doing self care, self love, mindfulness, meditation, etc. I am starting to live instead of wishing I wasn't. The rucksack has been lifted, and even though I still have a long way to go through my recovery and will never be free from it all, I have faith that now I can learn and grow to live alongside my conditions."

"Before starting the Feel Good Project, I had read about mindfulness but not practised much. The sessions have helped to reinforce the theory, especially with it being regular practise. The sessions are delivered in a relaxed and informative way, making them easy to understand and follow. The one to one sessions are a good opportunity to receive individual support. I felt at ease when discussing difficult emotions and feelings. The whole experience has really helped me."



EQUINE ASSISTED - HORSES FOR HEALTH EQUINE ASSISTED LEARNING

ORGANISATION OVERVIEW

Our organisation's overall aim is to improve the mental health, wellbeing and resilience of children, young people and adults of all ages and abilities through therapeutic Equine Assisted Learning (EAL).

We currently deliver EAL group sessions, which are evidenced based and involve delivering person-centred activities based on experiential interaction with our horses in a natural, peaceful, safe, and outdoor environment. There is no riding involved and no experience needed, meaning our sessions are inclusive and accessible to all needs. EAL gives people a chance to spend some time with our horses on the ground whilst giving them a safe place to unpack feelings and look at challenges in their lives in an engaging, non-judgmental, and relaxed way. The sessions provide a comparison for situations outside the environment they are conducted in. Our qualified facilitators and trained volunteers enable individuals to discover things about the horses and also some new things about themselves. Through this approach, the groups have the opportunity to work together, have fun, develop some skills that they may not be aware they have, and find new skills to help them with life's challenges.

PROJECT HEADLINES

35
BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Horses for Health Equine Assisted Learning is a new project that delivers monthly retreat days (5-hour sessions) for groups of up to 6 people who are experiencing mental and/or emotional health needs that have been exacerbated by the pandemic. The retreats will be based around our horses and using EAL facilitation alongside complementary activities based on our volunteer's skills sets (such as creative art, nature activities and yoga) to provide coping strategies and improve participant's mental health and emotional wellbeing.

PROJECT WINS

- Improved individual emotional and mental health and wellbeing.
- Made and built new social connections and networks.
- Reduced social isolation.
- Increased self-confidence and self-awareness from individuals recognising their abilities and potential and learning new skills.
- Enhanced coping strategies in place to alleviate stress and anxiety.



IMPACT OF FUNDING

The funding has benefited our organisation by enabling us to offer something unique to our service that has fitted very much with our ethos of providing a safe, therapeutic space for people. Everyone who has attended have said they have benefited, the feedback has been excellent. One of the unexpected benefits is how people who have not known each other for very long have been so supportive of each other and have continued this support outside of the retreat days, exchanging contact details and arranging green walks together.

Equine Assisted

'L' had been to Foxdale on an individual basis prior to the retreat days, expressing how they were not comfortable in a group setting. They had high anxiety, low mood, low physical activity, low confidence, and were feeling isolated working from home after a prolonged period off work. L came to one of the retreat days in the Spring but was unsure of having close contact with the horses or talking to other people. Sharing the space with the others in a non-judgemental environment allowed them to feel accepted and valued, which, in turn, opened communication to offer mutual support, enabling them to become more relaxed and confident as the day went on. L had been experiencing panic attacks on return to work. During the session, they were taught simple grounding and breathing techniques with the horses and in the woods, which they have now transferred into their lives outside Foxdale. Following practical demonstrations through the day, explaining how the brain is wired and our flight or fight response, L has begun to understand their own behaviour in uncomfortable situations.



GAINSBOROUGH CRISIS ACTION TEAM -
X-CHURCH COMMUNITY DROP-IN

ORGANISATION OVERVIEW

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

Our overall objectives are:

- To promote and support positive mental health within our community
- To support people affected by mental-ill health
- To encourage social inclusion
- Support with signposting and referral to relevant third-party providers
- To provide choice and opportunity to people experiencing mental health difficulties
- To initiate a mental health crisis escalation if required
- To support and enable clients to lead independent lives
- To support people to build resilience and learn new skills
- To promote partnership working

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 access support. We encourage anyone who has issues that they can't resolve themselves to come in for a series of drop-in 'clinics'. We aim to have the drop-in service open and available to suitable partner agencies such as the Home Choices Team, Job Centre Plus, CAB, Lincolnshire Police, Lincolnshire Fire and Rescue, VCS Social Prescribers and Town Councillors. We want our visitors to be able to access the services and support they need in a timely manner. We believe the X-Church Community Drop-In provides a friendly, welcoming environment where people feel safe, supported, and cared for. We also had several volunteer vacancies available, which enabled people to contribute to their community.

PROJECT WINS

- 120 participants reported improved mental and physical wellbeing.
- 150 participants had increased access to additional services, support and provision.
- 25 participants accessed employment or volunteering opportunities.
- All participants had increased opportunities for social interactions and making new friends.

IMPACT OF FUNDING

- Beneficiaries have had a safe and welcome place to come to socially interact and make new friends.
- Beneficiaries have been able to access timely and critical support via referral to the GCAT service.
- Beneficiaries have been signposted to alternative support providers.
- Beneficiaries have been able to access services such as the NHS, Social Prescribing, The Wellbeing Service and Energy advice through regular drop-in 'clinic' hosted on our premises.
- Beneficiaries have been able to access interventions to mitigate for the Cost-of-Living Crisis.

GCAT

"How I've enjoyed the writing workshop. It has brought me back to the centre and helped me become closer to the community that is now here. It has helped me to get to know these people and have a laugh with them. I have been able to practice writing a little bit more and enjoy the writing of others."



"I really enjoyed the writing group. It's good to be with friends to discuss our thoughts. It's good to be around others and make new friends."





REG. STERED CHARITY NUMBER: 1168775

GAINSBOROUGH TRINITY FOUNDATION PARTNERSHIP - YES TO HEALTH/YOUR HEALTH MATTERS

ORGANISATION OVERVIEW

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 Support, Armed Forces Breakfast, Red Hat Ladies, and the Ramblers to name a few, where we offer a safe space and a friendly environment for their groups to operate.

We support 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.

PROJECT HEADLINES



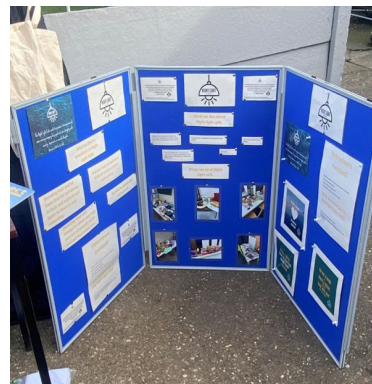
PROJECT OVERVIEW

Through conversations with our partners, we believe that much of the physical activity available within the community happens in isolation. Participants are not always given wider information or signposting to address their physical and mental wellbeing, such as advice on healthy lifestyles, exercise guidance and mental health support.

Based on this, the **Yes To Health/Your Health Matters** project aims to provide a wide range of physical sessions that ensure a holistic approach is taken to improve the mental health & wellbeing of participants. Our offer will ensure activities are open and accessible to all, with a strong focus on improving the overall wellbeing of individuals. Participants will be educated on the benefits of activity, as well as signposted into additional services if identified.

AREAS OF SUPPORT

- Smoking habits
- Alcohol intake
- Sleeping habits
- Physical activity guidelines
- Diet and exercise
- Mental health
- Seated exercise
- Hydration and hot weather



IMPACT OF FUNDING

We believe these programmes have encouraged participants to engage and get active, helping some to recover from the wellbeing and mental health shortfall that COVID left.

GTF

"The relaxed, no pressure delivery style supported me greatly. With extra familiar support staff and the non-judgemental, calm attitude and friendliness of the coach, I felt confident to join in and surprised everyone by being exceptional at Boccia."

"I loved the different challenges and demonstrations. I love bowling and we used lots of different activities that used these skills."

"I was confident to access a contact session in our village due to the positive relationship established with the coach."





REG. STERED CHARITY NUMBER: 1168775

GAINSBOROUGH TRINITY FOUNDATION SOLO - WINTER PRESSURE RELIEF PROJECT

ORGANISATION OVERVIEW

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 Support, Armed Forces Breakfast, Red Hat Ladies, and the Ramblers to name a few, where we offer a safe space and a friendly environment for their groups to operate.

We support 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.

PROJECT HEADLINES



PROJECT OVERVIEW

The Winter Pressure Relief project prepared individuals for the winter months, with a focus on raising awareness of the wide range of support in Gainsborough and the surrounding villages. Promoting services that are relevant at the time of year, such as fuel and food poverty, debt and budgeting, addiction, isolation, and loneliness, as well as those supporting poor and worsening mental health as a key focus.

PROJECT WINS

- The Christmas event was a huge success. We had families with young children and individuals over 80, all in the same space together, celebrating Christmas time whilst having meaningful conversations and gaining key information to support their lives.
- The family fun day was fantastic. We saw a vast mix of families, generations and communities during the 11-hour event. The feedback from many individuals included that they were unaware of the wide variety of support available in their local community and online that they found through information gained on the day. We have seen some of the families reach out for additional support or to other community activities as a direct result of attending the event. We have also found some new volunteers who now support our ongoing services who came to 'have a look' at the event and ended up staying for most of the day.
- We have had requests from lots of third-sector and statutory groups who have used our winter relief booklet as a point of reference for signposting. We handed out an initial 500 to the community and had to print a second run. People are still asking for the booklet.

IMPACT OF FUNDING

The funding allowed us to provide an event and a range of support information that opened the door to mental health and wellbeing and support for potentially, the first time. We could not have done the Christmas event or produced the booklets and give aways without this funding. It has also seen increases in our wider provision and raised awareness of our other strands, including sports and education. Many individuals who attended the event have since visited the site or followed and shared things on our social media that they potentially wouldn't have done without the events and services this fund allowed us to supply.

GTF

The project has opened up opportunities or people to get together and socialise, with and without their families, while accessing key information for their mental, emotional, physical and financial wellbeing. It gave them opportunities they usually would have been excluded from due to cost, and many families reported the benefits to their wider family.

We also gave presents and food parcels to families living in deprivation, which relieved the pressure and worry of providing for themselves and families at Christmas. One family was worried about being unable to offer a Christmas meal as they felt it more important to give their children a present so they didn't miss out. With the support of the project, we were able to offer some toys and food, and ensure they had a positive Christmas.

Many participants did not realise the breadth of support available in Gainsborough, both within our organisation but also wider third sector groups. This has led to people feeling more connected and better supported in their community. One

lady said that although she didn't currently need support, she felt reassured knowing there was support and where she could reach out to access if she did need it in the future.

'Thanks for providing a family Christmas event. Great atmosphere. The kids loved seeing Santa'





GOBSTYKS GAMING CLUB -
GAINSBOROUGH VIKINGS GAMING CLUB

ORGANISATION OVERVIEW

We offer fantasy table top gaming and role play gaming as a means of providing respite and social interaction for members who have struggled with everyday life, socialising, socio-economic factors, and coping with reality.

By providing an environment with like minded people from various backgrounds, it allows members who struggle with mental health to ignore the 'geeky' stigma that may cause them to find it hard to socialise in other environments and members find that they make long lasting friendships with other members that they may not have socialised with.

PROJECT HEADLINES



87
BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

The Gainsborough Vikings Gaming Club now has a foothold in Gainsborough, providing equipment and gaming supplies to local people who can then attend when they might not have attended otherwise. The club has the support of local charities, including Feeding Gainsborough and the Bearded Fishermen, which are charities that support people with mental health issues and can direct people to us for support outside of clinical support. Currently, there is no service offering what Gobstyks and Vikings can offer, with experienced gamers who can support new and existing members with their mental health struggles. The five executive members of Gobstyks have mental health struggles, including bipolar disorder, depression, and BPD. The three volunteer executive members of Vikings also have issues with their mental health; one member in particular is a mental health first aider and a carer. The importance of the delivery of this project is very personal to all involved and unique in its offer.

PROJECT WINS

- A large influx of new members.
- A very successful anniversary event.
- Participants were supported in building new friendships
- Many participants grew in confidence.
- Members have opened up about their mental health issues.



PARTICIPANTS
REPORTED FEELING
LESS ISOLATED

IMPACT OF FUNDING

Using the funding, we have been able to increase our online presence by recording games and recreating our website. We have been able to buy resources to assist new players enter gaming systems without worrying about the initial investment. We have been able to support members who have struggled financially when they have needed, and we are now at a point of stability. The membership has increased to such a level that we are sustainable and can continue our work with mental health. We have had existing members and new members open up about their mental health, with new friendships created between people who would be unlikely to have met outside of the Gobstyks/Vikings environment.

Gobstyks

One male was very new to Gobstyks and met us at the Mental Health Museum event. Suffering with PTSD, he has a support dog who attends with him at each club night. Both have been made welcome, and he has made many new friends. He has discussed issues that he has faced with his mental health with us, and even that he spent time sleeping rough. He has built his confidence during this short time and discussed his desire to meet a woman and settle down in a relationship. With support from other members, he has now made a romantic connection and is already planning a new life with her. The transformation in this gentleman since he first started has been miraculous in such a short space of time, and through playing role play games, he's managed to build lasting friendships when he had struggled in the past to make friends.

"I struggle with depression, and I have for a long time. I first found Gobstyks as I was being bullied and I was looking for a place to go where I knew the bullies would not be. The friends that I made helped build my confidence and I found a place that I could feel safe. I found that I feel less depressed when I paint and when I play games, and I have a couple of friends that I have made at Gobstyks that I can talk to when I am feeling depressed, and they help me to get back to feeling more like myself."



HILL HOLT WOOD - COPPICE CRAFTS

ORGANISATION OVERVIEW

Hill Holt Wood is an Environmental Social Enterprise and Registered Charity, situated in a 34-acre woodland in Lincolnshire. Our primary focus as a charity is to preserve and protect the environment and wildlife, educate local communities about sustainability, promote sustainable development, and support activities that benefit public mental health and wellbeing. Sustainability is at the heart of everything we do, with our core objectives considering all three interconnected elements of sustainability with equal importance on environmental, economic, and social sustainability.

The organisation operates a wide range of enterprises, taking a holistic approach to all activities. Activities include, but are not limited to, educating children and adults about the importance of connecting with nature, forestry and land management, constructing and designing eco-buildings, providing alternative pathways and support for young adults, as well as creating a space for those recovering from mental health issues.

PROJECT HEADLINES

100%  OF PARTICIPANTS SAID THE PROJECT WAS 'VERY GOOD'

43  BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Coppice Crafts encouraged participants to explore green woodworking techniques, including woodcarving. Conducted by our in-house specialist, participants learned how to use the tools, explore different mediums, and complete spoon carving. Sessions ran from 11 am – 2:30 pm twice a month and were based in our ancient woodland, Norton Big Wood. This base for activities is a peaceful and tranquil environment to offer such therapeutic work.

PROJECT WINS

- Friendship groups have been created.
- Participants reported learning new skills.
- Participants reported feeling less lonely and isolated.
- The project gave participants a safe, non-judgemental space.



IMPACT OF FUNDING

Funding allowed us to expand on our previous Coppice Crafts funding. This expansion allowed women to join, as well as men of a wider age range. It has proved to be our most popular project so far.

Hill Holt Wood

'JK' is 58 and has some long term health conditions along with restricted mobility. He likes history, horror films and travel. JK enrolled at Coppice Crafts following a referral from his social prescriber, with a goal to get out of the house, meet new people and learn new skills.

"The people who run Coppice Crafts are very friendly, helpful and patient. Nothing is too much trouble for them. It has helped me to get out of the house and meet new people. It gives me something to look forward to. I like the people I have met there."





HOPE MEADOWS - HEARD BY HORSES

ORGANISATION OVERVIEW

Hope Meadows Equine Assisted Recovery CIC aims to support the mental health of our local community through making equine-assisted activity accessible to those living in Lincoln, Hykeham, and the surrounding areas. The idea arose from conversations with people in these communities, and our ethos is to continue growing and developing based on these on-going conversations.

Interaction with horses has been consistently proven to reduce psychological distress, improve emotional regulation, build self-esteem and increase overall wellness. We offer people the opportunity to come for 1:1 sessions to undertake equine-assisted activities focused on personal empowerment and recovery from mental health difficulties. The horses bring a calming, reflective and intuitive nature, and interaction with them can facilitate meaningful change in wellbeing. Sessions are non-ridden and are carried out by members of staff trained and experienced in mental health.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Heard By Horses** project offers 1:1 equine-assisted sessions for individuals in our local community who are struggling with their mental wellbeing, focusing on an inclusive approach to wellbeing across the whole spectrum from emotional distress to serious mental illness. The sessions are person-centred and led by what the individual would like to achieve in their recovery journey. Staff empower and support the client to try new tasks, including:

- Grooming and handling
- Practical horse care
- Learning about equine behaviour
- Lunging, long-lining and other non-ridden exercise
- Land maintenance and repair

The ultimate aim is to induce positive change in mental wellbeing for the individual, in line with their recovery goals.

PROJECT WINS

- Many clients discovered a love of horses through this project despite having never interacted with them before.
- Several participants were driven to undertake animal care qualifications as a result of their sessions.
- Several 1:1 clients have now joined our adult group.



IMPACT OF FUNDING

This funding has been a route to strengthening our connections with local mental health teams, and we have made many new links to teams, such as community rehab, personality and complex trauma, and social prescribing. These teams value our sessions being free, 1:1, and available at a variety of times throughout the week. The funding has also allowed our organisation to reach people for whom cost is usually a barrier. These people now know us and feel comfortable reaching out again if they need help, which is very valuable to us and helps us strengthen our position within the community.

Hope Meadows

'T' is a mid-twenties female who was training in a cafe in food handling but was unsure if this was a career they wished to pursue. She has a diagnosed mental health disorder that occasionally impacts her ability to regulate emotions fully. T was struggling with her self-confidence, and having been around horses previously, her mental health practitioner booked her onto a session with the project to help her find ways to boost her confidence in an environment that T used to thrive in. T initially wanted to get to know all of the horses at the setting and wanted to use her previously acquired knowledge of having horses in Cyprus to help her bond with them. Initially, she picked up on body language cues from the horses and reflected how the body language of the horse she felt most drawn to each week was mimicking her own feelings and emotions. T asked in session two to groom one of the horses, and was able to complete this alone confidently. This led to conversations around why she was confident with horses, in which T reflected that horses can't comment on things if she does them wrong. T commented on how the horses' nature helped her to feel calm, and the repetitive grooming helped her feel relaxed and process difficult emotions and experiences. Half-way through, T was having more contact with her son, and was enjoying work more. She had some difficult periods between her penultimate and final session that led to session cancellations. However, in her last session, T reflected that despite housing and relationship breakdowns, she was feeling positive overall and able to face the stress head on without feeling down in herself, with more positive coping mechanisms to lean on.





INSPIRED EQUINE ASSISTED LEARNING

ORGANISATION OVERVIEW

Inspired Equine Assisted Learning carries out activities which benefit the community and, in particular, provides Equine Assisted Learning (EAL) in Lincolnshire to:

- Adults & children with mental health problems
- Adults & children with physical disabilities
- Adults & children in residential care
- Adults & children with life limiting illnesses 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 requires no prior experience with horses. EAL is an very effective way for people to improve their confidence and self-esteem, and enhance their communication and relationship skills.

PROJECT HEADLINES

67
GROUP
SESSIONS

38
BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

EAL benefits a wide range of adults and young people looking for a new way to improve confidence and self-awareness, including people with behavioural challenges, mental health problems and learning difficulties.

EAL is experiential, meaning service users learn by doing, and the horse is a facilitator: a living, breathing being who helps to direct the session, making it a unique combination of exercise, education, therapy, cooperation and fun.

As well as EAL sessions, we will also offer more opportunities for people to gain relevant work experience to help them obtain the skills necessary to gain and retain paid employment, resume their education or volunteer. The project will offer group sessions rather than our usual 1-2-1 sessions.

PROJECT WINS

- Supported the employment of 2 local people.
- The project allowed more local support groups to become aware of our organisation and the type of work we do.
- By running sessions for groups, we were also able to incorporate aspects of leadership, teamwork, peer support and collaboration into the sessions.

IMPACT OF FUNDING

The majority of beneficiaries have reported learning new skills, that their confidence and self-esteem have improved, their stress, anxiety and depression have reduced, and the sessions have helped them increase their physical activity and improved their communication skills and teamwork. Some of those on the project now attend as volunteers to help with stable management tasks. We are also exploring the development of our own accredited horse and stable management certification, meaning beneficiaries would leave the project with an entry level qualification.

Inspired Equine Assisted Learning

S found out about our project via our posts on social media. Her family had always been interested in horses and so considered the project an ideal way to help her acute anxiety and also give her some useful work-experience as she had left school with no qualifications and had very little experience of employment. Ideally, in the future, S would like to return to education to study art. S was supported by her parents, who transported her to the sessions, and she thoroughly enjoyed attending her initial sessions as they were held in a safe, supportive and relaxed environment. S decided that joining our project would be an ideal way to improve her confidence, reduce her anxiety, and assist her future career plans of returning to education. S was joined at the centre by other people who were also struggling with physical and mental health issues, who she enjoyed meeting, getting to know and working with.

S found that the leading and grooming greatly improved her confidence and over time, her social anxiety reduced and she found it easier to take part in the activities and talk to others. Her confidence increased further when we introduced long-reining into the sessions, as this required S to control a horse from the ground using two lunge lines and her voice. Initially, she was very self-conscious doing this, but rapidly overcome this when she witnessed the results she was able to achieve. S's mental health has significantly improved since she joined the project, and she feels she has achieved her initial goals of reducing her social anxiety, improving confidence and learning new skills. She is now confident to perform certain tasks with minimal supervision. By helping her reduce her anxiety and social isolation, S feels far more confident to pursue her desire to study art. The manual tasks on the project have also helped improve her physical fitness.



LINCOLN & LINDSEY BLIND SOCIETY - FRIENDS AGAIN

ORGANISATION OVERVIEW

Since 1921, Lincoln and Lindsey Blind Society has 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 preventing problems becoming crises.

LLBS services and activities include:

- Sight impairment officer visiting service
- Resource centre for specialised equipment and devices
- Talking books and newspapers
- Social, sport and crafts groups
- Eye clinic support desks
- Visual impairment awareness training



PROJECT HEADLINES



BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

During the **Friends Again** project, volunteers made contact by telephone as a stepping-stone until the user felt confident enough to venture out together. The volunteers encouraged and helped people get out and about and provided a discreet monitoring service to signpost, alert and refer to other services that may be needed. Volunteer befrienders supported and enabled users to access and enjoy local groups and activities they had chosen for themselves. This way, they regained the confidence to take part in their community again. Volunteers helped users keep physically active by undertaking regular physical or social activities; maintaining independence through increased opportunities to get out of the house, improving mental health and wellbeing as a result of increasing social networks and building new relationships with a diverse range of people in community settings.

PROJECT WINS

- Our clients and volunteers have gained a great deal in being able to meet and socialise with other people who are in the same situation as themselves and share experiences with, and support from their peers.
- Our befrienders have formed lasting friendships with those housebound by their condition or lack of sight and have helped reduce depression and increase their wellbeing.
- An unexpected benefit is the reassurance of these contacts brings families and carers of the participants.

IMPACT OF FUNDING

The funding allowed us to resume the befriending project following the COVID pandemic and we have been able to support independence by restoring our client's confidence to make and renew social connections, which has been extremely beneficial for their mental health.

LLBS

Befriending matches are infinitely variable. Clients have very different hobbies, interests and requirements, so when one is so obviously a match from the outset, it is a joy indeed.

Our 94 year old client 'E' already has one of our volunteers who visits fortnightly. They have become real friends and both of them look forward to their meet ups. E is housebound and has really struggled to adapt since the loss of her dear husband of nearly sixty years. They had a very special bond, and she had an amazing story to tell.

E had been a young German girl of 19 who, living on the Polish border, was faced with losing her freedom and lost many of her relatives at the beginning of the second World War.

"Thank you for arranging and inviting me to the Volunteers Lunch yesterday. It was lovely to meet those present and learn about their personal volunteering stories - such interesting people!"

To cut a long story short, she met a young English soldier, they fell in love, he brought her back to England to keep her safe and they built a very happy life together in Lincolnshire, although, of course, she missed her German heritage.

When a new volunteer joined us who spoke fluent German, it was a match made in heaven.

E's face when she realised that her new visitor spoke German was an absolute picture, and within minutes they were talking ten to the dozen in German, something E had been unable to do for many years. And for our new volunteer...what better way to polish up on your second language.





LINCOLNSHIRE OUTDOOR LEARNING - GROWING SUPPORT

ORGANISATION OVERVIEW

Lincolnshire Outdoor Learning aims to work with local adults and engage them with outdoor learning activities within the natural environment in a caring and supportive manner, regardless of physical or mental health condition.

We provide choice for people with mental health and physical disabilities through learning new skills in Horticulture. By supporting a caring and skills based approach, people gain more independence as their skills develop and they can start to use their skills at home.



PROJECT HEADLINES



PROJECT OVERVIEW

We set up a regular group, so that people can meet regularly, make new social connections, and reduce their social isolation. **Growing Support** groups take place at Kenwick Park Louth, a tour poly tunnel and growing area, where we provide a choice of activities that the beneficiaries can engage with related to horticulture. By learning new skills in horticulture, we develop independence in our beneficiaries as they learn new skills they can use elsewhere and at home.

PROJECT WINS

- The smiling, happy faces of our beneficiaries.
- Recruiting **2** volunteers who are keen to take on more responsibility for ensuring the sustainability of the project.



IMPACT OF FUNDING

The project has proven to be an enjoyable experience that the beneficiaries look forward to each week. They benefit from the free veg and foodplants, training in using hand tools and growing foodplants. The fresh air, exercise, and social environment support peoples' mental health.

Lincolnshire Outdoor Learning

'D' is 29-years-old and unemployed with the medical condition dyspraxia. After starting as a beneficiary on this project, we have recruited him as a permanent volunteer at Kenwick Park. D initially lacked confidence in his ability to complete projects to a suitable standard and engage with others. During his time on our project, D has improved his work skills and demonstrated that he can work to a high standard to achieve our common goals in relation to seed sowing, potting and growing on, through to harvesting. D has also started growing food plants at home, cooking the vegetables, and giving them to friends and family. D has a DBS and drives his own 4 x 4 vehicle as a learner driver, and we are supporting him through his theory test. D wants to gain a health & safety certificate, which we are supporting him with, but he wants to focus on his driving licence first. D has been developing his people skills and has been supporting our more severe special needs participants with growing plants, which has been instrumental in the success of our project. He says that this project has enabled him to become more confident around other people and to increase his confidence in his own abilities to achieve his goals.



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, with particularly high rates of suicide and farm accidents. Long working hours, isolation, financial uncertainty, changes in legislation and statutory duties, administrative demands and exposure to physical risks all take their toll.

Our person-centred work within rural communities focuses on:

- Casework: responding to referrals made in person or by others by telephone, email or at one of our drop-in advice points.
- Helpline: manned between 8am and 8pm, with emergency out-of-hours contact.
- Health Screening: operating alongside drop-in advice points and through digital clinics, we offer confidential screening and advice across a range of medical issues.

PROJECT HEADLINES

71
BENEFICIARIES SUPPORTED

SIGNPOSTED TO 6 ORGANISATIONS

PROJECT OVERVIEW

LRSN offers a person-centred casework service, engaging with and supporting people experiencing, or at risk of, mental health issues from within the farming and agricultural community. Our casework covers a broad spectrum of issues that impact the mental health of people in the county, including stress and bereavement, finance and legal matters, and animal health. Support is given one-to-one in person, online or by telephone to suit the needs of the individual. We offer support and advice, often working with clients over an extended period of months to achieve a resolution or support a transition to other services.

PROJECT WINS

- Additional clients benefiting from LRSN's casework service in East Lincolnshire.
- 800 additional hours of contact time with clients.
- We have been able to employ our staff caseworker for an additional day a week.



IMPACT OF FUNDING

During this project, LRSN have support a total of 71 individuals residing in the East of the county. This exceeds our target. During the project, LRSN have supported 207 individuals across Greater Lincolnshire.

On average, a total of 20 hours per individual is spent by our casework team, totalling 1,420 hours spent on clients in the East and exceeding our target.

42 of these clients were new referrals to LRSN from 1st March 2022 alone, totalling 840 hours input with new service users.

Sessions were delivered in a range of locations or remotely, according to the needs of the client. This has worked particularly well and has supported engagement of clients.

The funding has also supported our ongoing programme of training for staff and volunteer caseworkers and helped us raise the profile of our service in the target area with the direct result that the East area now accounts for 34% of our total casework activity.

LRSN

LRSN casework offers a variety of outcomes for clients and feedback received has included:

- Reduced anxiety and distress
- Increased understanding of mental health issues
- Reduced hospital / acute healthcare engagements
- Increased self-esteem
- Improved social and support networks
- Better family relationships
- Increased ability to manage finances, sustain employment, and run businesses.
- Clients feeling in control of their lives





LINCOLNSHIRE WILDLIFE PARK - THE PEACEFUL PLOT

ORGANISATION OVERVIEW

We are one of the UK's premier animal sanctuaries, offering long term care to over 1000 parrots and a range of animals in the most natural environment possible.

We provide a respectful and high-quality environment for all in our care. We are open to the public throughout the year, offering information and learning to our 70,000+ annual visitors.

The objective of the charity is:

To relieve the suffering of parrots and other exotic birds and animals who are in need of care and attention and to advance the education of the general public in all matters concerning parrots and similar exotic birds and animals.

However, we do much more. From small beginnings, the park now covers over 25 acres, which we are continuing to develop into a community focused hub, introducing dedicated areas for people of all ages and abilities who are interested in our animals and birds. The Peaceful Plot is just one of these areas, providing space for people to develop social connections, restore their mental health and reduce isolation.

PROJECT HEADLINES

2978
ATTENDEES



PROJECT OVERVIEW

The Peaceful Plot, including sensory space and memory garden, provides a quiet space for our older visitors and those with additional needs within the park. The Plot includes an old garden shed, a small traditional vegetable garden, tools and a small area that provides a home to our budgies. The Plot has become a permanent fixture of the park and will provide space where our visitors can rest and reflect.

PROJECT WINS

- There is space for people to sit and rest at the Plot as well as a walkthrough area where people can get to meet our Budgies.
- Seeing people's reactions and overhearing stories about relatives whilst people are visiting.
- Incorporating lots of seating within the space to ensure visitors can stop a while and appreciate the Peaceful Plot while being mindful of their own mental health and wellbeing.



IMPACT OF FUNDING

Funding has enabled us to develop this peaceful and secluded area of reflection at the Lincolnshire Wildlife Park. It would not have been possible for us to develop and build the Plot without external funding, and while a percentage of the works were carried out by our own maintenance team, funding has enabled the purchase of equipment and materials.

Lincolnshire Wildlife Park

What has worked particularly well is the location of the budgies, with older visitors being able to remember their pets whilst sitting and resting. We had initially said that approximately 5% of people who come to the park would use the Peaceful Plot. This figure is, in fact, much higher and more in the region of 50% of visitors. The Plot is on route to Nigel, our Puma's enclosure, and most visitors do go into the Plot.

The Peaceful Plot is now a permanent fixture at the Lincolnshire Wildlife Park which is open every day of the year, apart from Christmas. Our visitors have full access to the seating at the Plot and also to view the plants and listen to sounds there.

Our maintenance team attends to any issues at the Peaceful Plot, and our animal keepers attend to the needs of the resident budgies.

The main highlight of the project for us is to see people visiting the Peaceful Plot. The project took many months of design and to see it all come to fruition was wonderful.





MINDSPACE - PRESCRIBING THE 5 WAYS TO WELLBEING

ORGANISATION OVERVIEW

By providing a safe haven where people can come, be themselves, connect with others and learn more about the maintenance of positive mental health and wellbeing, MindSpace aims to reduce presentations at Peterborough A&E from Stamford patients in mental health crisis (including self-harm and attempted suicide).

By encouraging connectedness and supporting the development of community assets, MindSpace aims to encourage a culture of listening and neighbourly support so that there are networks across the town that anyone can access, especially when they are facing personal challenges, rather than being reliant on the provision of secondary services for support.

PROJECT HEADLINES

128
BENEFICIARIES SUPPORTED



PARTICIPANTS REPORTED INCREASED WELLBEING

PROJECT OVERVIEW

Prescribing the 5 Ways to Wellbeing empowered service providers and ‘connectors’ to prescribe activities as an alternative to simple signposting or the ‘find out and turn up’ way that many activities are currently accessed. The offer has included women’s physical activity sessions these were provided by S&R Netball club, mindfulness sessions, and life skills lessons hosted by MindSpace in partnership with Stamford College, Job Centre Plus, local businesses, and professional volunteers. Natural wellbeing workshops have been provided by Fentons Herbology, supported by the Children’s Centre.

PROJECT WINS

- The participants of the Think Ahead course getting job interviews thanks to the support and learning they gained on the course.
- The bond the participants of the first mindfulness course developed, which has endured beyond the course.
- Hearing how the group environment had helped participants and how their wellbeing and confidence has improved from taking part.



IMPACT OF FUNDING

The funding undoubtedly enabled some important learning for our organisation on how and why people engage in mental health and wellbeing support, as well as giving us insight into how this could be delivered most effectively. It also enabled MindSpace to reach new people who had not heard of the organisation before and who wouldn’t previously have felt that MindSpace was for them. We were able to understand the strengths in, and effectiveness of our relationships with peer support workers and social prescribers. Our team, who were also able to prescribe activities to regular members, felt empowered to offer practical support in a different way as MindSpace was able to fund sessions that met the tailored needs of some of our regular attendees.

MindSpace

Feedback captured in focus groups after courses ended, and through case studies and questionnaires, highlighted that those who attended these activities reported increased feelings of wellbeing, learnt new skills and knowledge, connected with others and felt less isolated as a result. As participants were, in the main, attending courses which were a set amount of sessions, over a set number of weeks rather than regular, indefinite, weekly sessions, they talked more about going on a journey together. All participants talked about how they felt on the first week and how their wellbeing improved throughout the courses. They felt a sense of ‘being in it together’ and felt that this fostered closer connections with others. They were able to witness the changes and growth in each other and affirm these, which was an important aspect of the support that participants shared receiving during the sessions. In particular, the focus group following the first mindfulness session highlighted how the skills learnt during the course had supported them to overcome challenges in their lives that impacted upon their wellbeing. Participants had experienced being at risk of homelessness, bereavement of a parent, and redundancy during the course and felt they were equipped with skills to cope, as well as having support from their new friends in the group. One participant in the focus group attended the focus group because she wanted to see everyone, feeling it would help with the bad day she was having due to the loss of her mum.



NEW LIFE CENTRE (SPILSBY)

NEW LIFE CENTRE - COMMUNITY
LOUNGE

ORGANISATION OVERVIEW

The New Life Centre provides an array of services to our town and surrounding area, all of which have come about from a need within the community.

We have a number of different projects that cater for all different ages as well as needs. We have an active youth wing as well as several mental health support sessions. We are a satellite base for the youth offending team as well as probation and other key services. We provide counselling as part of our mental health support too. Our aim is to provide our community with a single point of contact in a safe environment for all to access.



PROJECT HEADLINES

REFERRALS
FROM
7
DIFFERENT AVENUES



SIGNPOSTED TO
9
ORGANISATIONS

128
BENEFICIARIES
SUPPORTED



PROJECT OVERVIEW

The **Community Lounge** is a weekly project providing signposting and support to other services in the area. A safe place where someone can come for a chat, grab a coffee, and access computers and the internet for free, which in turn will help reduce social isolation within our rural area. Participants have access to a range of art and crafts and opportunities to learn new skills. There is also scope for service users to gain training, and to work alongside staff as a peer worker who in turn, will be able to support others with their own mental health and wellbeing. We have access to 4 mental health first aiders as well as a trained counsellor. We are soon to have one of the new NHS kiosks installed so users/members will have access to that as well.

PROJECT WINS

- Making friends for life.
- Seeing people smile.
- Seeing friendships develop.
- Seeing our project develop over ten years and thrive into its 11th.



IMPACT OF FUNDING

We have been able to provide a safe place for the community in which to meet. We have been able to provide workshops free of charge, allowing members of the group to access projects they wouldn't normally take part in or have the money to. We have gained new friends and new members of our team. We have supported participants with poor mental health, financial concerns, housing issues, loneliness, and serious mental illness.

New Life Centre

Our project meets every Wednesday, 12 until 3pm, with an informal drop-in 9:30 until 12pm and an early bird breakfast project from 7:30 until 9:30am. With having these two projects straight before the Community Lounge, we are finding some people are still staying for the entire day, especially now that we are opening as a warm space too. The lego was a hit, and we have just seen a group of our members complete a lego flower set. We also took seven of our members to a community meal in Partney a few weeks ago on one of our sessions.

We have gained one new volunteer who has been accessing the session all year. He has just completed suicide first aid training. We are averaging 30 to 32 people per session, with over 40 attending throughout the day.

The activities that are taking place differ each week. We seem to have a new love for Uno and chess, as well as the usual crafts like water colours, knitting, sewing, etc. We hope to hold a water colour tutorial in the new year.

The social prescribing team are in most weeks, and we can have up to three at a time visiting the project, supporting and aiding via appointment and ad hoc. We have had two new social prescribers join the team and it's been an asset to our sessions having them on board.



ORGANISATION OVERVIEW

Our overall aim is to develop friendship groups focused around gardening, nature, wellbeing, wildlife, healthy living and the outdoors.

These aims support groups and individuals. They will support a range of people, especially those who are older, lonely, and/or affected by mild mental health issues, carers, those wanting to improve their wellbeing and anyone else interested in learning related things.

Our objectives are to:

- Facilitate meeting and forming friendships with other people.
- Provide opportunities to learn new practical skills, improve their health and wellbeing, and relax.
- Facilitate engaging with and learning about the natural environment through gardening, flowers and other rural crafts and wildlife activities.
- Relive and share memories.
- Encourage self skills and prevention techniques.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Grow Better** project maintains themes of friendship, gardening, nature, wildlife, craft, wellbeing, and the outdoors.

Our activities include:

- Friendship groups and activities, hosted at local venues, linked to local facilities & needs
- Supported organised visits
- 1:1 befriending and support
- Workshops on variety of topics, in a range of locations, clubs, dementia café's, care homes, allotments, and on other garden sites, including tabletop activities.
- Volunteer opportunities to support these activities, bite size learning, and shared working and workshops to develop new skills.

PROJECT WINS

- A couple of the clients became volunteers and really feel the support offered on the transition is what made it possible.
- Exercising outdoors at a different venue attracted some different people to try things linking with the café social situation as well.
- Positive feedback was received by clients, including that the groups and activities relieved their isolation, helped them make new friends, and enhanced their wellbeing.
- Volunteers had the opportunity to overcome aspects of social isolation, helps others and feel like a part of the community.

IMPACT OF FUNDING

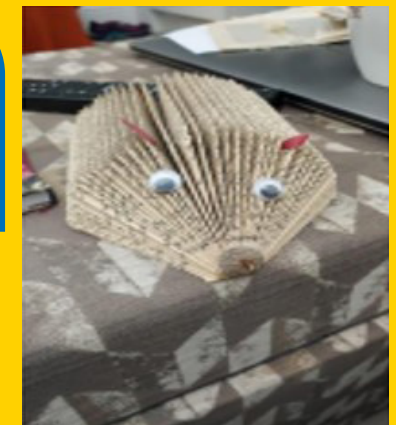
The funding enabled us to pilot the idea of running what we did in the community. It has shown us that this was possible and that there was a demand for a different version of programme as well, so we set up GEM (Greet East n Meet) as a separate entity with other local organisations to continue this into the future. Volunteers benefited from learning new skills and working across a variety of projects and client groups. New sensory ideas and workshops were piloted and proved they could be run in the new set up.

Sage Gardener



"We had a really interesting morning at our dementia group. We were visited by Sage Gardener who gave us a very interesting talk on shrubs and plants, and showed us how to make our plant pots and gave us seeds to set. We all really enjoyed it."

"We've all had a brilliant time learning new skills and getting to know you all. Thanks so much for everything."





STEPPING STONE THEATRE - THE LOCKDOWN LEGACY: THE STORY CONTINUES

ORGANISATION OVERVIEW

Through creative endeavours such as theatre, singing, writing, storytelling, we offer companionship and a sense of inclusion and enhance wellbeing.

We also run online creative projects, such as podcasts, online live interactive sessions, online writing groups, and peer support. We also offer a weekly walking group in which we encourage people to take gentle exercise, and if they need to, disclose and talk about things that may be affecting their mental health.

Members share their issues with us and each other and in this way, they are promoting good mental health and helping each other and themselves. This intervention means problems are solved before they get to crisis levels. We don't just disclose, we also offer practical solutions and signposting if needed. It is grass roots, creative peer support.

This all helps to promote one of our main aims, which is to destigmatise mental illness and create a more compassionate community.

PROJECT HEADLINES



PROJECT OVERVIEW

With our three times a week broadcast and our weekly podcast, the project has built up a dedicated following. We are offering writing workshops, under the title of the Stepping Stone Scribblers "Don't get it right, get it written". These are done in person and online too. We want to offer, with our allies, art, and painting workshops. We also offer a weekly walking group to help with health and wellbeing. In addition, we practice creative befriending, where people of a similar frame of mind can meet and share their experiences together. We do this by offering a women's support group online, a photography archiving project, and podcast storytelling. As the project progresses and the stories and photographs are presented, a quarterly booklet will be produced featuring some of the work done by the members. We will also be presenting exhibitions of the work produced.

PROJECT WINS

- 20 - 50 podcasts.
- 150-500 viewers watching after the live broadcasts.
- 20-35 workshops.
- Our listening audience has reached 20-25 people.



IMPACT OF FUNDING

The funding allowed us to increase our presence in the community by reaching a wider demographic. We were allowed to support more people who were suffering with their mental health post-pandemic. It has given them something to look forward to in the week. Some say that the Stepping Stone broadcasts, as well as being informative, have been a life saver during this time. It also allowed us to reach more people in our community and share information in a more direct way without them having to leave their homes, helping with loneliness and isolation. It has also allowed for delivery of the project with consistency and regularity. Many people with mental health challenges engage more fully when a project like ours is long term.

Stepping Stone



'K' is a 52-year-old man. He was recently widowed and has spiralled into depression. It has taken quite a bit of gentle persuasion, but finally, he has begun to join in with the LiVETALK. He is affectionately known as the Oracle as he is so well informed about what is happening in the community. He says that the continuity of Stepping Stone is why he has started to come out of himself. K now feels less loneliness and isolation. His mental health is a real slow burn, but he is now on the road of recovery, and Stepping Stone has played an integral part in this.





SUTTON ST. JAMES BAPTIST CHURCH - RENEW SSJ

ORGANISATION OVERVIEW

SSJBC is a small church with a BIG heart aiming to bless and serve our community and demonstrate the love of Jesus through actions rather than words - by opening our doors and loving people.

All our community activities are available to everyone, regardless of whether they have any faith or are of no faith. We do not actively proselytise during these activities or lay any expectation on people that they must take part in any of our overtly Christian activities, such as our Sunday services. We just invite everyone to come and enjoy being part of the SSJBC family. We also encourage people to use their talents and skills and consider becoming a volunteer if they would like to.



PROJECT HEADLINES



PROJECT OVERVIEW

Renew SSJ is part of the Renew Wellbeing network of 'quiet shared spaces where it is ok not to be ok', established around a rhythm of prayer (participation in prayer is entirely optional) A cafe style, totally inclusive community space run by Sutton St James Baptist Church currently opens every weekday. This ensures that the community knows there is always somewhere to go for a cuppa and a chat, enjoy a game of draughts, try a new craft, share their crafting skills, or maybe to just sit and 'be' amongst others, knowing that they do not have to be alone.

PROJECT WINS

- Recruiting a lead person who could grow and develop this outreach activity.
- An ever-increasing group of regulars who come 2 or 3 times a week.
- Increased engagement with local care homes has resulted in residents joining us for fun and friendship.



IMPACT OF FUNDING

In a rural community such as Sutton St James, that has limited access to public transport and until very recently, no coffee shop or similar to meet in, having access to somewhere such as Renew SSJ, that is open every weekday offering a warm welcome, a place to be 'seen and known', and a place to become part of a family who love and care about people is invaluable. As we operate on a donations only basis for our Renew sessions, it means they are accessible to all, even those on a very low income. We believe that the number of people coming to Renew SSJ shows how much it is valued. The unexpected benefit has been seeing how creating the Renew SSJ space has become a networking space where new friendships have been formed that then spill out into people's everyday lives. Many who had previously sat at home alone now have friends who ring them up or pop in to see them, and those with transport have helped others with lifts to dental appointments or shopping.

Sutton St James Baptist Church

TG is 89, has been a resident of Sutton St James for many years, and now lives with his daughter after losing his wife P 13 years ago. TG used to walk past the church periodically to go to the local shop and after a number of times of us popping out to chat with him as he walked back, we were finally able to encourage him to come in and enjoy a cuppa. TG has quickly become part of the Renew SSJ family and regularly pops in 2 or 3 times a week. TG loves music and used to play the ukulele, so when the Rollin Rock Café bus arrived for its fortnightly visit, we were keen to get him involved. Little did we know that this would encourage him to rekindle his playing! Another of our Renew SSJ family, IC, had an old ukulele which he brought in for TG to practice with inbetween the Rock Café bus visits. This began to help with TG's manual dexterity. Another of our Renew SSJ family, SL, has recently taken TG to a local music shop so that he could purchase himself a ukulele that better fitted his hands. TG also took part in the Flower Festival by asking AC to create a flower display in memory of his late wife. TG also wrote the following poem: "Pauline, I love you darling with your laughing eyes and your smiling face Oh so much grace but no longer may we embrace, not in my world darling I pray that we will in yours. All my love T xxx our thirteenth year departed. God be with you darling now and forever."

ORGANISATION OVERVIEW

The Storehouse Church has been at the heart of Skegness since 2011. The food bank and our homeless outreach has been at the forefront of what we do for many years.

ReStore Wellness was launched in 2020 as part of our mental health outreach, providing support in person and via telephone. It's our aim to reach our community in anyway we can, which includes offering a safe space for people to meet on a daily basis. We are a hub for the likes of the social prescribing team and housing hub six days a week. We offer a hot desk café facility for other organisations to meet their members/ service users too.



PROJECT HEADLINES



PROJECT OVERVIEW

ReStore Wellness is a weekly project providing signposting and support to other services in the area. A safe place where someone can come for a chat, grab a coffee, and access computers/internet for free, which, in turn, will help reduce social isolation within our rural area. Participants have access to a range of art and crafts and can learn new skills. There is scope for service users to gain training and to work alongside staff as a peer worker who, in turn, will be able to support others with their own mental health and wellbeing. We have access to three mental health first aiders and a trained counsellor. We are soon to have access to the new NHS kiosks via its Ipad system as well. We emphasise the need for growth and encourage members to step up and step forward into new roles as and when they see fit to move forward. We want to see members come through the project and take an active role in leading sessions they participate in as well as joining our peer support team.

PROJECT WINS

- We have gained 4 new volunteers within the second year of ReStore Wellness.
- Friendships have developed between participants and some have even come together to form their own sessions.



IMPACT OF FUNDING

We have been able to provide a safe place for the community in which to meet. We have been able to provide workshops free of charge, allowing members of the group to access projects they wouldn't normally take part in or have the money to. We have gained new friends and new members of our team.

The Storehouse

"Don't honestly know where to start. This quite simply saved me. Always welcoming and made to feel valued by everyone. Included an amazing service delivered by equally amazing people. What a difference this weekly get together has made to myself and many, many other people. Thank you, thank you, thank you to all who made it possible. The volunteers, the staff and group helpers have been absolutely wonderful."

"Coming to Storehouse has been great. I've met so many nice people. I've been coming here for the past two years and I love it. I suffer with depression and mental health and have come out of my shell. Having ReStore Wellness here has given me a freedom to speak to people."

"I was introduced to The Storehouse for my recovery during some very difficult times and it has been extremely helpful. DB has been part of my recovery and has helped me immensely. I am grateful for having been a part of this group."





www.tonic-health.co.uk
charity no. 1167453

TONIC HEALTH - SAFE PLACES MENTAL
HEALTH SUPPORT IN THE DEEPINGS

ORGANISATION OVERVIEW

Tonic Health's vision is to develop an all-inclusive community hub embracing all forms of health and wellbeing provision for Spalding and South Lincolnshire.

Our aims are to:

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

PROJECT HEADLINES



BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

Following on from our successful **Safe Places** meeting groups in Spalding and Boston, we developed a third group in Market Deeping. Initially, the meetings were on a weekly basis and available to anyone aged 18 and over, on a drop-in basis. The intention of the group is to provide a non-clinical, non-judgemental space for people to come along, have a drink and a biscuit and be made to feel 'at home' amongst others facing a similar situation. Our Spalding and Boston group members are generally people with low-level anxiety, depression, loneliness and/or isolation issues who need a focus within the week to get out and meet with others.

All Tonic Health meeting group projects are user-led, meaning that when the group feels comfortable in their surroundings and with each other, they shape the format of the group moving forwards. This may mean art and craft sessions, games, general chat, speakers or other activities. Our staff facilitate and coordinate things as the members require, so remain adaptive to the needs of the members.

AREAS OF SUPPORT

- Loneliness, social isolation, and/or other daily life challenges
- Financial concerns
- Housing issues
- Lack of opportunity
- Poor mental health
- Physical health and wellbeing

IMPACT OF FUNDING

Those people who came to the drop-in and kept attending all said how much they benefitted from coming along

Tonic Health

"I have attended for at least nine weeks continuously, and since starting, it has been very beneficial for my mental health and social wellbeing. Before I started the group, I had been isolated at home for many years, afraid to deal with many things.

Since coming to the group, I have managed to deal with sorting out my Royal Mail pension, which I am now in receipt of. Also, I had not been to any groups for years. I found the community centre in Market Deeping by chance and was told about the group. From the beginning, I was made to feel very welcome and felt very comfortable talking about the help I needed.

I enjoyed meeting the social prescribers, and they had a lot of knowledge about other local groups which I might be interested in attending. I tried several, but most enjoyed the Night Light Café and Men's Shed in Bourne, which I still go to. I also go to the wellbeing group at Baytree.

I am now comfortable enough that I feel ready to volunteer at either the Men's Shed or the record store in Baytree Garden Centre for an hour or two. This is a massive step for me."

"The times that I have attended the Safe Places meetings at Deeping were of great value, a chance to meet all and everybody, all talking to one another about anything that was bothering them or a certain problem that was causing problems in their daily lives. The topics of the group or individual chats were many and information that was passed to each and all was in abundance. This is a really good group and held in a nice location. I am sure it did myself good and a lot of other people too."



www.tonic-health.co.uk
charity no. 1167453

TONIC HEALTH/TRANSPORTED ARTS -
INTERGENERATIONAL LENS

ORGANISATION OVERVIEW

Tonic Health's vision is to develop an all-inclusive community hub embracing all forms of health and wellbeing provision for Spalding and South Lincolnshire.

Our aims are to:

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

PROJECT HEADLINES



BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

The **Intergenerational Lens** course, developed in partnership with Transported Arts, is aimed at bringing older and younger generations together to learn and create images between them through a photographic medium. They will learn the fundamentals of photography, what makes a great picture, and work together to capture images of themselves and the local area. The course aims to teach them new skills, reduce social isolation, make social connections, and contribute to the mental health, recovery and resilience of participants. These pictures will then be developed and exhibited locally for a public viewing.

PROJECT WINS

- **100%** of participants said they had been feeling close to other participants "often" or "sometimes" during this project.
- **81%** of participants said they developed new connections "often" or "all" the time.
- **70%** of participants said their sense of belonging had increased as a result of the project.
- **100%** of participants would recommend the project.

IMPACT OF FUNDING

The funding enabled us to reach many people who had never engaged in a social/arts activity before. We successfully targeted people who really needed this service. It also helped us develop strong connections with local community groups.

Tonic Health

Case Study A - Late 40s

"I've got some of my confidence back. Mostly, I've made some new friends and I've gained a sense of belonging again. Not being at home on my own is everything. My anxiety before the project prevented me from talking to people I didn't know. The first few weeks I struggled to talk to the people who came along. Now, I'm comfy in the group and joke with people. I've learnt loads about photography but most importantly, I've learnt how to be part of a group again. It's given me time to spend away from home with my daughter and be out in the local community; there isn't a lot in our local area."

The support A was given paid attention to their access needs and made it easy for them to get to and from the session. The staff did a fantastic job in making them feel welcome and like they could be themselves.

Case Study B - Late teens

"Beforehand I felt a bit weird talking to older generations but now I can talk to them with ease. I've enjoyed the opportunity to leave the house once a week and socialise with people I wouldn't normally socialise with. It's something new you don't get around here so it's nice to be able to do that. I learnt I don't have to change myself for the older generation - I don't have to adapt for people. Now I've got the confidence to join things like this and reach out to people."

B sometimes had to be nudged to have self-confidence in their work. They integrated naturally into the intergenerational group. This was due to using pair work first as a way for generations to meet and form mini-bonds in the group. They ended up winning the public vote on the best photo at the exhibition. As a result of the project and the valuable experience of exhibiting at the pop-up exhibition, B is looking to get into prestigious arts schools in the south of the country.





VETERANS SUPPORT SERVICE - PROJECT R&R

ORGANISATION OVERVIEW

The Veterans Support Service currently provides user-led and individually guided peer support to facilitate better mental health. It supports those who wish to return to work, training or further education by overcoming barriers.

We aim to:

- Enable veterans and their families to gain access to, and choice of, quality opportunities.
- Improve information on issues that affect veterans' lives.
- Enable people, employers and communities to respect and meet veterans' individual needs.
- Enable veterans to make a difference to issues that affect their lives.
- Make a positive difference to veterans and communities who are often left out or excluded.

PROJECT HEADLINES



INFORMATION & GUIDANCE PROVIDED ON 12 TOPICS

PROJECT OVERVIEW

Project R&R aimed to support those in the veteran community who find themselves battling with mental ill-health. Veterans tend to delay in asking for any kind of assistance, so making a connection with the beneficiary at a very early stage is key. This connection was achieved by the support being delivered from a fellow veteran who has overcome their own mental health challenges and is also an NHS-trained peer support worker. We will take a person-centred approach to our support, focusing on the needs of the individual with targeted and tailored support. This could take many forms, from just going out for a cup of coffee to tackle social isolation, signposting to other organisations, or any other support that the beneficiary feels they would like us to provide. The individual always has the choice of support. They tell us their needs; we do not tell them what they are getting. The aim is to support alongside clinical intervention to help the beneficiary to increase their sense of wellbeing and achieve a deeper, longer-lasting recovery.

PROJECT WINS

- Provide the veteran community and their families a safe space in which to talk about their problems and to help them find a way through them.
- Watching the veterans we work with slowly realise that not only are they part of the local community, but also a valued part of the community.

IMPACT OF FUNDING

The funding had many benefits for our organisation. It not only allowed us to run our services, but we also made connections with other organisations. Those veterans who took part in the project clearly felt that the veteran-specific peer support that was delivered not only by a veteran but also by a veteran who has struggled with their mental health, made them feel more at ease and understood from the first encounter.

Veterans Support Service

Case Study One - SC

'SC' was originally referred to us by Op-COURAGE. He was struggling with his mental health and consequently, unemployed and socially isolated. After working with him for 4 months on a one-to-one basis, SC began to improve, setting his own goals and engaging with the wider community. He has now returned to the workplace on a part-time basis and remains in contact with us and continues to improve. The original aim was to just get him out of the house and socialise him. He has far exceeded his own expectations.

Case Study Two - IS

'IS' was initially referred to the project by the DWP Veterans Champion. He presented as unable to cope with being in the company of others, not even able to look anyone in the eye. We referred IS to Op-COURAGE and, working alongside his clinical support, IS has now transformed his life. After a period of one-to-one peer support, IS now not only socialises within the community but has opened his home to a Ukrainian refugee. IS has commented he never thought his life would be like this again. He also referred to the fact that being able to talk to somebody who had 'walked in his shoes' was a revelation.





WILLOW FARM EQUINE - WILLOW FARM EQUINE FACILITATED THERAPEUTIC ACTIVITY MORNINGS

ORGANISATION OVERVIEW

Willow Farm Equine provides therapeutic activities that use horses as the medium to facilitate transformational change in human beings.

Our activities are not limited by age, occupation or community status. We are all-inclusive. Not only do we serve our local community but we will extend our equine-assisted therapy offer county-wide across Lincolnshire.



PROJECT HEADLINES



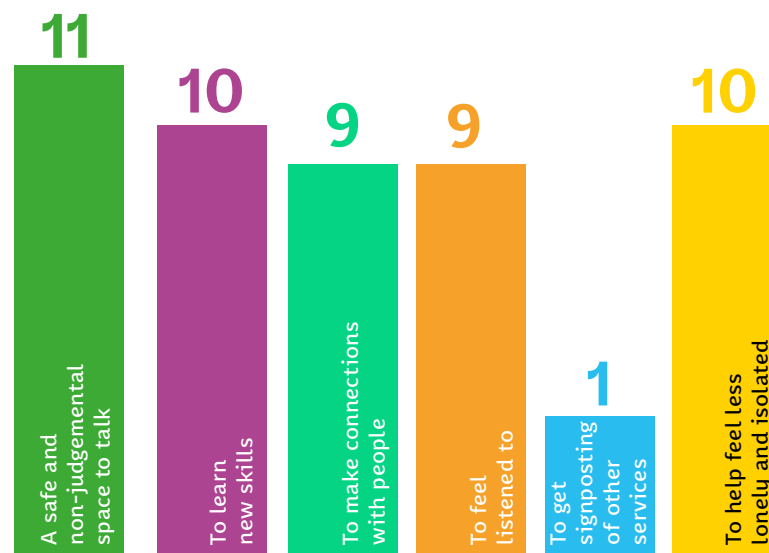
PROJECT OVERVIEW

The **Equine Facilitated Therapeutic Activity Mornings** project will consist of 10 structured sessions, of up to 4 hours max. The refreshment area will be open 9 am-1 pm, providing free refreshments for up to 12 people and providing an area for gathering and social interaction and a base room from which the project will operate.

PROJECT WINS

- Reducing the social isolation of participants.
- Contributing to mental health recovery and resilience.
- Improved health and wellbeing of participants.

AREAS OF SUPPORT



IMPACT OF FUNDING

It allowed us to open a Saturday morning social session, where we provided refreshments and equine-assisted therapy sessions. Without the funding, we wouldn't have been able to offer this.

Willow Farm Equine

Case Study One - MB

'MB' came to us with a repetitively relapsing addiction to drugs and alcohol which was affecting her mental health and the ability to form friendships and lasting relationships. 12 weeks later, she was clean, and sober, had made new friends and found someone whom she wishes to settle down with.

"My time at Willow Farm, has given me a safe space in a beautiful and calm environment, all amongst people who genuinely care and listen without judgement. It has provided me a space to be calm, quiet and reflective amongst a busy, non-stop life and just be in the moment. I have struggled with counselling in the past but through the use of horses, I have felt able to start sharing and reflecting. It has been helpful going on a journey alongside other people and forming connections with others."

Case Study Two - SG

'SG' came to us long-term unemployed, with low self-esteem and confidence and becoming reclusive. She was unemployable, but by the end of the program she had the confidence and motivation to apply for jobs and we have learnt since that she has secured a full-time job which started just after our project had ended.

"Just thank you for setting the equine therapy up, it has exceeded expectations"



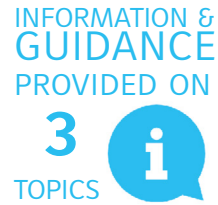
YMCA LINCOLNSHIRE - MIND - BODY - SPIRIT

ORGANISATION OVERVIEW

YMCA Lincolnshire exists to support and empower the widest range of people from across our communities, with a range of experiences, vulnerabilities, backgrounds and skills, to reach their potential in the areas of life which matter most to them.

We are committed to improving and enriching the experience of mind, body and spirit for those we support, and to help them develop good physical and mental wellbeing, access valuable opportunities, and achieve their goals. We provide a range of community-based services which engage with people at all stages of their lives, in a thoughtful and flexible way: from childcare in nurseries, to youth work, and from supporting vulnerable adults in a housing context, to social enrichment for older people. The core work of YMCAs has always been about supporting people and has primarily focused on housing. Our housing support service provides a range of emergency and long-term accommodation and its ultimate aim is to ensure people can move on to healthy, happy, successful independent living in a place of their own which they can call 'home'.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Mind-Body-Spirit** project will provide a range of educational, physical, and enrichment opportunities, under three distinct themes tied directly to our core purpose:

- **MIND:** Developing mental wellbeing; facilitating learning
Workshops on a range of topics, including: mental wellbeing, peer influence, coping strategies, mindfulness, learning and employability.
Creation of Growth & Wellbeing Packs which can be bespoke-built from a range of resources, to meet the individual's needs.
- **BODY:** Improving physical wellbeing; encouraging an active lifestyle
Physical activity sessions, at our gym/climbing wall, and outdoors.
Supplementary learning with these, as well as for broader topics such as nutrition, self-care, and body image.
- **SPIRIT:** Supporting spiritual wellbeing; creating purpose and belonging
Group learning opportunities for spiritual practices and social and emotional growth.
One-to-one sessions to explore goals, aspirations, values, attitudes, needs and desires on a personal level.

PROJECT WINS

- An increase in social mobilisation through activities designed for socialisation and building personal connections with others.
- The project has increased staff morale.
- The project has opened a channel of co-production between the organisation and its beneficiaries allowing a clear line of communication to discuss their needs and wants.

IMPACT OF FUNDING

This funding has been noted by those co-producing and leading activities to have had a substantial effect on the social capabilities and general morale of both beneficiaries and staff as it has enabled an increase in positive communication and interaction. The hostel setting has seen a decrease in wellbeing-related incidents and an increase in participation and co-production. Beneficiaries have truly benefited from the meaningful activities, the social interaction and the knowledge that their wants, needs and expectations have been taken on board by our service which supports them. This is powerful in our kind of work.

YMCA Lincolnshire

One female beneficiary has had a history of domestic abuse, drug use, self-harm and alcoholism. When they first came into the service they found it difficult to approach staff and difficult to socialise with other beneficiaries, especially males. Since the funding, this beneficiary has been encouraged to participate to help improve their wellbeing. This positive support in socialising and concentrating on their own wellbeing through meaningful activities has paid dividends. This beneficiary has been a regular attendee to the community council meetings and has participated in most workshops and activities. She has engaged with cycling for her fitness, wellbeing groups for her mental health, and quizzes for her social interaction and wellbeing. Due to these meaningful activities, this resident has gained a friend group for peer-to-peer support. Even greater than this, this beneficiary has put themselves forward and encouraged in co-production meetings to arrange and stand for a beneficiary elected representative, who can help bridge the gap between support workers and beneficiaries. This beneficiary approaches staff actively with her own support needs and helps her fellow beneficiaries who do not have the confidence to speak to staff relating to personal support needs. This beneficiary has been signposted to mental health and addiction services and continues to engage in these services. This funding has been instrumental to positive change for this beneficiary.



The impact of this funding on the health and wellbeing of Lincolnshire is vividly illustrated by the number of beneficiaries supported in this wave. It's crucial to acknowledge that the funding's influence extends beyond each individual recipient - those closest to them also find comfort and support.

These projects didn't just save lives; they empowered individuals and strengthened communities. The funding has fostered collaboration among grassroots organisations across the county and forged stronger connections between statutory and third-sector provisions, allowing for the development of a 'No wrong door' approach to mental health care in Lincolnshire.

This unified approach has led to a robust mental health support system across Lincolnshire, which, in turn, works to ensure individuals can access support at earlier stages, thereby preventing crises from escalating



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

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