



Managed Care Network

Wave Twelve Evaluation



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The Managed Care network Fund

The Managed Care Network is an alliance of county-wide community groups and organisations collaborating to deliver a variety of support activities, services, and projects.

These initiatives aim to provide individuals with structure and choices in their lives, contributing to positive emotional well-being. The funding is intended to support people in living independently, with access to a range of activities and services that promote outcomes such as reduced social isolation, a safe and non-judgemental space for recovery, and the promotion of good mental health. Projects generally contribute to improved health, well-being, independence, and choice for individuals with mental illnesses, including serious mental illness. This involves working collaboratively with individuals who have lived experiences and partner agencies to ensure equitable access to community support services countywide.

The fund was a £237,895 investment, with 52 applications divided into East, West, and South categories, resulting in 33 successful projects. Each project presented a unique opportunity for individuals throughout Lincolnshire to enhance their health and well-being. Collectively, these projects reached 1,755 individuals across the county. However, the true impact cannot be fully quantified, as each project likely had a positive influence not only on its beneficiaries but also on their broader social circles, fostering hope, resilience, and support.

“Every project has empowered individuals to access community-centred mental health support. These community provisions serve as the foundation of a resilient society, offering crucial support that transforms lives and contributes to the well-being of our county.”

— **Kerry Stocks, Operations Manager, Shine Lincolnshire**



ABBEY ACCESS TRAINING-MENTAL HEALTH AND WELLBEING IN THE COMMUNITY

ORGANISATION OVERVIEW

Abbey Access Training was established as a charity in 1999. Abbey Access Training aims to contribute to the economic, social, and environmental regeneration of the Abbey ward and wider City of Lincoln through programmes of training and education, and community activities.

The Centre is situated in the deprived Abbey ward in Lincoln. The area falls within the top 5% of deprived wards in the country and top 1% for health deprivation.

Abbey Access Training targets its services to groups in these areas, marketing itself to those experiencing barriers to learning, employment and social inclusion through training and learning programmes helping individuals progress.

We have supported/trained over 5500 learners between 2008 and 2020 and achieved 80% progression into employment. The Centre prides itself on its supportive training environment, working with commitment and energy to provide a variety of opportunities.

PROJECT HEADLINES



PROJECT OVERVIEW

Our Health and Wellbeing in the Community project offers a range of wellbeing activities that we already deliver and would like to continue to offer to the local community, whilst also further growing the project to encompass our newly created area at the Centre. This new area is a wellbeing garden that we are growing our own fruit and vegetables in for the first time this year. We wish to add to this area even more by adding water features, sensory flowers and an outer house so that people can go and reflect and also chat in confidence in an environment suited for it.

PROJECT WINS

- Activities held in the park were well received.
- Family Halloween event held for the community was a big success.
- Learners wanting to get involved in and support our dementia group.



IMPACT OF FUNDING

The funding has allowed us to make an accessible environment for all people that are need of someone to talk to, some support or just to have company as they have none at home. It has also enabled us to continue the growth and support of the local community through activities that we host in the park and also raise awareness of mental health.

We have been able to help our beneficiaries by improving people's wellbeing and getting them out the house and into a social environment, making them feel more comfortable to attend the sessions through one to ones in the first instance and then bringing them to the groups. This can then lead on to (and has done in some cases) people starting our courses to develop their skills and confidence further.

Abbey Access Training

Case Study One - Dementia Group

We wanted to get people that care for their partner or loved one with dementia out of the house and into activity with other people that are in the same position.

We hold a group session every Tuesday afternoon and do various games, singing, dancing and crafts to engage attendees and also give carers the opportunity to talk to each other.

Attendance is excellent most weeks with at least 12 people joining in, all with smiles and laughter. We have continued this project even after the funding was used.

Case Study Two - Halloween Sports Day

We wanted the local community to get out by including the whole family in outdoor physical activities.

We organised sports activities, craft activities and circus activities that the whole family could get involved with. We fed the kids healthy lunches and then handed out sweets as a reward for attending the event and engaging in the activities.

The session was very well attended with lots of happy faces and laughter from both adults and children. We are looking to continue doing sessions in the park in the warmer months to invite and welcome the local community moving forward. Overall, it was incredibly successful and very rewarding mentally, not just for those who attended, but also for us that provided it too.



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 Food Bank**
Alleviating food poverty through food parcels and supporting people to address the root causes
- **Night Light Cafés**
Supporting people who are having, or are at risk of having, a mental health crisis
- **Community Grocery**
A membership waste food supermarket

PROJECT HEADLINES

36



BENEFICIARIES SUPPORTED

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

- **80%** of participants said they developed new skills to manage wellness and recovery.
- **60%** of participants improved their confidence to manage independently.
- **70%** of participants widened their social connections through the course.
- **75%** of participants completed the full course.
- **100%** of those who completed the course created a unique and personalised Wellness Recovery Action Plan.



IMPACT OF FUNDING

The funding has allowed us to provide these mental health courses which have proven impactful for those attending. We have also continued to connect with new local organisations through 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

“I have struggled with acute depression on and off for most of my adult life. I saw the advert at the Community Grocery and decided to give it a go. It was really scary walking in but the group was really nice.

During one of our breaks I was talking to the tutor and a couple of other people in the group. I told them about how I sometimes really struggle with being alone in the evenings when my partner is working and they told me about the Night Light Cafés. One of the girls invited me to go along to one that night because she was going so I'd know someone there. I went and it was really nice. The people were friendly and didn't make me feel like a weirdo for being there. It's really great to know there is somewhere safe to go if I need it so I'm not on my own.

I enjoyed the WRAP course: it would have been nice to keep it going for a bit longer because it was a nice group. One of the ladies invited me to a women's group the day after the course finished and I went. It was nice to go somewhere and see friendly faces. I don't have anything to do on a Wednesday so I think I'll go again.

The best bit about the WRAP course was making a plan for nice and happy things we could do every day between the lessons and having a go. It was fun to see all the ideas on the board and think about what makes us feel good. It felt weird to organise doing something that was just for me but it felt like a great week and I would like more weeks to feel like that.

The tutor told us about a course that helps with budgeting that I've signed up for because I'm not good with my money.”





ADULTS SUPPORTING ADULTS -
EARLY INTERVENTION AND GOOD
MENTAL HEALTH PROJECT (WEST)

ORGANISATION OVERVIEW

Adults Supporting Adults (ASA) have been established as a registered charity since May 2004 and supports 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

245
ADDITIONAL
SUPPORTED HOURS



35
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.

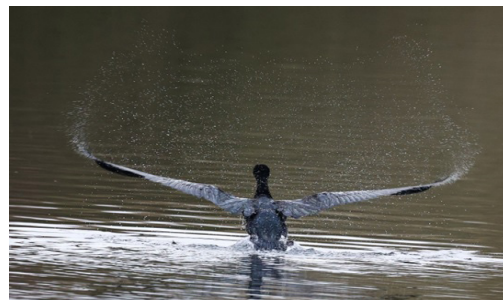
PROJECT WINS

- 9 telephone support clients received an average of 120 x 20 minute befriending calls to alleviate feelings of isolation.
- 26 clients received extra support during periods of decline in mental health or to support one off/short terms life events.
- Number of hours delivered over the course of the funding was 245, with an average of 41 per month.

AREAS OF SUPPORT

27
Poor
mental
health

8
Loneliness, social
isolation and other
daily life challenges



IMPACT OF FUNDING

MP is a client based in Lincoln with complex mental illness who experienced real difficulties engaging with services. The funding enabled extra support to meet appointments outside of regular support time and to go further afield to carry out his therapeutic hobby of photographing birds, together with supporting the client to engage in the community.

ASA

"I had various traumatic events in my childhood, as a teenager and as a young adult. These manifested into depression, self-harm, suicidal thoughts and long term mental health problems. All adults ignored my obvious distress, so self-harm became normalised. As I got older, self-inflicted injuries got worse and pain literally became a crutch, giving me support through life's problems. In the early 1990's, I started to suffer with psychosis and hearing voices. I used alcohol and drugs to try and block these voices.

1996 saw my first stay in an acute psychiatric unit. This would be the first of many stays until 2001. In 2012, I ended up in a long-term psychiatric treatment unit in York. This placement didn't go well. I was sent a few months later to a secure unit in Milton Keynes. This unit literally saved my life and got me stable in eight weeks. I then went back to York but left this unit in 2014 after it was decided this placement wasn't working. From 2017 to early 2020, I was receiving weekly therapy from a psychologist. Then in January 2020, I was in a psychiatric hospital in Nottingham for 14 days.

Telephone support from ASA started in 2021. A bond of trust formed and I had faith that they could help me get out into the world and do my photography, something I hadn't done since 2019. Support from ASA through phone calls, appointments and taking me to the bank, has been critical. Without their support I wouldn't get council repairs, doctors appointments, medication, etc. ASA has made an incredible difference to my life and wellbeing. I always feel better with a camera in my hand but I was completely isolated and too afraid to leave my home. Without any exaggeration, and I literally cannot emphasize this enough, I would never have survived in this world, through past traumas and often debilitating mental health problems without photography."



CAMBRIDGESHIRE, PETERBOROUGH AND SOUTH LINCOLNSHIRE (CPSL) MIND - HOLBEACH GOOD MOOD CAFE

ORGANISATION OVERVIEW

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

We value the individual skills, talents and lived experience that everyone brings, which is why co-production plays a key part in everything we do. We are committed to encouraging a supportive and inclusive culture across the whole organisation and our communities, promoting diversity and inclusion, and eliminating discrimination. We have a range of services in Cambridgeshire and Peterborough. Following consultation in 2019, we began developing services in South Lincolnshire. We currently deliver Good Mood Café's in Long Sutton and Sutton Bridge, and Night Light Café's in Long Sutton. These provide informal safe spaces which help to connect people to their communities. We have just started a piece of work around health inequalities experience by people who have migrated to Boston from other European countries. This work is undertaken in collaboration with the Community Mental Health Transformation Program and local stakeholders.

PROJECT HEADLINES

29
BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Good Mood Café offers everyone an opportunity to connect with other people in the community. We know that connection with others is good for mental health and wellbeing and can provide an instant boost to mood. This café will have a particular, although not exclusive, focus on Ukrainian Refugees and host families.

Our facilitators are skilled in ensuring that everyone receives a warm welcome and feels safe in the group. They engage with local groups, activities and social prescribers so that they are able to support people in choosing activities in the community that would be good for mental wellbeing.

AREAS OF SUPPORT

- 22 Refuge/housing/guidance
- 4 Loneliness, social isolation and/or other life challenges
- 3 Poor mental health

Connect and meet new people!

Drop in:
Every Thursday
10.00-12:00pm
Holbeach Hub
(Opposite Jewsons)

email or call:
SouthLincs@cpslmind.org.uk
0300 303 4363

mind CPSL



IMPACT OF FUNDING

Good Mood Café has provided a weekly opportunity to get out of the house and connect with other people. It has alleviated loneliness and provided opportunities to make connections with other local groups and activities.

For hosts of Ukrainian guests, the café has provided an opportunity to talk with others about the challenges that they have faced and to share helpful hints and tips.

For Ukrainian folks, the café has provided a safe space where they can connect with each other and people from the local community. It is a safe space where they can talk about their experiences and the things they are finding difficult in the UK. Some have asked that the facilitator correct their spoken English as they develop it.

It has been a great space for conversation between people from different backgrounds. The local people and people from Ukraine have spoken openly with each other.

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind

'C' moved into the area to provide care to his grandparents. He has some mental health challenges, little self confidence and hasn't made friends locally since moving to the area. C saw a flyer for the Good Mood Café and came along, initially on his own and more recently, with his grandfather.

The CPSL Mind facilitator has supported C to engage in the conversation and signposted him to Long Sutton Men's Shed. They have also discussed opportunities for work in the local area.

Through conversations at the café, C has begun volunteering with Boxes of Hope, using his IT skills and helping out with logistics. C has grown in confidence and has opportunities to spend time outside of the family home. He is developing connections and building friendships.



ORGANISATION OVERVIEW

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

Across Lincolnshire we provide 1-1 personalised support, peer support groups, wellbeing activities, statutory carers assessments, training, benefits advice, and volunteering opportunities to 11,400+ unpaid carers. Activities are co-designed with carers to ensure support is inclusive and accessible to all carers in different communities. We focus on the needs of different carers at each stage of their caring journey.

Our strategic objectives:

- Recognise and reach carers at the earliest opportunity
- Enhance our support to carers to make a material difference in their lives
- Raise the profile of Carers First and its work, to secure support for carers, in collaboration with other organisations
- Grow our financial sustainability and strengthen efficiency of our operations

PROJECT HEADLINES



PROJECT OVERVIEW

The **Men Care 2** project aims to provide a series of positive social activities for male carers and former male carers across West Lindsey, Lincoln and North Kesteven. Activities will aim to increase social opportunities for male carers and reduce their feelings of loneliness and isolation. It aims to help build circles of support around male carers by providing emotional and practical support, and fostering the development of friendships with others who are in a similar situation. It also aims to create a sense of purpose and identity for those men who have lost loved ones or have seen their caring roles change.

PROJECT WINS

Attendees to sessions reported:

- Improved confidence
- Being more engaged in physical and social activities
- Feeling better informed, supported and connected
- Reduced feelings of loneliness and social isolation
- Improved physical and emotional health and wellbeing
- Wider supportive social networks
- More opportunities to volunteer and influence community services



PARTICIPANTS REPORTED FEELING LESS ISOLATED

IMPACT OF FUNDING

The funding supported us by raising awareness of male carers across Lincolnshire. Our wellbeing activities are predominantly attended by female carers so to have activities that were for male carers only has evidenced the need as predicted. Having activity-based wellbeing sessions rather than a group has attracted male carers to attend. Sessions such as banter breakfast and a quiz have shown that on the surface this looks like a meal and catch up, however, these sessions have seen male carers supporting each other, sharing stories and ideas, and meeting outside of the groups.

We expected the activities to support male carers but not to the level they have. We didn't expect the male carers to build the strong bonds and connections that they have. The WhatsApp group that was their idea has really supported them to keep in touch, communicate how they are and to discuss future ideas and suggestions for activities and meet ups as well as a much lighter side of camaraderie. Our male carers are getting regular respite from their caring role, peer support from other male carers, opportunities to try new activities, and to meet up outside of the Carers First forum. All of this has had a positive impact on their mental wellbeing.

Carers First

"At first, I was reluctant to attend events as I didn't think I needed the time away from my wife, but in hindsight it was exactly what I needed. Without Men's Care 2, I don't think I would be as content with life as I am."



"The groups have helped me strike up a few new friends and made me realise I'm not alone"



CHILDREN'S LINKS - WOMEN TO WOMEN

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.

The services we provide include:

- Community outreach
- Employability support
- Family support
- Toy library
- Play and early years outreach
- Childcare
- Workforce training and development
- Charity shop

PROJECT HEADLINES



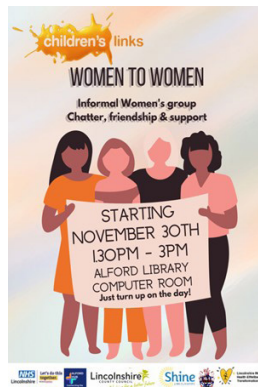
PROJECT OVERVIEW

Women Supporting Women is a weekly group meet for women of all ages and backgrounds, to come together and make new friends. The group is designed to provide emotional and wellbeing support, to build confidence and self esteem and to help women explore the potential within themselves.

The start of the programme will include a variety of activities within the setting and local area, including games, crafts and walks. Towards the end of the programme, activities will take place further afield and will include visits to the coast, wildlife locations and sport facilities.

PROJECT WINS

- 2 attendees have set up their own businesses.
- 2 attendees are going into volunteering.
- 8 attendees reported feeling less lonely and/or isolated.
- 5 attendees reported increased self esteem.
- 8 attendees stated they feel positive about the future.
- 8 attendees said they felt valued as an individual.



IMPACT OF FUNDING

Our participants have gained from this project in numerous ways, and it has been a pleasure to see friendships form and flourish. The Horncastle group, in particular, have created internal support systems for each other, and two ladies who did not know each other at the start of the programme, but both who said they felt lonely at times, have become good friends and now do other activities together. Two of the Alford group became volunteers within the project and ran crafting sessions for the Horncastle participants (and any other people who wanted to join). This helped build their confidence and self esteem, and has given them the confidence to contact the local market to try and sell their crafting products.

Children's Link

'A' was rurally isolated, did little exercise and had anxiety. She had recently experienced anxiety attacks and isolated herself from established peer groups after a friendship breakdown, through lack of support in difficult time. She had a loss of self-confidence and took time off from her job due to stress.

"The group gives us:

A Reason to leave the house

An Opportunity to go to new places and try new things

A Chance to meet new people, make new friends & feel part of the community

The Knowledge of other groups and activities in the area (networking)

Signposting to other services

W2W ROCKS!"

A's confidence grew from feeling accepted and part of a group again. She began to take on more of a leadership role within the group, suggesting trips out and showing organisational skills. Her self-esteem increased enough that A contributed to the delivery of a craft group set up to support interests of other women to women groups. Then, after looking into places to visit for our trips, A became involved with a crafting venue, and contributed to the creation

of some crafting packs to be sold in their monthly craft project subscription. A continued to be involved in the volunteering project in the local area but sometimes felt overwhelmed when things got busy and she felt pressure to support others. The relaxed and supportive nature of the group enabled her to develop her work life balance. She returned to her part-time work, and was promoted to a more senior position, which she felt more confident to take on.





CURO SOCIAL ENTERPRISE CIC -
COMMUNITY CARE FARM

ORGANISATION OVERVIEW

Curo Social Enterprise was set up following the isolation and the impact on mental health the Covid-19 pandemic caused. Recognising that people are fearful of indoor spaces and crowds, we decided to concentrate on activities that bring people together outside. We incorporate exercise, social skills, learning how to be creative, grow vegetables and trying something new into our services.

We aim to build safe spaces for people to come, grow vegetables, relax or engage in one of our activities. The gardens will reflect the community, having sensory areas, children's areas, and relax and grow areas. We hold craft events and a dog café for those not interested in the garden. We utilise local volunteers as peer mentors to encourage and support people to grow their self esteem, confidence and skills.

We also use animals to act as a vestibule for social interaction, building on the bond between people and animals to build trust and self confidence.

PROJECT HEADLINES



PROJECT OVERVIEW

The Community Care Farm project focused on horticulture, animal-based therapy and nature-based activities to improve mental wellbeing and resilience. Our peer supporters worked one to one with clients, or in very small groups. The project was open to all ages and abilities, focusing on what people can do. We offered a variety of activities from gardening, growing vegetables, building natural habitats, learning about nature and caring for our farm animals. We encouraged people to learn new skills such as building fairy gardens, painting, crafting or even academia workshops, including customer service. We offered a range of activities to suit all abilities and ages. Each activity was designed with our volunteers and current clients to reflect what they would like to see or improve on. Everyone had the opportunity to access further qualifications or any workshops we offered.

PROJECT WINS

- 5 attendees felt less lonely.
- 7 attendees felt listened to.
- 3 attendees reported learning new skills.
- 6 attendees reported making connections with other people.
- 7 attendees found the sessions a safe and non-judgemental place to talk.
- 3 attendees were signposted to other organisations.

IMPACT OF FUNDING

The funding impacted us hugely. It enabled us to fund volunteers, recruitment, and training. It also enabled us to purchase a dry place to hold coffee mornings and equipment to enable us to run the service. Without funding, we would not have been able to pilot this project. And the uptake has been surprising especially over the horrendous winter months. We think that both us and participants have been surprised at results. We expected a decrease in footfall over the cold winter months, but the younger people were still keen to attend. Fitness and weight loss has been an unexpected result for some. We think, without exception everyone who has or is attending has gained confidence to try something new, and self-belief.

Curo Social Enterprise

A young lady in her 30s, who had previously been hospitalised due to her mental health, suffered a horrendous trauma resulting in a decline in her mental health. She came to us to discover a new way of dealing with emotions. She did not want to be with anyone else during her time, so was one to one supported. She was capable and we enabled her to do what she wanted during her time. Sometimes she was quiet, other times she talked about the animals and random things. Gradually, she gained confidence, and started practicing mindfulness and distraction techniques. Just as her confidence grew, she suffered another knock to her life balance with a family member being taken to hospital. However, this time, instead of shutting herself away from the world, she increased her time with us. She stated that it gave her 'peace' as she did not have animals at home, that they 'gave a reason to continue' and that she looked forward to attending. She now attends our groups and has also applied for employment.

"I struggle with mixing with new people and even leaving the house since the pandemic, and I also have health issues. Joining 'M' for quiet one to ones and having them listen to me has given me the confidence to attend group meetings and meet new people. I now feel comfortable sharing my problems with others in similar situations."

Darkside Rising CIC

Women's Health Organisation

DARKSIDE RISING CIC -
POSTNATAL PROJECT

ORGANISATION OVERVIEW

Darkside Rising CIC is a non-profit organisation delivering a range of programmes 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.


We exist to:

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

PROJECT HEADLINES

24


BENEFICIARIES
SUPPORTED

 32%
DECREASE IN
SYMPTOMS OF
DEPRESSION AMONG
PARTICIPANTS

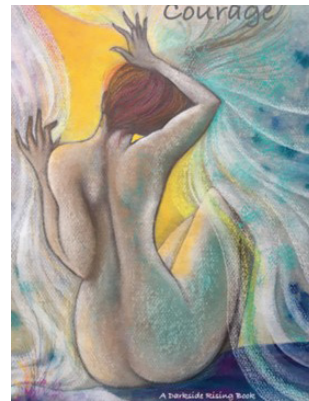
PROJECT OVERVIEW

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

In order to reach women with more severe mental ill health, we will co-create a small book titled 'Courage', drawing upon the experiences of women on the project, and offering simple postnatal and mindfulness exercises for women who do not feel able to access in-person sessions.

PROJECT WINS

- 100% of participants would recommend the project to others.
- 100% of participants rated their experience of the project as 'very good'.
- 28% reduction in symptoms of anxiety.



IMPACT OF FUNDING

This funding allowed us to continue the Postnatal Project and support women at risk of postnatal depression and anxiety. It also enabled us to create a lived experience book, that will support other mums who haven't had a chance to train with us.

Darkside Rising

"As someone who suffers from mental health, anxiety and depression, I chose the group/gym as I could still take my young baby with me, which allowed me to find a safe space to exercise whilst not having to leave him. But also, to still give me some 'me' time. The groups are small enough to not cause anxiety but to allow you to speak to other mums. My confidence has grown massively in attending regularly and I'm so glad I found the mum and baby groups at Darkside! The trainers are knowledgeable and supportive, not only about the strength training, but will also talk about life too which is great to speak to other people when having a baby can be very isolating. Thank you Darkside."

"As my 26 weeks on the Postnatal Project comes to an end, I just wanted to say such a big thank you for putting on such an amazing service. Knowing I had that weekly class really kept me going as a new mum. The exercise made me feel so much better in myself and the social side of it was invaluable. I made new friends and gained so much support through Darkside. The fact that the project was funded meant I didn't have to worry about being able to afford it whilst on maternity leave, and meant I could do something once a week for me, without feeling guilty. Being able to bring the baby meant I didn't have to worry about childcare. It really was such an amazing time for me that massively helped my mental health. I don't know what I would have done without it."

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 well-being and mental health, promoting hope and sustainable personal progression.

DevelopmentPlus has 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
- Committed, personalised support for individual needs
- Develop and maintain partnerships across the county to achieve collective goals

PROJECT HEADLINES



PROJECT OVERVIEW

Men's Group is an art project that looks to identify and support marginalised men across the City of Lincoln and engage them to collaborate and nurture their artistic talents. It helps them to build healthier minds and mitigate the effects of social disadvantage by building confidence in their skills and abilities, learning how to use the tools they need to record their voices and their stories and express themselves creatively. They are so used to being asked about their history and their labels but instead, Men's Group is a space where they can quietly and freely express themselves.

PROJECT WINS

- We have supported 42 people through the group twice weekly group sessions.
- 50 people have been supported through hairdressing and 28 people through using Dropbox.
- We have delivered 2x weekly group sessions, totalling 40 sessions of 2 hours each.
- One to one mentoring of 20 people.
- A successful art exhibition with 50 attendees.



IMPACT OF FUNDING

It allowed us to employ a part time worker experienced in delivering creative activities, specifically music and recording animation. This was new to us as an organisation and opened up an area of work that we wouldn't have been able to develop otherwise.

The hairdressing element of the work was also new and has meant that we have been able to engage marginalised groups of men who we wouldn't ordinarily attend groups. This has led to us developing an idea for a future project recording the voices or people who are street homeless. We have been invited to showcase this work in an exhibition planned for display at the Collection in February 2024 subject to future funding bids.

DevelopmentPlus

When 'A' joined Men's Group he was just recovering from the loss of his husband, healing from a brain operation and coming to terms with being diagnosed with epilepsy.

Men's Group worked with A every week in group sessions and one to one mentoring sessions to bring out his creativity and rediscover his talents such as his musicianship, writing, painting and poetry, all of which have become very powerful tools for him to express and articulate his story.

Coming along to group sessions every week has brought A to the fore inside the group to talk, communicate, collaborate and now mentor others.

"As well as the camaraderie with other artists who have also joined me in my own little dance world, the group has a very special inspirational feel to it like I've never felt before. I wouldn't change its nature a single bit as I'm sure half the dafter bits have been what's sparked me into doing so much creative art. I have achieved some astonishing things through Men's Group and also had support for the more boring aspects of life which I often needed support in. It has been great having someone to chat to at home via WhatsApp along with the other members who have helped me become more familiar with modern tech and phones. The group has been great to process my grief and hear some other artists who have also had their own struggles. Sharing ideas and experiences is a powerful tool for healing and wellbeing."



GAINSBOROUGH CRISIS ACTION TEAM -
GAINSBOROUGH CRISIS ACTION TEAM

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 aims and objectives are:

- Improve mental health and wellbeing through thriving, connected communities, ensuring the right support, at the right place, at the right time
- Provide services and activities that offer people structure and choice in their lives, contributing to an individual's emotional wellbeing within their own community
- Support to mitigate or prevent inequalities impacting on the health and wellbeing of communities and provide extra support for adults 18+
- Raise awareness, make appropriate referrals and offer signposting advice to promote a resilient approach to a person's own care

PROJECT HEADLINES



PROJECT OVERVIEW

Our project has two synergistic strands. The X-Church Community Drop-In offers groups and social activities to promote social inclusion and positive wellbeing. GCAT also provides direct support, referral and signposting to prevent a mental health crisis occurring. This includes support with GP's, housing, benefits, risk of homelessness, food and fuel poverty, substance misuse, offending behaviour, escalation into secondary care and signposting to alternate providers. Once GCAT can stabilise a person's mental health, the next obvious step is for them to begin to engage socially and form meaningful connections through the drop-in.

AREAS OF SUPPORT

- Poor mental health
- Financial concerns
- Housing issues
- Lack of opportunity
- Loneliness/social isolation and other daily life challenges
- Post Covid-19 related issues
- Physical health and wellbeing
- Serious mental illness

IMPACT OF FUNDING

- Supported plans for future sustainability/enabled us to develop and grow.
- Supported more beneficiaries.
- Supported us in proving a track record of successful project delivery and need for provision.
- Enabled us to offer a range of interventions to support complex individual needs.
- Enabled us to build our support network through new connections with partner organisations to meet these complex needs.

GCAT

XCOD Gainsborough Crisis Action Team
X-church
Ashcroft Road
Gainsborough
DN21 1BY

GCAT 07999 354491 xchurchcommunity

Wishing you a warm welcome this winter!

Gainsborough Crisis Action Team is hosting a warm welcome space this winter.

The x-church drop-in facility is open **Monday to Friday from 9am to 4pm.**

From **11th December until the end of March** we'll be open on **Sundays between 12pm and 2pm.**

Anyone over the age of 18 can access the following during our opening times:

- Daily soup kitchen
- Hot drinks and refreshments
- A warm, social space
- Winter clothing
- Warm packs
- Emergency food parcels
- Hot showers

In addition, we offer a crisis prevention service from Monday to Friday between 10am and 3.30pm:

- One-2-one direct support
- Benefits
- Food and fuel poverty
- Housing
- Dual-diagnosis
- Signposting / referral to other service providers including specialist Mental Health teams
- Regular 'clinics' - Energy Saving, Social Prescribing, Wellbeing Service, NHS, Riverside Training and Salvation Army

NHS Lincolnshire West Lindsey Shine Lincolnshire

Happy Hooves

Equine Assisted Learning CIC



HAPPY HOOVES EAL CIC - HAPPY HOOVES VOLUNTEER TRAINING PROJECT

ORGANISATION OVERVIEW

Happy Hooves is an animal based project run by volunteers to support the local community through hands on, therapeutic experiences with animals and by boosting self esteem by teaching new skills in a welcoming, personalised environment.

We aim to offer a support network to those in need, particularly adults and children with mental health problems, SEN, physical disabilities, autism, dementia or other additional needs. We offer user led sessions with activities such as leading donkeys through an obstacle course, long reining horses, bathing lizards, handling birds of prey, walking goats and much more. We aim to be as inclusive as possible with activities that enable and improve confidence. Ultimately, we aim to be a fun and involving setting where visitors can feel at home and part of a friendly support system of humans and animals.

PROJECT HEADLINES



BENEFICIARIES SUPPORTED



100% OF PARTICIPANTS REPORTED INCREASED SELF ESTEEM

PROJECT OVERVIEW

We run an animal assisted learning project with horses, owls, donkeys, tortoises, ferrets and other animals. We work with adults and children with mental health problems, additional needs, autism, and anyone else, who wants to get hands on with animals in a calm and welcoming environment. We also take animals into settings such as care or residential homes and schools, and can visit people who are unable to access our centre. We are intending to run this project to train our volunteers to a high level. This will enable us to provide more sessions to service users and meet the current demand so that we can improve our service and become more sustainable.

PROJECT WINS

- **100%** of participants reported developing new skills.
- **4** additional volunteers.
- Increased confidence reported by **11** volunteers.



IMPACT OF FUNDING

The funding has massively improved our organisation by allowing us to grow our team of volunteers, improve our skill set and to become more effective in supporting our service users. This in turn has allowed us to offer more sessions and to support more people and more successfully.

Happy Hooves EAL

'A' was a parent of a child with additional needs and finding it hard being a full-time stay at home parent after having to give up a full-time career they enjoyed. They had previously worked with animals and missed being around them. A was feeling isolated and wanted to be able to use their skills to help others. They had attended Happy Hooves previously with their child and had heard about our new volunteer training scheme.

A decided to join our volunteer training programme and see if they could become a volunteer with us part-time. A has become an amazing part of the team. They have taken part in all of the training that was on offer. They have developed new skills and also shared their own many talents and experiences, becoming a very valued member of our organisation. A now volunteers twice a week, has a new supportive network and can use their expertise and ideas to help support our service users in their sessions.





HILL HOLT WOOD - GREEN WOOD CRAFT

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



PROJECT OVERVIEW

Green Wood Craft offered a similar programme to our successful Coppice Crafts project but focused on a wider skill set. Conducted by our in-house specialist, participants learnt how to use tools, explore different mediums, and complete building and operation of traditional pole lathes and shave horses. Sessions ran from 11am – 2pm twice a month and were based in our ancient woodland, Norton Big Wood. This base of activities is a peaceful and tranquil environment to offer such therapeutic work.

The main idea was for us to provide a ranger with a unique skill set, offer a peaceful environment and evoke an atmosphere that promotes discussion and support for one another, allowing participants to open-up and talk in a safe environment while making new social connections.

PROJECT WINS

From the 6 evaluation forms received back from attendees:

- 5 people felt their experience of the group was very good.
- 3 respondents said an outcome of joining the group was a safe, non-judgemental space to talk.
- 4 attendees said they made connections with people and felt listened to.
- 5 attendees felt less lonely and isolated.



IMPACT OF FUNDING

Participants praised the course and reported benefits of “getting out of the house”, attending a course that did not have “expectations to produce a finished piece”, and being in a “calming” environment that improved confidence and their general sense of wellbeing. Some participants continued their interest in woodcraft outside of the sessions, watching YouTube videos and purchasing their own tools. This demonstrates they gained new skills and they have shared their experiences with the Rebuild in Nature project. There were comments that they would come back for other courses.

Hill Holt Wood

“The Green Woodcraft works well for me – the staff are very supportive and helpful when I have questions. Having a project with a useful outcome is good for me. The sessions are so friendly – it helps with my feelings of social isolation/loneliness.”

“I attend the Green Wood Craft course. It was my wife’s idea to start with to get out of the house, without taking her somewhere. It’s brilliant. I was nervous to go to begin with and wondered if I was being selfish in having a few hours away but its helped me a lot. My health has improved since I’ve been going and I’m definitely happier.”





HOLBEACH MOVING FORWARDS - WALKING YOUR WAY TO FITNESS

ORGANISATION OVERVIEW

As a group, we fill the gaps that are showing at the current time within our community. Therefore, our work is broad, such as organising one off events, through to running sports and activities for all ages, and arranging the hanging baskets in town. We also organise activities for older residents to ensure they have social engagements to reduce loneliness. We notice the gaps that residents need our help with and find the best route and partners to fulfil them.

Our overall aims and objectives are to help build a thriving safe, cohesive community. By reducing isolation through activities provided, we support the wellbeing of residents, reducing mental health issues and providing them with a safe network. Working well with other partners in specialist areas, we can deliver additional services that we haven't got the skill set within the community group to. The best results for the residents in the community is always the ultimate objective.

PROJECT HEADLINES



PROJECT OVERVIEW

The Walking Your Way To Fitness project is aimed at the over 50's bracket, providing walking cricket and walking football sessions indoors. It's designed to give people the opportunity to reduce social isolation, get fit and either maintain a good mental health level or contribute to their recovery. Residents will be able to take part in sports, of which walking cricket and football will both be new to Holbeach, they will make new social connections and cost will not be a barrier for them as the sessions will be provided free of charge to attendees.

PROJECT WINS

- 32% of participants reported making new connections.
- 10% of participants reported learning new skills.
- 16% of participants said the project provided them with a safe and non-judgemental space.
- 8% of participants were signposted to other services.
- The majority of participant feedback stated that their overall experience was either 'very good' or 'good'.



IMPACT OF FUNDING

The funding has allowed us to promote health and wellbeing in the community and has given the Hub the opportunity to show Holbeach and its surrounding areas, what is and can be available on the doorstep.

Holbeach Moving Forwards



"The opportunity at my age and fitness level to do these forms of exercise has been fantastic. It has been good also to meet new residents of the town instead of being ensconced in my own circle of friends and family. It gives me a sense of wellbeing physically and mentally. I was welcomed and feel comfortable within the facility."

"I have made some new friends and Walking Your Way To Fitness has given me something positive to do on various days of the week. The sporting sessions have been very well organised and I hope they can be continued in the future."

ORGANISATION OVERVIEW

HWLincs is registered as a Charity and Company Limited by Guarantee. Our activities meet with our objects, values and beliefs which are to support health, care and wellbeing for people living in Lincolnshire and beyond.

We deliver work that enables us to engage with different local communities and support people to influence a positive change, no matter how big or small, whether that be personal to an individual or health and care system wide. We deliver engagement work which provides insight into the views of people experiencing health and care services and we also deliver thematic projects which complement our ethos of supporting our local communities through evidence-based review.

Our employee and volunteer skills base means that we can practically provide a range of skills that offer tangible support to localised individuals. This may be through conversations which lead to signposting and information, education, or awareness raising of key themes.

One of our key drivers is to provide learning and test options for scalable activity that benefits local people, services, providers, third sector and commissioners.

PROJECT HEADLINES



PROJECT OVERVIEW

Through **Coffee and Company**, we created a supportive space within our South Lincolnshire employers to

- Chat, to receive information or to just be.
- Meet new people.
- Feel less isolated.
- Receive signposting and information links to community services and activities which promote wellbeing.
- Learn what support is available in the community (organisational and the local area).
- Give choice and opportunity to access on-site support where the options or access to information resources is limited outside the working environment.
- Attend a whole organisation Wellbeing Workshop, providing new learning and skills to improve awareness and resilience.

PROJECT WINS

- **3** sessions run with each employer.
- **5** kick-off sessions.
- **5** wellbeing workshops.
- **100%** positive feedback from the Wellbeing Workshops.
- **86%** of participants rated the online mindfulness sessions 'very good'.

IMPACT OF FUNDING

The project has provided immediate benefits and each person has been equipped with information for how they can benefit in the long term. People who fully interact with the signposting sessions often turn up tense, visibly stressed and uneasy. By being able to talk through their concerns and verbalise things previously unsaid, all in the presence of team members focussed on active listening, compassion and finding solutions, these people leave the sessions visibly happier and lighter, with a sense of relief. They have been listened to, taken seriously and given ideas on how to improve their situations. Each person has been extremely grateful to the team.

The breadth of businesses we have been able to work with, each a noteworthy and influential name, has been a great way to prove the concept is one to be taken seriously and fulfils a need. However, the true highlight has been each impactful interaction and outcome with an employee at these businesses. The difference Coffee & Company makes is apparent in each and every one. Having a tense, frantic and desperate person arrive and within the space of the session see the tension lift as relief and hope replace their previously all-consuming feelings never fails to remind us of the importance of this project. Creating immediate trust has been a continuous success and a strong skill of the team.

HW Lincs

"Very approachable and kind. I learned about lots of local places and services to try. It was nice to have the opportunity to talk confidentially. Thank you!"

"I was very happy with what I got from it. The exercise at the end was really good and I was surprised at how relaxed I felt afterwards. Thank you."



INSPIRED EQUINE ASSISTED LEARNING
CIC - HORSES HELPING TO IMPROVE
WELLBEING, REDUCE SOCIAL ISOLATION
AND TEACH NEW SKILLS

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



BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

Beneficiaries attended our therapeutic horsemanship centre and experienced the benefits of Equine Assisted Learning (EAL) and work experience, namely improving their physical and mental wellbeing, confidence and self-esteem, and enhancing their communication and relationship skills.

The project also offered the opportunity to gain relevant equine work-experience, and train towards recognised qualifications, with the aim of helping secure and retain fulfilling and rewarding paid employment, returning to further education or volunteering.

PROJECT WINS

- 7 participants stating their mental health has improved.
- 10 participants report now being more physically active.
- 12 participants feel more confident.
- 8 participants feel less stressed.
- 11 participants feel less isolated.
- 3 participants found voluntary work, paid work or returned to education.



IMPACT OF FUNDING

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

Inspired Equine Assisted Learning

'S' joined our project which included EAL sessions to help with confidence, self esteem and social interactions, offered equine work experience and training. The grooming, leading, mucking out and learning about horse and stable management in a supportive environment helped S enormously. She was joined at the centre by other people who were also struggling with physical and mental health issues. S enjoyed meeting, getting to know and working with them. She 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. The manual tasks on the project have also helped improve her physical fitness. By helping her reduce her anxiety and social isolation, S feels far more confident and last summer decided to pursue her desire to study art and enrolled at college. Given how S was struggling when she started her journey with IdeAL, we feel that she has made amazing progress to achieve her ambition and return to full-time education to study art.





LINCOLN ADHD SUPPORT GROUP - LET'S GET ORGANISED!

ORGANISATION OVERVIEW

Lincoln ADHD Support Group offers support and information to families and individuals who are living with Attention Deficit Hyperactivity Disorder (ADHD) and associated mental health conditions.

We are committed to raising awareness and educating the public and professionals about the impact of ADHD on the individual, home life and society. We do this through our support line, by attending employment, school, team around the child, child in need, and child protection meetings, providing support and strategies to families, individuals and professionals and advocating for anyone with ADHD and associated conditions.

We offer one-to-one and group sessions for families and individuals, and provide social activities where funding allows.

We provide ADHD training to individuals, parents/carers, schools, children's services, voluntary services, and anyone who requires support.

PROJECT HEADLINES

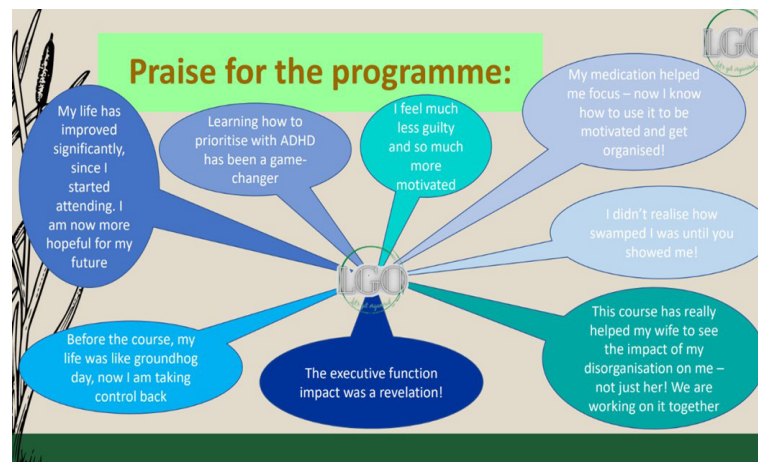


PROJECT OVERVIEW

We have supported participants to take those small steps to take control of the barriers that prevent them from being organised. The **Let's Get Organised!** project was a 5-part rolling programme. This programme has been accessible to participants without them having to commit for five weeks in a row as it has been available day-time or evening, in person and online. Participants have been able to access many one-to-one sessions they needed.

PROJECT WINS

- Participants improved focus to achieve identified goals by translating abstract goals into concrete actions.
- Participants learnt to find ways to use concrete and abstract rewards effectively.
- The mental health of participants improved.
- Participant motivation has increased by **80%**.



IMPACT OF FUNDING

The funding allowed us to support people with ADHD in a unique and practical way that met their needs in terms of understanding the impact that ADHD has on everyday life and on their mental health. Many people gained an understanding of the purpose of their medication and the interventions needed to get the most from it.

Lincoln ADHD Support Group

'G' is 19 and lives with grandparents who came to see us to discuss how to support him with his diagnosis of ADHD. They were particularly concerned about his mental and emotional wellbeing. He was struggling at university and in danger of being excluded. G would not initially talk to us himself, but wanted to receive support through his grandparents who attended a group sessions to meet other adults and to gain some understanding and strategies around G's difficulties.

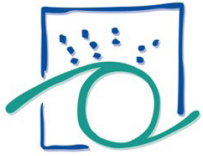
G eventually came for a one-to-one session with his grandparents and began to attend regular sessions to support him in being organised for university and to address his mental and emotional wellbeing.

He had very little understanding of the impact of ADHD on his focus, motivation and mental wellbeing. We supported him to identify his strengths and weaknesses, and to use his medication for optimum benefit.

We spoke to student services at G's university and worked with them to ensure that G had the interventions he was entitled to.

As G gained an understanding of ADHD and its impact on his daily living, he was able to work on the interventions effectively to improve his attendance and productivity at university. He says that he is feeling 'well motivated' and that he can manage to finish his courses.

His grandparents reported a huge improvement in his self-esteem, mental wellbeing, their relationship with him at home and his participation in household chores and daily living. The family will continue to receive support from us.



LINCOLN & LINDSEY BLIND SOCIETY -
ANOTHER FRIEND IN SIGHT

ORGANISATION OVERVIEW

Since 1921, Lincoln and Lindsey Blind Society has provided opportunities and services to visually impaired people 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
- Benefit advice
- Befriending service
- Weekly talking newspapers
- Community social groups
- IT services to help users with accessibility features
- A resource centre for specialised equipment

Volunteers are essential to our service, and they work with us to help visually impaired people lead full and independent lives. They offer on-going support, guidance and training, and take on a range of roles from befriending, helping at social groups, recording the weekly talking newspapers, IT support, fundraising or being a Trustee.

PROJECT HEADLINES



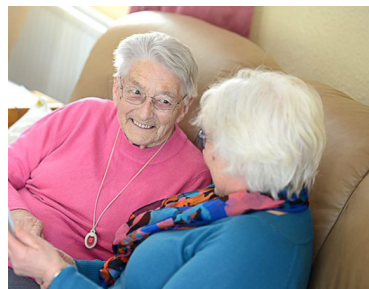
PROJECT OVERVIEW

Our **Another Friend In Sight** project is a befriending service for visually impaired people. It's a distinct service, uniquely different from the day-to-day support provided by other generic services.

Volunteers are carefully matched with a person with sight loss and regularly visit and take their new friend out, helping them to choose and do more of the things they enjoy and to participate in local services and facilities, improving mental health and wellbeing as a result of increasing social networks and building new relationships. We support users to access and enjoy local activities they chose and to regain the confidence to take part in their community again.

PROJECT WINS

- We have been able to provide workshops for our volunteers which enables them to meet and share their volunteering experiences with others in a similar role.
- Our volunteers very much enjoy the satisfaction of knowing they are needed and appreciated both by our clients and by our charity.
- Our volunteers also expand their social contacts through volunteering and feel a greater sense of connection in the community.



IMPACT OF FUNDING

Our project really has an impact on reducing social isolation in people with sight loss, which is a real issue in a rural county such as ours. Our clients are able to socialise with others facing the same issues, share experiences and develop lasting friendships. Our volunteers really enjoy making a difference to their matched clients and at our groups. Many of our volunteers are retired and by giving their time, they feel that they are 'giving back' something to the community and are a valued part of our charity. An unexpected benefit of the project is the peace of mind gained by the families of our clients, safe in the knowledge that their loved ones are actively participating in group activities and are less lonely and isolated. Our ten pin bowling groups are a good way for some of our less mobile clients to keep active physically, which has a positive impact on their health.

LLBS

'E' has been coming to terms with changes in her life due to a deteriorating eye condition for some time. Despite having to cope with the loss of clarity in her vision and recently having to forego her driving license, she remains one of the most positive and inspiring people we know. Her optimism and humour are infectious, and she spreads happiness wherever she goes.

Fortunately for us, E has a 'bestie', Jane, who happens to live next door. Jane willingly stepped up to become Ellie's other half in this amazing double act. Very soon after signing both girls up, we became aware of a gentleman called 'J' who was very much in need of their 'sunshine'. J is a lovely Irish gentleman with an impish grin and a real twinkle in his eye. Recently, his twinkle had dimmed somewhat as he is fighting a battle not only with severe sight loss but also the debilitating effects of Parkinson's. J's family though supportive, all live in Ireland. Sadly, he also lost his wife soon after they moved to Lincolnshire, and his one source of support, a very caring neighbour, had recently moved away leaving him feeling very isolated. The girls and J hit it off straight away. Their visits are full of laughter and fun, and they help J in many practical tasks that he otherwise struggles with. He really looks forward to their visits and feels very fortunate that he got 'two for the price of one!'



ORGANISATION OVERVIEW

At Lincoln City Foundation our vision is for happier, healthier, inspired communities across Lincolnshire. We strive to achieve this by utilising the brand and reputation of Lincoln City Football Club, alongside leveraging our own potential and the influence of our key partners, to inspire, empower, and help individuals and communities to improve their physical, social, and mental wellbeing.

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

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

PROJECT HEADLINES

108

BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

Team Talk is Lincoln City Foundation's mental health programme for people aged over 18. We provide safe spaces and physical activity sessions to help break down the barriers that prevent people asking for help, whilst also offering a network of social support.

PROJECT WINS

Follow up surveys were issued to all attendees which collected data to assess the impact of the project against the following outcomes.

- Improvements in self-reported life satisfaction
- Decrease in self-reported anxiety
- Increase in self-reported social connectedness
- Increased physical activity levels
- Improvements in self-efficacy

The feedback found that:

- 28.1% of respondents strongly agreed and 51.1 % agreed they are content with relationships.
- 23.2% of respondents strongly agreed and 53.5% agreed they feel comfortable asking for help.
- 22.9% of respondents strongly agreed and 48.2 % agreed they have satisfying relationships.
- 27.2% of respondents strongly agreed and 51.8% agreed they can achieve goals.

IMPACT OF FUNDING

Team Talk has used a blend of peer-to-peer support and physical activity to impact participants. We have found this approach has provided both safe spaces for participants to access support, alongside sessions where they can form social connections and gain a boost to their wellbeing from being physically active. Utilising our connections with Lincoln City Football Club has furthermore enabled us to undertake campaign work and reach males in particular who may not feel comfortable or confident accessing other forms of support but will access something delivered by the Foundation, in an environment they are familiar with.

Lincoln City Foundation

"I have suffered with my mental health several times over the years. My wife directed me to the club. I hoped to become more understanding of my own mental health and that of others. This has been achieved. I am usually pretty quiet in the meetings and I really need to contribute more but I feel that I am slowly being influenced in the pursuit of mental wellbeing. Listening to others at the club helps me to reflect on myself and my opinions."

"I got involved in Team Talk to improve my mental health and hoped to get help to understand my problems which I have achieved. It has been reassuring to hear I'm not alone and taking part has certainly improved my mental wellbeing. What I enjoyed most about Team Talk was the sense of togetherness."



LINCOLNSHIRE OUTDOOR LEARNING - GROWING SUPPORT

ORGANISATION OVERVIEW

We are a Lincolnshire based social enterprise. We create circular economy based outdoor growing spaces and community areas to facilitate a net zero based appreciation and utilisation of our Natural Environment. We stand for improving health, wellbeing, and local people's engagement, as together, we learn to improve our local communities.

No one is left behind as all abilities, genders, and age groups share varied knowledge to ensure best practice within healthy social enterprises. Food is energy, so our circular economy growing hubs and vertical micro farms, based in Louth and Spilsby, aim to help local communities to overcome isolation and mental health as well as food and nutritional issues in a sustainable way. We do this together for the benefit of the wider community. We believe in empowering communities in an open and transparent way, based on sharing best practice and knowledge.

PROJECT HEADLINES



PROJECT OVERVIEW

We meet together at the beautiful location of Kenwick Park (LRAC), Louth, and have a 60ft netted growing tunnel, a 20ft poly-tunnel, a willow coppice area, and a classroom. We are developing and improving our systems for growing food, which we give away for free to people in need. We work together, ensuring a strong support network of people working together and helping each other, to achieve a common goal of support.

By learning new skills in horticulture, we will be developing independence in our beneficiaries as they learn new skills that they can use elsewhere and at home. Beneficiaries will learn how to grow flowers, fruit and vegetables, and these can be taken home and used in cooking or display. This will ensure that we are linking the activities that we do at the fantastic site of Kenwick Park with their home life. We ensure that our activities are suitable for people of all abilities, as they learn to use hand tools and to work safely.

PROJECT WINS

- Teaching beneficiaries to use hand tools safely and techniques for sowing seed, potting on, planting out, watering, harvesting and preparing raw foodplants for cooking.
- Helping our beneficiaries to become more independent and resilient.



IMPACT OF FUNDING

We have increased our profile with the support organisations of East Lindsey, as they refer beneficiaries to us. We have also increased our numbers of volunteers who come to our Growing Hub Community Asset at Kenwick Park to work on developing the infrastructure for our project and to grow foodplants for people in need. We have improved our facilities and infrastructure to support us in delivering our programme of support and growing foodplants.

We have supported our beneficiaries' mental health by providing a safe space for people to meet and gain the benefits of working together, helping each other, and growing foodplants in the outside fresh air. We also support our beneficiaries to grow foodplants at home and thus, maintain a link between our community asset site at Kenwick Park and their home life.

Lincolnshire Outdoor Learning

Case Study One - R

'R' is a young man with learning difficulties. He has been regularly attending our group and enjoys the garden activities but he struggles to speak and so is in danger of becoming mute as he gives up trying to speak. Being part of our group once a week means that we and others in the group talk to him, which encourages him to speak and communicate with other people. R enjoys picking fruit from our fruit trees.

Case Study Two - T

'T' is a young man with learning difficulties who has boundless energy and enthusiasm for what he is doing. This can often get him into trouble as he is quite strong and capable, but sometimes lacks coordination. He absolutely loves working with any kind of tools including bow-saws, loppers, spades and wheelbarrows. He loves to help make everyone hot drinks using our Kelly Kettle. So, our project is perfect for T as he can burn off a lot of energy as we always have plenty of work to do.



ORGANISATION OVERVIEW

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

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

Our work within rural communities is focused on:

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

PROJECT HEADLINES



PROJECT OVERVIEW

LRSN's caseworkers work with individuals who are referred through our screening services (helpline, health check, etc.). Our caseworkers have expertise in particular areas that can affect a person's wellbeing including mental or physical health, stress, finances, legal, property, business, land management, relationships and much more. We offer a person-centred service that works one-to-one with individuals until their issues have been resolved.

PROJECT WINS

- We have been able to offer intensive support to those in need and continue to develop a 'wrap around', holistic approach to all our clients and their families over 7 days.
- On average, our casework team spends 20 hours per individual, totalling 1,080 hours spent on clients in the South of the county and exceeding our target.
- 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 the engagement of clients.



IMPACT OF FUNDING

We have been able to employ our staff caseworker for an additional day a week. This staff member holds a caseload to date of 51 out of the 207 cases we have, and has also supported the recruitment and retention of volunteer caseworkers. The funding has also supported our ongoing programme of training for staff and volunteer caseworkers. The funding has also helped us raise the profile of our service in the target area with the direct result that the South area now accounts for 26% 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





MINDSPACE - CITIZENS ADVICE @ MINDSPACE

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.

We believe in the transformational impact that adopting the NHS 5 Ways to Wellbeing can have. By encouraging connectedness and supporting the development of community assets, MindSpace aims to break down barriers to accessing community led and delivered activities, and 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 mental health crises.

PROJECT HEADLINES



PROJECT OVERVIEW

The **Citizens Advice @ MindSpace** project combines the knowledge and expertise of Citizens Advice with the community ethos of MindSpace, enabling ‘a single front door’ to accessing mental wellbeing support alongside advice and guidance in Stamford. Citizens Advice will delivered appointments to help people with their issues, including benefits, debt, housing, and employment. This helped improve health and wellbeing. Workshops were hosted to enable learning for other organisations, carers and individuals, to learn about housing, debt advice and benefit claims. The ‘forms with friends’ sessions, enabled by MindSpace volunteers, offer support to act following appointments.

PROJECT WINS

- Fumigation of a participant’s flat who had had bed bugs for over a year. The landlords were refusing to take responsibility of the situation, despite previously telling the tenant they would fumigate. Six months of negotiation from a Citizens Advice advisor and the situation has been resolved.
- One participant was really struggling with their mental health and finances. After attending a budgeting workshop, they were referred to the Citizens Advice debt advisor. This had life-changing results for the individual as they found out their debt could be cleared, and they were able to start again.
- Having an advisor available one evening a month has resulted in individuals who are in work, but need advice being able to access face to face appointments without having to take time off work.

IMPACT OF FUNDING

The funding has enabled MindSpace and Citizens Advice to offer wrap around support to several participants. Face to face access to a Citizens Advice advisor has benefited everyone who has come through the door for an appointment.

MindSpace

Case Study One - L

‘L’ came to MindSpace when her husband died suddenly. He had business and credit card debt. There were also issues over wills and probate. This was an extremely stressful time for L, who had to deal with these issues on top of the death of her husband.

We were able to book an appointment for L with one of our debt teams, who provided specialist money advice, support and signposting. L felt relieved that we were able to offer support. We gave her the MindSpace schedule so that she knew when the next sessions were should she need further support with managing her finances.

Case Study Two - V

Our advisor helped ‘V’, a vulnerable 68-year old client, who had her application for Attendance declined. This caused V a considerable amount of stress. We helped V understand which parts of the decision she could challenge and on what grounds she could submit a reconsideration. The was submitted and V will receive a written response with a decision. Our assistance enabled her to submit a mandatory reconsideration and also addressed a cause of a considerable amount of stress that V had been experiencing.



ORGANISATION OVERVIEW

Old Wood Organic are committed to contributing to the wellbeing of all species on Earth. With an awareness of global economic, political, and social relationships, as well as our contact with the ecosystem, we are determined to act responsibly as an organisation and as individuals.

We will practice and teach organic farming, using a no-dig technique and will not invest in or purchase from companies that contribute to the depletion of natural resources, harm the Earth or deprive others of their chance to live.

We will provide education on mindful consumption, including how to harvest and cook healthy, organic produce.

We will practice and teach yoga and mindfulness to cultivate compassion and insight in our daily lives and promote peace and understanding in education, reconciliation within families, communities, ethnic and religious groups, nations, and in the world.

We will practice and teach music and the arts to cultivate joy, peace and understanding in ourselves and in our community.

PROJECT HEADLINES



PROJECT OVERVIEW

Wellbeing in the Woods encompassed four different courses for participants to choose from. These included Yoga, Mindfulness, Natural Mandala Making and finally, Community Gardening. These provided participants with the option to apply to volunteer at the end of the courses. These courses provided a holistic approach in helping participants improve their overall wellbeing, learn a new skill and make new friends in beautiful natural surroundings.

PROJECT WINS

- To hear all the participants singing mantra with confidence mixed with the sound of the woodland around us was wonderful.
- Seeing a mother have time to herself on the therapeutic gardening course. She has an autistic son and is part of our home education group so we made a special arrangement for her so that her son was cared for on-site via forest school, enabling her to have some much needed relaxing time for herself.
- Participants felt the sessions provided a safe, non-judgemental place to talk.
- Many participants reported making new connections and learning new skills.
- Participants fed back that they felt listened to and less isolated.

IMPACT OF FUNDING

The funding helped us to launch the woodland wellbeing program, to hire staff, to improve the social infrastructure (clean up the space and buy a wellbeing tent, stove, yoga mats, straps, blocks and equipment), and increase our capacity to reach beneficiaries via marketing.

After talking to participants and reviewing the feedback, the main benefit for participants on the wellbeing program was being in a nature-based wellbeing community. There were three main groups of people on the program: those with challenging care responsibilities, those either recovering from physical illness or living with a diagnosis, and those that had recently experienced trauma (grief)

The gardening was more of a hands-on approach where participants focused on the task in a beautiful natural space and healing happened organically. In Yoga, Mindfulness and Mandala Making, sharing was integrated into the sessions and participants were able to connect with each other through shared challenges and life experiences. The unexpected benefits of both the Community Gardening and Yoga were that participants, whom were completely new to the activity, have gone home and made their own garden and now have a daily yoga practice. Three of the participants have offered to keep attending the woods to help us to continue.

Old Wood Organic



//ON TRACK FISHING

Helping to clear minds through fishing

ON TRACK FISHING CIC - VISUALLY IMPAIRED GROUP FISHING ACTIVITIES

ORGANISATION OVERVIEW

We deliver social fishing days, free taster/experience days, and fun junior fishing days around East Lindsey. We also donate fishing equipment to children who would receive help from it the most. We offer relaxed, fun, informative sessions catered to their needs with no pressure on any activities. Anyone can come to fish or learn to fish.

We have great support from the Angling Trust, Environment Agency, our sponsors Horncastle Angling Superstore, and many more organisations who are helping us to deliver a great project for all.

We are also finalists for the BBC Lincolnshire Make A Difference Awards this year. We work with the RNIB and help visually impaired people access our activities, proving no matter your disability, fishing can really break down barriers. Fishing is available to everyone, helping to stop people feel isolated and bringing people out together to also help build on their independence.

PROJECT HEADLINES

68

BENEFICIARIES SUPPORTED

 ALL
PARTICIPANTS REPORTED MAKING NEW SOCIAL BONDS

PROJECT OVERVIEW

On Track Fishing, together with the RNIB, is creating a fantastic opportunity for the sight impaired to take up fishing and be supported in an activity that may seem impossible to take up. We have already proven that fishing is a sport achievable no matter your disability and want to continue with our steps forward to help more people with disabilities. On Track Fishing deliver sight impaired fishing days and we can't wait to coach and learn more about the needs of the sight impaired. This project has been formed as there are a lack of activities in Lincolnshire for people with sight impairment. and we are a first of its kind fishing activity for them.

PROJECT WINS

- Sighted and non-sighted people working together as one and enjoying every minute of it.
- Seeing someone with no sight at all fishing, putting their own bait on a hook, and unhooking a fish was amazing to watch.
- Seeing the participants fish for the first time independently was so good with their confidence at an all-time high - they did brilliantly.
- 26 participants being able to fish independently.
- 40 participants reporting continued improvement to social/mental health barriers.

IMPACT OF FUNDING

Creating the opportunity to help the visually impaired was a challenge to begin with. Each person demonstrated a different level of ability and sight impairment. The funding firstly gave us the ability to purchase equipment and adaptations to be able to cater to people's individual needs. All the equipment can now be broadly used within the group, and most can now use the equipment independently

It has also helped us work with the RNIB to conduct risk assessments at lakes around Lincolnshire and with lake bookings as well. We have been able to supply bait at all sessions as well as rod licences and lunches, creating a fully funded activity for visually impaired anglers.

Our participants have benefited from it enormously. We found most have had issues with isolation and confidence within their own ability. We have always said that fishing is not only a great pastime, but the skills learnt are also transferable to everyday life. We were pleased to hear that we were right, and many participants found they had used their new skills in the home or whilst out. They had more confidence in their abilities and also they felt included in a fun project with no worry of feeling inadequate, with many saying their mental health has improved and they feel they can do more activities regardless of sight impairment.

[On Track Fishing](#)





RESTORE GAINSBOROUGH - BUTTERFLIES

ORGANISATION OVERVIEW

We are a local expression of **Alive Church** but are locally managed and financed through local giving in **Gainsborough**. One church in many locations. **Restore Gainsborough** is a non-profit making arm that seeks to deliver services and support to the people of Gainsborough. Our Restore programme was first prototyped in Lincoln through Acts Trust and is designed to empower those aged 18+ to understand and overcome issues of physical and mental poverty in their lives.

There are four key elements to the programme:

- **Classroom:** learning skills with a group
- **Community:** Creating opportunities for people to connect with others in their community
- **Coaching:** One-to-one with a project coach, including a needs assessment
- **Celebration:** At the end of their engagement with us, we recognise and celebrate each participant's achievements

PROJECT HEADLINES



BENEFICIARIES SUPPORTED



SIGNPOSTED TO ORGANISATIONS

PROJECT OVERVIEW

We have supported women who are socially isolated, have mental health issues, have social anxiety, are vulnerable, and who cannot afford to go to other provision due to lack of travel or finance. We offer a choice of activities including card making, sewing, knitting, crocheting and nail art. We also provide tea, coffee, snacks and the chance to chat or receive 1:1 support with any of their needs.

As a group, we also work towards wider community events such as making gifts or bunting or serving on stalls at Christmas and summer events in the local community.

PROJECT WINS

- A large number of ladies participating in our wreath making session over Christmas.
- Our lip balm and body lotion making session and Christmas cake making session were successful.
- Ladies participating in folk dancing during our Christmas party really came out of themselves and had such great fun.
- A number of our ladies have learnt to play whist and they really look forward to the competition each week.
- A core nucleus of ladies have developed a lovely relationship, which has been a real source of support for a number of them.

IMPACT OF FUNDING

In discussion with participants, they have fed back that the group has provided a safe space to come and just be themselves for a couple of hours. Others have said that they have found friends, that they have learnt new skills, and that they have used the information or referrals to their benefit. An indication of the success of the group was that they did not want to break during school holidays and chose to continue meeting, helping each other out with childcare during the sessions to enable them to continue running. The ladies have created a warm, welcoming group that new referrals find easy to join. The women are supportive of each other and have extended their friendship beyond the confines of the group in a number of cases. We think the growth of our volunteers during this process has been the most surprising benefit, with them really benefiting from the training accessed and working together as a team themselves.

[Restore](#)





SOUTH LINCOLNSHIRE BLIND SOCIETY
- TIME2BEE

ORGANISATION OVERVIEW

We established the Bhive Community Hub to deliver our extended service offer to all members of the community in order to break down access barriers for vulnerable people who feel they cannot access mainstream support.

Bhive has established social, community and business networks, and is the physical space for the Community Crisis Cafe, in partnership with our local CCG, K2 Federation.

We have 105 years of experience of successfully providing a wide range of activities that are inclusive of people with additional and complex sensory, physical and mental health needs.

We currently provide a range of group sessions including Women's Wellbeing, Men's Group - The Place2bee, Socialeyes, book group, gardening group, arts, Crafts and Laughs, Crochet and Natter, ex forces group, Night Life Crisis Cafe, photography group, Dementia Cafe, and a carers drop-in support group.

PROJECT HEADLINES



**BENEFICIARIES
SUPPORTED**

PROJECT OVERVIEW

Time2Bee is our new community-based counselling service, supporting people from age 18 upwards. We provide a safe, non-clinical space with an accredited counsellor to help people with anxiety, depression, low mood, and covid-related issues. Clients are triaged and offered up to six sessions. We also provide a sign-posting service and a community link into local groups and activities where appropriate.

PROJECT WINS

- The project has allowed individuals counselling sessions where they could talk about how they are feeling, explore why and find ways to help them move forward.
- 4 people that were on the steps2change waiting list no longer need this support as they have now worked through their issues.
- On several occasions, the support provided has prevented individuals from escalating into a mental health crisis by knowing that someone is there to listen and keep them safe.

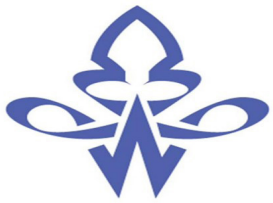
IMPACT OF FUNDING

The funding has enabled us to accept 18 referrals into the counselling service. This has allowed members of the community to seek support with their mental health and allow them to live a fulfilling life. The service has helped to take some of the pressure of the locally provided NHS service and has certainly reduced the time people have had to wait to be seen. It has allowed adults to seek the support they needed in non-clinical environments without judgment. Having a counsellor that volunteers within the hub at other sessions meant she was known and approachable to all. We were also able to provide emotional wellbeing support to other staff members, including teaching about and understanding neurodiversity, and how it may impact people day to day, including thinking styles.

South Lincolnshire Blind Society

One young man has called in to update the counsellor of his onward journey, seeking reassurance and advice for what he was doing. He continues to attend the Place2bee group and the Night Light Café also running at the Bhive Hub as this is what he needs to prevent him from feeling lonely. Initially, he did not feel like he fitted into society but now with the support and encouragement he has received from the Bhive, he has a job, pays his bills and is able to cope with life on the outside world.





ST WULFRAM'S - SINGING FOR ALL

ORGANISATION OVERVIEW

St Wulfram's is a cathedral-like parish church in the heart of Grantham, committed to the ongoing life of the town and district.

We have passionate leaders and staff, committed volunteers, and can draw on a wide supporter base. St Wulfram's has a strong track-record of identifying and responding to local need. We contribute to the work of Grantham Poverty Concern, help the Grantham Food Bank, and we lead Grantham Ark, a local winter night-shelter initiative. We host community activities and highly successful major events that attract thousands of visitors. By leasing Grantham House from the National Trust in 2020, St Wulfram's gained vital extra space (indoors and outdoors) to use as a resource centre for the church and community. The site is in an unparalleled town-centre setting. Since 2021, we have worked with social prescribers who tap into our range of activities that reduce social isolation, make new social connections, help service users learn different skills and contribute to improved wellbeing.

PROJECT HEADLINES



PROJECT OVERVIEW

At *Singing for All*, for 90 minutes on Tuesday afternoons, everyone was welcomed to come along to Grantham House for weekly singing sessions, featuring pop, jazz, gospel, classical and folk songs, and incorporating relaxation and healthy voice technique work. Anna, our Singing for All musical director, guided participants through the session and, if needed, a quiet place for some time out was provided. All were welcome to enjoy the beautiful surroundings of the house and garden.

PROJECT WINS

Feedback received from beneficiaries included that as a result of *Singing For All* they:

- Had more structure in their life
- Had a great sense of wellbeing
- Became more resilient
- Enjoyed attending an activity away from home
- Felt listened to
- Felt less lonely and isolated
- Learnt how to breathe well
- Learnt how to relax
- Learnt a new skill
- Received signposting to other services
- Had fun
- Managed to make eye contact with people

IMPACT OF FUNDING

The funding has benefited our organisation in several ways. It has:

- Allowed us to enhance the programme of wellbeing activities at Grantham House for the local community.
- Enabled us to recruit and employ a new member of staff for the six month period.
- Supported the ongoing salary costs of another member of staff, enabling us to maintain the employees' hours.
- Raised awareness of our organisation/services within the town, and within Grantham Mental Health Network.
- Enabled us to gain valuable learning, in our second (post-covid) year of offering wellbeing activities.
- Enhanced attendance at our new Community Choir.

St Wulfram's



"Just to say thank you to everyone involved in Singing For All. Chatting this afternoon, it's very evident that this group is really invaluable to many of us. Everyone seems to be comfortable within the group, no one is judgemental of others, and we all seem to forget our 'problems' and are completely absorbed in the singing. Such a feel good group."





SUTTON ST. JAMES BAPTIST CHURCH - RENEW SSJ

ORGANISATION OVERVIEW

SSJBC is a small Baptist 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

- Starting two new regular activities: Chair Exercise group on a Monday and our Knitting & Crochet group on a Friday.
- Many of our guests have become regulars and invite other people to come along.
- The recruitment of a new Lead Person for Renew. Our guests love her, and she has quickly become part of the Renew SSJ family. She is a great advocate for how popping in for a cuppa at Renew SSJ can have a positive impact on someone's life.

IMPACT OF FUNDING

The funding has enabled us to continue to grow and develop Renew SSJ which has now turned into a real hub for our community. The funding has also helped us to secure wider funding for building works required, as your faith in our provision has given us a good reputation as an organisation that delivers what it promises. The funding has also opened great networking opportunities with like-minded organisations and has given us access to the support and expertise from SHINE.

Sutton St James Baptist Church

'PN' lost her husband in July 2022. They had been planning to move to the area but sadly, her husband passed away before they could move into their new home. PN moved to the new home in August and was recommended to come to Renew SSJ by her daughter who had been to other activities held at SSJBC. PN enjoys crafts of all types and soon became a regular at the Wednesday Craft Group which takes place at Renew SSJ.

In December, PN asked if we knew of any knitting/crochet groups as this was another of her skills. We were not aware of any local groups and our old group had fizzled out so we suggested that if she was willing to lead a group, we could restart one at Renew.

PN was very keen on this idea and after advertising the idea on social media and with local posters, the group met for the first time in January. It now meets every Friday as part of Renew SSJ. This has helped to boost the confidence of PN and given her a new circle of friends. The group continues to go from strength to strength, and PN is enjoying leading this group. This is a great example of both the 'connecting' and 'giving' elements of the 5 Ways to Mental Wellbeing, as by sharing her skills, PN is giving so much pleasure to others as well as connecting with her new friends.





THE ASKEFIELD PROJECT LTD - THE TOOLSHED

ORGANISATION OVERVIEW

The Askefield Project is a not-for-profit company limited by guarantee and is a registered Care Farm with Social Farms and Gardens (a merger of Care Farming UK and City Farms and Gardens) based in Friskney, near Boston, Lincolnshire, that provides support and opportunities for the community.

- Our Aim: Every individual, regardless of their age or circumstance, can achieve their full potential when offered a safe, supportive, enabling and non-judgemental environment where they feel they belong.
- Our Mission: Provide rewarding and meaningful opportunities to enhance the community's wellbeing, by working in harmony with others within the natural environment of a care farm and thereby, to grow through experience at the individual's own pace.
- Our Vision: To provide an all year-round, all-weather facility where members of the community can meet, learn, thrive and grow through experience.

PROJECT HEADLINES



PROJECT OVERVIEW

Existing and returning clients will be able to create their own projects and continue where they left off, but new clients will need to complete competency with the tools, which will be documented and signed. A number of projects will need to be completed with various levels of skill before clients are free to make their own. Once clients have learned the skills required and are classed as competent, they are encouraged to work independently, with supervision and advice from the staff members. They will be allowed to work at their own pace; no pressure is placed on them until they feel confident themselves.

PROJECT WINS

A number of projects have been achieved by participants including:

- Bespoke house sign with a solar light
- Mason bee houses
- Shoe cupboard
- Wind turbine for mobile phone charger
- Folding BBQ table
- Folding picnic table/bench seat
- A wishing chair for sensory garden
- Refurbished box for knitting wool
- Rocking chair for a doll
- Bird boxes
- Complete piano stool repair
- Insect hotels
- Natural coat hooks

IMPACT OF FUNDING

We have been surprised by the popularity of The Toolshed in the last four months of the project and the demographic of people attending regularly. There has been a large proportion of woman and older clients attending who wished to empower themselves with the knowledge of how to use tools; there have even been requests for us to run paid courses on particular tools. The Toolshed has evolved into a unique atmosphere of mutual support and encouragement, with ideas being shared freely and welcomed. We have also seen a rise in the number of clients bringing items for repair and restoration; this is something we will encourage and potentially could give rise to another 'repair shop' type model.

The Askefield Project



'A' began attending The Toolshed mid-January although she was a regular at Challenge Askefield and Farm Club. She said she had no experience of using tools at all, as she relied on her husband to do the DIY. 'A' attended for 7 morning sessions. She made a bird house first then she found a project for her house, a set of natural coat hooks. She cut willow from around the farm, made a frame using reclaimed pallet wood, then cut and fitted the willow pieces to form coat hooks. The following week, A came prepared with a Pinterest project that she had found, to create a headboard for her bed using willow. This involved cutting hundreds of willow discs from lengths of willow on the compound mitre saw. They all needed sanding on the belt sander and she took them home to complete the project there.





THE PARISH OF BOSTON - BEAMING

ORGANISATION OVERVIEW

The Parish of Boston already offer the BEAM café (Building Engagement Around Mental health). We also work in collaboration with St Barnabas to offer this service. At present, there are three cafés running, which are supported by our Community Connector and volunteers.

The aims of the service are to:

- Strengthen our communities understanding of mental health and wellbeing so that people can access early intervention, make informed choices and take control of and manage their own mental health.
- Offer support, particularly in times of crisis, building additional capacity within the community and providing alternatives to traditional urgent and emergency services.
- Provide a friendly, safe and non-clinical environment, offering a listening ear and providing support at a time when people need it the most.
- Provide peer support where people can come together to talk about their own health and how they manage their wellbeing.

PROJECT HEADLINES



PROJECT OVERVIEW

BEAMing sessions aim to improve wellbeing in the community. Each session runs for one hour and helps people explore and learn a range of useful tips and techniques to support their wellbeing and mental health. These include mindful movement, breath work, meditation and overall relaxation to help reduce stress, calm anxiety and promote self care. The project targets people aged 18 and over and supports people to connect to themselves, to others and to their community.

PROJECT WINS

- 90% of people attending sessions learnt new skills to manage their mental health and wellbeing such as relaxation techniques.
- 90% of people attending sessions said that their health and wellbeing has improved.
- 90% of people attending felt more connected to other people.
- 80% of people attending sessions felt more confident to access support within the community.
- 90% of people attending sessions were made more aware of other services and support available within the community.

IMPACT OF FUNDING

The funding has benefited the organisation by enabling the creation of new activities and supporting the offer for services for people within the community struggling with their mental health and wellbeing. Outcomes gathered show that people attending have not only experienced improvements to their mental health and wellbeing but also social contact.

The Parish of Boston

“For me, the benefits of the BEAMing meditation sessions are a wellbeing structure to my week that helps me relax while learning new skills and challenging my negative thoughts. I can use all of these practices at home or when I have a few minutes to spare. The group gives me the chance to meet new people, where people also share their ideas and I can support others. Realising my strength of genuinely caring about others has allowed me to accept my weaknesses to be what makes me unique.”

I set up an online support group during the pandemic and I am really proud of setting up and running a community group that really makes a difference to peoples' lives by offering them support and friendship. It has motivated me to be the best I can be, caring, compassionate and friendly, with a passion for knowledge and learning.”

“For me, coming to BEAMing is very therapeutic and makes me feel calm and relaxed. It helps improve my mood and I always have a good day afterwards. I am proud of the fact that there are still some days when I don't want to get out of bed or I get up and then want to go back to bed but I don't. I come along to BEAMing and then feel like it's going to be a good day. I managed to get myself a bike and have been cycling to the sessions which I really enjoy.”



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

TONIC HEALTH - SOCIABLES

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

53
BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Following on from our successful Safe Places meeting groups including Autistic Led in Spalding and Boston, we intend to develop an all-inclusive SociABLES meeting group specifically aimed at adults with special educational needs and autism. The group will meet every Wednesday from 10am to 2pm. The group will be run from our Holbeach Hub with access to the Digital Den, craft room and sports hall, in addition to the open coffee bar area.

The group is to provide a safe, non-clinical, non-judgemental space where adults with SEN and autism can come together with other people who have the same shared lived experience and create a community not only for them, but also their carers. The people that the group is aimed at are often marginalised and experience mental health challenges and isolation that are often not addressed by groups aimed at neuro-typical adults. The group would aim to support individuals who are experiencing anxiety, depression, loneliness and/or isolation issues, and who would benefit from the opportunity to get out and meet other people, giving a focus and some much needed respite from day-to-day life.

PROJECT WINS

- SociABLES has provided participants with extensive opportunities for social interaction, and allowed people to make connections and build relationships with others who have similar experiences.
- Our SociABLES participants have the opportunity to learn new skills. We have seen people increase in confidence as it gives them a sense of achievement when they see what they've accomplished.
- SociABLES has had a positive effect on participant's mental health.

IMPACT OF FUNDING

Without the funding the group would never have started. It enabled us to 'test the waters' to see if there was a need for a group such as SociABLES in the area, and clearly there is. The funding has enabled us to expand and provide a new service to SEN adults in South Holland. We have been able to employ new members of staff and new volunteering opportunities. There has been an increase in awareness of Tonic Health and its various programmes of activities and increased collaboration and partnerships with other service providers in the community. In building new partnerships, we have been able to enhance the quality and impact of our service.

Tonic Health



Case Study One - P

'P' has very much come out of their shell since attending. Despite various difficulties, they have engaged in activities and shown us a softer, friendlier side to them. Since they have been attending, they have participated more and more in group activities and have made many new friends, and has become the life of the party in many instances.

Case Study Two - E

'E' started at the group in September after they felt the last group that they were in was becoming unsuitable and that the other group was not as stimulating. Since coming to sociABLES, E has made many friends as well as helping others settle into the group. E has tried new things and tried new sporting activities. E has also encouraged other friends who have additional needs to come to the group as E has told them that it is fun, is engaging and friendly in a non-judgemental way.

ORGANISATION OVERVIEW

Voluntary Centre Services is an infrastructure organisation based within the districts of Lincoln, North Kesteven and West Lindsey. Our mission is to enable the development of stable, thriving communities with the capacity to plan and manage lasting improvements to their quality of life. Our vision is of a strong and pro-active community and voluntary sector improving the lives of people in Lincolnshire.

Our core services consist of operating our accredited Volunteer Centres in Lincoln, Gainsborough and Sleaford, where we deal with approximately 2000 enquiries per year. We also support community-based organisations with funding and governance support, training and access to district-specific networks.

We also run employability, neighbourhood-based and wellbeing projects, alongside our core service including a Social Prescribing Link Worker service, the Greater Lincolnshire MOVE Project, Youth and Employer Support, the Safer Streets Project, and the Lincoln Neighbourhoods Together Network.

PROJECT HEADLINES

12
BENEFICIARIES
SUPPORTED

PROJECT OVERVIEW

Project Art Pals is based on the concept of creative pen pals. It is aimed at participants of all ages, backgrounds and abilities, who are feeling isolation, and house-bound due to physical or mental health issues. It will enable people to form connections through making and exchanging art.

Participants will each receive six activity kits over six months, designed by a local artist duo. Each kit teaches them to create an object to keep, and one to share, alongside a letter with another participant. The artists facilitate each exchange, building greater connections with participants. Kits include different creative techniques such as collage, embossing and embroidery.

PROJECT WINS

- Participants engaged with new people and made new connections.
- People got to try something new and learn a new skills while feeling pride and a sense of achievement.
- Participants grew in confidence and felt happier.
- People gained knowledge of the support and groups available to them.
- Participants feel more independent.



IMPACT OF FUNDING

The funding enabled us to strengthen connections between ourselves and the Hub, as well as filling a gap that Social Prescribing Link Workers had identified through the individuals they were working with.

It has increased the confidence of participants, especially around using art and engaging with others. There have been some real success stories where individuals have widened their use of art in everyday life as a result of the project which, in turn, has helped them improve their overall wellbeing. Unexpected outcomes have been that the project has not only benefited the participant but also the people around them such as carers, family, and friends.

Voluntary Centre Services

Art Pal 1 spends all of her time at home and lives with her husband. She was keen to start the Art Pals project but very nervous about getting things 'right' and doing the activities properly. After lots of reassurance, she has created something from each kit, and each time she has been surprised and proud of what she managed to achieve.

For the second kit, we went and did a longer session with her to help guide her to complete the activity. After being very unsure at the start, she was very proud of what she achieved by the end and even planned to make another paper theatre for herself on her own (as this one would be gifted to her Art Pal).

Since spending some extra time with Art Pal 1, she has managed to find the confidence to complete the other projects, and looks forward to the next each time.

This participant spends her time as home and deals with lots of pain due to her long term health conditions. She has told us that the activities in this project have given her something to focus her mind on and whilst doing the activity, she feels that it takes her mind off of other things and makes her feel calmer. Her health makes it hard for her to leave the house, but after some future procedures, she is looking forward to the possibility of coming to in-person events that me might run and meeting her Art Pal in person.



WILD THINGS RESCUE - WILD THINGS RESCUE MENTAL HEALTH SUPPORT

ORGANISATION OVERVIEW

The mission of Wild Things Rescue is to offer a service for the benefit of the public to relieve the suffering of animals, in particular native wildlife in need of care and attention and, in particular, to provide and maintain rescue homes or other facilities for the reception, care and treatment of such animals.

However, over the last few years, we have recognised how much of an impact working with animals can have on the mental health of our volunteers. Due to this, we have expanded and adapted the charity to provide a range of volunteering roles to allow people to help in any way they can. These roles have included working directly at our centre, working from home advising members of the public, and home fostering of some wildlife species.

PROJECT HEADLINES

31
BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

By providing a variety of sessions, we aim to build the confidence and boost the mental health of our current volunteers and other animal lovers. Wild Things will offer animal interaction experiences and mindfulness sessions, both in person and via Zoom, allowing us to reach those who are unable to travel along with those who do not feel confident enough to. We will use our united common interest of animals to help build connections, promote wellbeing and learn new skills which can be used in day-to-day life.

PROJECT WINS

- Participants reported improved mental health and wellbeing.
- The sessions helped reduce social isolation among participants.
- Participants learnt new skills and coping mechanisms.
- Watching people flourish in a safe environment.



IMPACT OF FUNDING

The funding allowed us to explore new activities and sessions that we had previously been unable to provide. It has helped us to grow the mental health/wellbeing side of our charity, encouraging us to create a dedicated nature based wellbeing CIC to reach even more people. We have been able to learn much more about our participants, their needs and what benefits them, which has enabled us to design future sessions.

The project has helped participants to build confidence and resilience. We have also found that participants have made strong friendships and learnt a number of skills. An unexpected benefit is that a number of the participants have gone on to volunteer with us in other roles, or have found the sessions have given them the confidence to apply for other jobs or educational courses. We didn't anticipate that the sessions would have such an impact on participants.

Wild Things Rescue

"I felt really accepted at Wild Things. I was really nervous to start with because sometimes I talk a lot and I know how annoying that can be so I was worried people would think I was annoying. I was made to feel like people were interested when I talked and actually liked the facts I was telling them. I've always wanted to work with animals but don't have any qualifications so I've struggled to get into the animal world. I have been able to put on my CV that I have some experience with wildlife now!"





YMCA LINCOLNSHIRE

YMCA LINCOLNSHIRE - NOW WE'RE COOKING

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 YMCA 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

 **100%**
OF PARTICIPANTS REPORTED HAVING A 'VERY GOOD' EXPERIENCE

12

BENEFICIARIES SUPPORTED

PROJECT OVERVIEW

Now We're Cooking is about helping vulnerable and disadvantaged people in our Emergency Accommodation to experience the joy of cooking, discover its social and health benefits, and see that even if food is prepared affordably, it can still be nutritious and delicious.

Supplementing the regular learning-while-cooking activities, the project also encourages them to actively engage in the natural environment, through green-fingered activities such as planting harvesting on-site and elsewhere, and through calming nature walks.

At its core, this project is about enabling beneficiaries to connect physical wellbeing and related activities, to feelings of good social, emotional and mental wellbeing.

The Cook & Learn element was delivered directly in the Nomad Day Centre, making great use of its professional-standard kitchen. The planting and produce engagement elements have all taken place at The Oasis Community Garden and Allotment in Cherry Willingham, of which we have free and regular use as its key partner. The natural world element has taken place in various green spaces, including locations such as Whisby Nature Reserve and Hartsholme Park.



IMPACT OF FUNDING

This funding has enabled our residents to understand techniques to improve their own mental wellbeing. It enabled our residents to see that it is possible to cook from scratch at a reasonable cost and it's not just about ready meals. It has encouraged working together as a team, supporting each other, and watching others succeed.

YMCA Lincolnshire

Prior to moving into the hostel, 'D' had been living with his partner for a year in Louth. They met on social media. He had been the victim of domestic abuse during this relationship and finally got away when she accused him of violence and called the police. 'D' did go to court for this and received a fine.

Prior to this, 'D' fled Liverpool for fear of his life, the son of his then partner had tried to stab him and later set fire to his flat and he is now in prison for this. 'D' had a volatile relationship with the mother, and he found out that she was pregnant with another man's child during their relationship.

'D' has two children of his own, both girls who live in Liverpool with another ex-partner. He does not see them but wishes things could be different so he could see them.

'D' has been on long term sick for some time, as due to his many diagnoses, he finds it difficult to hold a job down.

'D' was asked if he would like to join in with the GoGrow cooking sessions which were held in the Nomad Centre, and he agreed. During these sessions, he was very quiet to begin with, however engaged well with the sessions. He said he liked cooking, and it was nice to learn new skills and meet new people. 'D' stated that joining in with the sessions gave him time to think about positive things. It really helped his mental health focusing on what was going on. The new skills he has learnt will help him in the future when he gets his own place as budgeting is something he struggles with. He has learnt that if he bulk cooks fresh foods, they are more healthy and cost effective.



The profound impact of this funding on the health and well-being of Lincolnshire becomes evident when considering the multitude of beneficiaries supported in this phase. It's crucial to recognise that the influence of the funding goes beyond individual recipients; those in their immediate circles also experience a sense of comfort and support.

These initiatives did more than save lives; they empowered individuals and bolstered community strength. The funding has nurtured collaboration among grassroots organisations throughout the county and cultivated stronger ties between statutory and third-sector provisions. This has paved the way for the establishment of a 'No wrong door' approach to mental health care in Lincolnshire.

This united strategy has resulted in a resilient mental health support system across Lincolnshire, which, in turn, ensures that individuals can access assistance in the early stages, effectively preventing crises from escalating.

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

T 01507 304 548
E info@shinelincolnshire.com
www.shinelincolnshire.com