

# The Suicide Prevention Investment Fund

## Wave One Evaluation



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**Following recommendations by the Suicide Prevention Strategy for England, Public Health Lincolnshire developed and published their Lincolnshire Suicide Prevention Strategy 2020-2023, which set out Lincolnshire's ambition to reduce suicide and suicide behaviours across the county.**

The annual suicide audit supports the strategy that through provision of appropriate and timely intelligence, cohorts identified as being at risk of suicide within Lincolnshire could have services developed that provide focused support.

The audit highlighted public health's key priorities, which included a focus on male suicide, as findings identified suicide was the biggest killer of men under the age of 50, with men in Lincolnshire almost 5 times more likely to end their own life than women – higher than the national average.

As a result of the audit, Lincolnshire County Council, Lincolnshire ICB and Shine Lincolnshire worked in partnership to set up the Lincolnshire Community Suicide Prevention Innovation Fund Grant Programme that aimed to fund community organisations to work directly with males, who are the highest at-risk group for suicides in Lincolnshire.

Wave one of The Community Suicide Prevention Fund received 28 applications, of which 14 were successful, to deliver projects across the county between September 2020 and July 2021. The investment of £130,000 into the community saw the delivery of projects that focused on:

- Reducing self-harm and suicides within at-risk males aged 25 to 59
- Supporting males through peer support
- Providing opportunities for males to talk and places where they feel safe to talk
- Providing support groups and activities that promote good mental health and prevent suicide
- Raising awareness of men's mental health.

*'Each project has provided a unique offer for men across Lincolnshire to receive support within their own communities. The work carried out by these projects has been vital in supporting men's mental health across Lincolnshire and starting the conversation around the risk of suicide in men.'*

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

As a collective, the projects successfully supported the wellbeing of 2,319 beneficiaries at a community level, clearly demonstrating the importance of community based support.



ART TO ENJOY

### ORGANISATION OVERVIEW

Introducing the principles of creating art through complimentary activities, such as, poetry, music, props and using different approaches like paired tasks, gifting ideas/challenges to each other, to inspire and sustain the spark of interest.

As a complimentary therapy, Art to Enjoy offers support to people who wish to effect positive changes, addressing mental ill-health such as, addiction,

anxiety, suicidal thoughts and self-harm, by encouraging a creative approach. The ethos is based on the knowledge that creativity and positive mental health are inherently symbiotic.

### AREAS OF SUPPORT

14

Poor mental health

7

Lack of opportunity and employment

12

Loneliness/social isolation and other daily life challenges

13

Post Covid-19 related issues

### PROJECT HEADLINES

72  
BENEFICIARIES SUPPORTED

SIGNPOSTING TO 20 ORGANISATIONS

PROMOTED OVER 50 OTHER ORGANISATIONS

### PROJECT OVERVIEW

A tutor led creative arts course for adults, offers supportive opportunities for freedom and flexibility to explore, 'try out'/take risks, and find a voice in a sociable, safe environment. Creative intergenerational activities offer opportunities for men to engage with their partners, children, or peers, affirming and strengthening relationships.

- A creative practice is beneficial for nurturing mental and emotional resilience.
- Supportive opportunities for freedom and flexibility to explore, try out/take risks, and find a voice in a sociable, safe environment.
- The courses are designed to celebrate the process of being creative, and as such self-differentiating.

### PROJECT WINS

- Opportunity to enrol on a course, which includes supply of a starter tool kit.
- Gallery images to showcase a range of celebratory project experiences throughout.
- Run by 1 person.
- The successful blend of practitioner flexibility and a range of delivery options allowed the project to be accessed by a wider range of the target group – offering courses that wrap around life and work commitments of individuals and in cooperation with supporting organisations.
- Online project delivery continued, offering flexibility for individuals with work/family commitments, allowing time for the practitioner to meet the emotional needs of the individuals on a 1:1 basis.

### IMPACT OF FUNDING

The funding meant sessions were free to attend, removing the financial barrier faced by the majority of participants. The funding also allowed an increased ability to promote the project and raise mental health awareness to a wider range of people within the target population and countywide. This helped raise awareness of the holistic and long-term benefits of tailored programmes.

Art To Enjoy

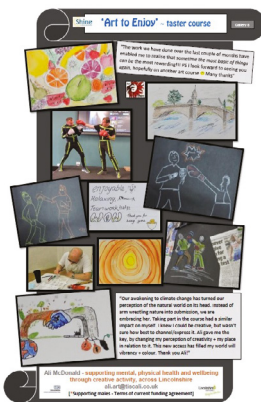
*D, I came with ex-school baggage having had an 11% O-level qualification to prove the art master's repeated negative opinion that I was useless. I had no real expectations of the course, but was not sure it would be a non-judgemental environment to explore. I was absolutely not disappointed.*

*Ali was able to unlock my perception of the basis of art. Providing the journal and drawing stuff enabled me to start experimenting from the first hour. The balance of talking and drawing was spot on and the class size meant that everyone participated and interacted.*

*The big surprise for me was how emotionally connected I felt during the course. For example, Ali tasked us with drawing the concept "strong" during the first class. Being car-oriented I drew a coil spring and tried hard to make it look like a coil spring. But another chap drew 4 basic figures holding hands walking together, with an arrow pointing ahead. He explained simply that "strong" to him meant his family, all going in the right direction. This was the first of several moments of connection for me during the course, and illustrates how well Ali organised and presented it.*

*It was a real pleasure to meet Ali and enjoy her experience and enthusiasm for art. Some of it has rubbed off. Art to Enjoy is highly recommended. Ali pitches it perfectly. I got so much out of the three sessions as they're entirely non-judgemental and actually (I found) quite liberating. Socially good fun and also Ali is fab.*

*Finally, I'm grateful to the course sponsors Lincolnshire CC and the NHS, Lincolnshire CCG. It was a breath of fresh air for me, and the first time in a couple of years that I've done anything constructive socially. I hope they're able to continue providing the means for other similar events.*



**ORGANISATION OVERVIEW**

**developmentplus aims:**

- To develop capacity and skills of people in such a way that they are better able to participate more fully in society.
- Provide opportunities that inspire and build resilience in people and their communities.
- To provide a range of responsive services for the people of Lincolnshire that will improve their wellbeing and mental health, promoting hope and sustainable personal progression.

Our objectives:

- To encourage and enable people to access services that improve their wellbeing, physical and mental health.
- To empower people to speak out and seek support about issues that affect their lives.
- To provide programmes of training and support to enable individuals to overcome personal barriers and improve their economic prospects.
- Committed, personalised support for individual needs. Building peoples strengths through acceptance and validation.
- To develop and maintain partnerships across the county to achieve collective goals.

**PROJECT HEADLINES**



- Support given to individuals, e.g. making dental appointments, clothes shopping etc...

**PROJECT OVERVIEW**

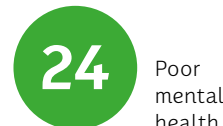
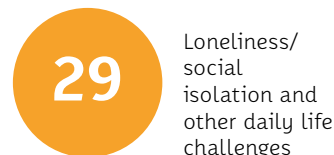
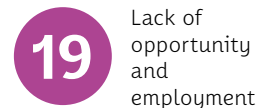
A weekly group which provides a safe, informal space for men to connect and socialise. The group is delivered with an element of fun and a relaxed atmosphere with opportunities to have more structured time to provide health and wellbeing support for people and access, when needed, to more specialist mental health support.

- Our aim was to create a group that was welcoming to men who had become isolated and whose mental health was or had declined.
- To enable men to reconnect, hopefully start friendships.
- Allow people to practice social skills and improve their mental health so that they felt suicide was no longer their only option.

**PROJECT WINS**

- 1-2-1 help given.
- 40 plus activities organised.
- Group WhatsApp created for all who wanted to stay in touch when not at group.
- 2 podcast episodes.
- Trips and excursions allowed the attendees a chance to visit places they might not have thought of or been able to access normally.
- Visited places they might not have felt confident to before, such as bowling or crazy golf. Activities that are often associated with pairs or groups.

**AREAS OF SUPPORT**



**IMPACT OF FUNDING**

The funding has allowed us to hire a function room that's easily accessible, welcoming and that can offer our attendees additional support and opportunities. It has also allowed us to plan several trips, the outings have really been a key part of the project. It has allowed people who have a very closed social dynamic to step out of that safely, to try new things and be part of the planning process. The pool table has proved invaluable, not only as an ice breaker and distraction technique, but it allows people to have quite deep conversations without the awkwardness of eye contact and silence.

*P is a 68-year-old man who has lived in the same area of Lincoln for most, if not all of his life. He knows Lincoln very well and he is able to talk enthusiastically about the way the city has changed over decades. P was brought up as part of a close-knit family and a busy household. After his father's death over 20 years ago, P offered an increasing amount of support, over time, to his mum, prior to her own death two years ago. Gradually, he had left the world of work, to become his mum's carer, prior to her admission to a nursing home locally. Whilst in the nursing home P visited his mum on a daily basis. Unfortunately, following her death at an advanced age, P was unable to be as involved in her funeral as he would've liked, due to the Covid regulations in place at the time. This was very difficult for him to deal with. Understandably, P has found himself very lonely at times, as he adjusts to life, living alone, in the home that was previously the centre of his family life. However, P has bravely sorted out numerous opportunities in the community to help him establish friendships and find social opportunities to do things which he enjoys. P has a lovely personality and great line in jokes. He loves to chat and socialise. On one occasion whilst he was visiting the Bridge well-being Café, myself and P got chatting as I was getting the pool table set up, for The Pitch. We chatted enthusiastically about the group and P thought he would stay and give it a try. I don't think that he's missed a session since and he has frequently referred to the group as being one of the highlights in his week. He has enjoyed playing pool, taking part in quizzes, and the light-hearted banter, company and trips out that we have taken together. P is also active*

*in a number of other groups and he told me "I'm a bit of a forager, unless you go out and look for things people can just end up sitting at home staring at four walls, I'd feel much worse off if I was just lonely at home, if I can help or encourage people that's what it's all about." P is now a very valued and popular member of The Pitch group. He is welcoming, funny, sincere and kind. He brings a very positive energy to the group and is really welcoming to new members. He also actively volunteers with a number of organisations locally and generously gives of himself to encourage and support others.*





REGISTERED CHARITY NUMBER: 1168775



better homes and better services for better lives

GAINSBOROUGH TRINITY FOUNDATION & ACIS – MEN UNITED

### ORGANISATION OVERVIEWS

#### Gainsborough Trinity Foundation

Gainsborough Trinity Foundation’s charitable aims are: the relief of those in need by reason of youth, age, ill-health, gender, economic status, disability or other disadvantage in Lincolnshire by:

- a) The advancement of education & training
- b) The preservation and protection of good physical and mental health
- c) The promotion of community participation in healthy recreation by providing facilities for football and other sports or physical activities which improve fitness and health (facilities means land, buildings, equipment and organising sporting activities)
- d) Such other purposes recognised from time to time by law as charitable.

#### ACIS

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

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

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

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

### PROJECT HEADLINES



- **Weekly Activities:** football sessions, walk and talk, coffee and chat.
- **Monthly Activities:** burger and pint, pub quiz, food and drink night.
- **Delivered in a partnership with Gainsborough Trinity Foundation, Acis and Riverside Training.**
- **Total of 4 videos were created and shared on Acis social media channels to raise awareness of male mental health and suicide prevention and to promote activities offered under the MEN United project.**

### PROJECT OVERVIEW

To tackle the stigma and raise awareness for male mental health and suicide prevention through a range of weekly and monthly activities. Offering a range of sports and social events on a weekly basis for all males aged 18+ linked to a monthly evening event. Wanting to let men know it’s ok to talk and equip as many men in Gainsborough with the knowledge and tools to reach out if they ever need help to reduce mental health struggles for men and strive to achieve a zero male suicide rate in Gainsborough.

- Offer multiple opportunities for men to connect through popular activities that provide opportunity to develop new relationships.
- Talk to other men including those with lived experience of poor mental health.
- Access support services and sign posting directly.

### PROJECT WINS

- Beneficiaries final total exceeded what was expected.
- Suicide Prevention wallet size cards created and distributed.
- The approach of targeting men in settings they feel most comfortable has worked really well, using football, bars, quizzes, physical activity and sports has been the perfect platform to spread awareness of male mental health and suicide awareness.
- A successful evening event gave a platform to start to share the information and support available using the MEN United brand as they felt men would connect with the name and idea of the project.
- 3 men from the above event now accessing support after attending it.

### AREAS OF SUPPORT



Poor mental health



Lack of opportunity and employment



Loneliness/social isolation and other daily life challenges



REGISTERED CHARITY NUMBER: 1168775



better homes and better services for better lives

GAINSBOROUGH TRINITY FOUNDATION & ACIS

**MEN UNITED Social nights**

When: 7pm to 10pm  
Where: The Venue, Roses Sports Ground, North Warren Road, Gainsborough DN21 2TU.

3 August 2021- Free Burger and Drink night  
16 September 2021 Pub Quiz night  
7 September 2021 - Food and Drink night  
12 October 2021 - TBC  
26 October 2021 - Comedy night

The MEN united project aims to raise awareness of male mental health, tackle and reduce the stigma associated with mental health issues.  
All events are open to males aged 18 years and over.

**MEN UNITED**

enquiries@gainsboroughtrinityfoundation.com  
Brought to you in partnership by

acis, Gainsborough Trinity Foundation, Lincolnshire Partnership Foundation, Lincolnshire Partnership Foundation, Rhine Lincolnshire

**If you're struggling, support is always available. Try any of these support networks 24/7 for free.**

Samaritans: 116 123  
Mind: 0300 123 3393  
Shout: Text 85258

Mental Health Matters Lincolnshire: 0800 001 4331  
CALM (Campaign Against Living Miserably): 0800 58 58 58

MEN United project

The project was launched internally with publication of the press release about the project in June 2021. Following the initial launch the Marketing team published articles about the project and to raise awareness of male mental health on the Acis intranet.

Home  
Teaming up to combat male suicide  
Discover more about our new initiative that we have launched to work with Lincolnshire men at risk of self-harm or suicide.  
Emily Bowes 6/28/2021

Home  
MEN United - GTF monthly social nights  
Our partners Gainsborough Trinity Foundation are hosting a series of themed social events led at The Venue, Roses Sports Ground, North Warren Road, Gainsborough, MEN United...  
Beth Newcome 8/9/2021

Home  
Men United  
Our Supporting Foundations team have been working with Gainsborough Trinity Foundation this year to raise awareness of male mental health and provide opportunities for people to co...  
Emily Bowes 10/22/2021

Home  
Tackling male mental health with Gainsborough Trinity Foundation  
Did you know men are less likely to access psychological therapies than women and only 30% of referrals to the NHS talking therapies are for men? That's one of the reasons why we have...  
Beth Newcome 11/19/2021

Home  
Raising awareness of male mental health - our project and support...  
Last year we joined forces with Gainsborough Trinity Foundation (GTF) to deliver a new project to support men aged 25 to 59. We worked together to raise awareness of male m...  
Courtney Chandler 3/30/2022

### IMPACT OF FUNDING

We have not previously delivered any targeted male mental health work before. To deliver in the way we did and to reach such a wide range of men would not have been possible without the funding. It has allowed us to raise mass awareness of male mental health as well as let people see that our organisation and others in the local community are a place to reach out to. The funding has created at least 1 weekly activity that will continue moving forwards, this would not have happened without the funding.

Gainsborough-based man finds work thanks to support and gaining confidence from MEN United sessions. RP, 58, was feeling low in confidence and felt quite isolated. He didn't have many friends in the area and, with the pandemic, he felt quite isolated from his family. But he wanted to meet new people in the area and feel less lonely, so R joined our weekly coffee and chat session last summer.

He found out about our Thursday sessions through our My Acis customer portal. R rents one of our garages and that's when he saw an announcement regarding MEN United. MEN United is a joint project we run with Gainsborough Trinity Foundation to raise awareness of male mental health.

Through sport activities and sessions where men can just talk, we're able to provide a safe place for men to be open about their feelings and mental health. And this is exactly why R started attending weekly sessions. Not only was he lacking confidence, but he was finding it difficult to find work. R was looking for part-time work but felt like he was getting nowhere.

With support from Kirsty, our Customer Support Officer, he was able to find training and work opportunities. Kirsty helped R to settle in at MEN United and even introduced him to our team at Riverside Training where he received support to build his CV and apply for jobs. Kirsty supported R through his job applications. She said: "He found a couple of jobs and he was successful in getting an interview but was not successful in securing the job.

R has achieved so much. It was a big thing to just even walk through the door. And it was a big win for him to get the interview. Despite the knock backs, we're now excited to announce that R has found work in Hull! Although this does mean moving areas, he still comes into MEN United when he can.

MEN United was the stepping stone for R to build his confidence and socialise with other men in similar situations. Like many men out there, R did the right thing by asking for help.



#### MEN United Project

In summer 2021 the press release launching the MEN United project was included as an article in our tenants magazine 'Home News'. This sent to 6520 Acis tenants across Lincolnshire, South Yorkshire, Nottinghamshire and Derbyshire.

HOME NEWS NUMBER 2021 13

#### WHAT ARE WE DOING IN THE FUTURE?

We are pleased to announce that we have received funding from the European Social Fund (ESF) to continue to support our Supporting Foundations programme, which will enable participants to unlock their potential moving towards and into employment.

Over nine months we will be working with 22 individuals who are unaware employment is an option for them and are faced with multiple, complex and profound barriers to employment.

Hannah Taylor-Dales, Business Development Manager, said: "The funding from ESF allows us to combine employment support through our Riverside Training partner with wellbeing offering greater opportunities for those involved to progress and grow on their journey."

Working with Riverside Training, individuals will be supported to create employment specific goals and take part in training to help them learn new skills, broaden their experiences and



For more information on the project and how to get involved email enquiries@gainsboroughtrinityfoundation.co.uk

#### SKILLS SUPPORT IN DONCASTER

We're delighted to sav Pathways to Progression

#### MEN United - Coffee & Chat Group activities

We held two quiz sessions for group members during the Coffee & Chat sessions.

On 16 December 2021 we held a general knowledge quiz for group members 4 members attended the session. The winner of the quiz (Ashley) was presented with £20 shopping voucher.



We held the second general knowledge quiz on our last session on 7 April 3 group members attended the session. The winner of the quiz (Ashley) was presented with £20 shopping voucher.





GREEN SYNERGY  
– NEW GROWTH PROJECT

### ORGANISATION OVERVIEW

Green Synergy is a values-based charity that uses community gardening and eco-therapies to help people come together to socialise learn and thrive.

Our 2.5 acre community garden at Lincoln Hospital is now the main hub for our activities. Formerly a derelict allotment site, it is now an edible, accessible, safe, welcoming, green community space from which we deliver projects and activities focused on employability, mental health, wellbeing, social inclusion, skills, confidence and environmental education.

Our beneficiaries include adults, children, young people, and families who are living in poverty or are unemployed, have learning difficulties, are lonely or isolated, have family problems, are homeless, or have addiction issues. Over 75% of our beneficiaries have mental health issues, including moderate, severe, and chronic conditions.

We use a person-centred, community development approach to understand, prioritise, and respond to the needs of people we work with. All our projects are co-created with the people they will serve. Our outcomes include helping people to overcome barriers to fulfilling their potential, increasing community cohesion and social capital, decreasing loneliness and isolation, improving mental and physical wellbeing (including recovery and personal resilience), tackling health inequalities and increasing environmental sustainability.

### AREAS OF SUPPORT

<b>12</b>	Poor mental health	<b>5</b>	Lack of opportunity and employment
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<b>1</b>	Financial issues	<b>1</b>	Housing issues
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### PROJECT HEADLINES

**PROMOTED OVER**  
**15**  
**OTHER ORGANISATIONS**

**37**  
**BENEFICIARIES SUPPORTED**

**SIGNPOSTING TO**  
**10**  
**ORGANISATIONS**

- Over 75% of our beneficiaries have mental health issues, including moderate, severe, and chronic conditions.
- This project has broadened our referral pathways, e.g. we have a referral pathway from the Peter Hodgkinson Centre. And we have greater understanding and experience of the ebbs and flows in mental health and the impact on a group delivery.

### PROJECT OVERVIEW

New Growth Project is based on Hillside Community Garden providing a safe, creative space to build individual skills, confidence, and resilience. This project offers an optional 8-week course blending therapeutic and community horticulture with opportunities to explore the challenges and stigma that can be found in male mental health and strategies to counter these and build hope and wellness.

- Help to overcome barriers to fulfilling their potential.
- Increase community cohesion and social capital.
- Decrease loneliness and isolation.
- Improving mental and physical wellbeing (including recovery and personal resilience).
- Tackling health inequalities and increasing environmental sustainability.

### PROJECT WINS

- Adjusted the bid early on to make the outcomes generic.
- Group WhatsApp created for all who wanted to stay in touch when not at group.
- Experienced and worked with the opportunities and challenges of working on a 2.5 acre site safely and in all weathers.
- Improved communications and pathways in and out of statutory services.
- Acknowledge difficulties they are experiencing within the group and with staff. They are open to sharing with each other.
- Referrals from over 25 organisations.
- Target numbers exceeded as a result of building new referral pathways.



### IMPACT OF FUNDING

This funding enabled us to source the capacity and skills to work with men with complex needs and to focus on suicide prevention, promotion of barriers to help and working with suicidal ideation. It has enabled us to work in a sustained way to build relationships with participants and enable them to develop relationships with each other, have continuity of support. It also enabled the group to develop its own identity 'The Amigos'. Key organisational benefits are: we have developed a deeper awareness for working with and supporting men's mental and emotional health, and worked with a men-only group, which we had not done previously.

Mr N was referred to us by LPFT in March 2022. He visited GS accompanied by his wife and occupational therapist who attended one session with him. Concerns were raised about the geography of the site and if the person would be safe as he might 'wander' off. Mr N came with a diagnosis of early onset dementia and bipolar, with priorities of support with physical and emotional needs highlighted by the OT. No risk to others were identified. Mr N has attended weekly March and is brought by his wife. Over this time we have got to know them both and the family picture which is challenging as other family members have significant mental ill health. Mr N had a career with the forces and left due to the impact of bipolar. A significant event in his and his family life was the death of his son in an accident. He revisits this traumatic loss frequently and is now able to discuss this in the group and with others offering how proud he is of his son, 'what a strapping lad he was, how much he loved his motorbike, what an idiot to die in an accident, how devastating and how he hopes to meet him again in heaven one day'. Over time Mr N's relationship to grief has adjusted a little alongside building relationships with people on site. Mr N is acutely aware of the other family members and demands on his wife and recently asked us to connect with her. He was mindful of not 'betraying' his wife and how sensitive everything is. We had a discussion together at the end of the session and are exploring options for support for his wife. Mr N is a large man and initially would set up 'camp' on site asking other people to pass him things and do things 'can you get me a coffee?' everyone is aware of this now and it is a group joke so everyone nudges him to get his own. Mr N has started to walk more and if he is having a difficult day we 'walk to the walnut tree' along the viking way. This is about qtr of a mile. He used to stop frequently but now will only stop once on this walk. He is happy with this and encourages others to walk! We have talked recently about getting a bike on site and supporting people to 'get back on it' as he used to cycle 100 miles a week. Mr N is a sensitive, empathic and supportive in how he relates to others but his personal and physical boundaries with others could be overstepped or not considered. Overtime we have addressed this with humour and guidance. Mr N has become more aware of checking in with others if they would like a hug and to consider the consequences of being tapped on the shoulder or arm spontaneously as this could trigger a negative response for another person. Mr N has lots of skills and often generates great solutions for issues arising on the garden e.g. watering the plants in drought conditions. We harness this and encourage him to problem solve in other areas of life that he might highlight in a session. This encourages more reflection and responsibility taking. Mr N travels in from one of the villages and this is a demand for his wife. We would like to see Mr N being able to access transport that would free his wife up to do something for herself although she made need support herself to do this. Currently the irony of this case study is that we would have more concern for Mrs N than Mr N whose mental health has been pretty stable for the last 6 months. Mr N would like to do more but transport and the right 'project' is the limiting factor. We do hope to address this but it requires a family conversation.







HARMLESS  
– THE TOMORROW PROJECT

### ORGANISATION OVERVIEW

**Harmless is a user-led service that provides evidence-based support to people who self harm or are at high risk of suicide, and their friends and families.**

We believe in recovery and work to reduce stigma, isolation and distress and promote health, hope and wellbeing.

Our well-evidenced successful frontline services include weekly counselling, clinical support work addressing practical issues, suicide crisis support, and support for those bereaved by suicide. Support can be face-to-face, online, or via email, telephone or text message.

Our comprehensive bespoke training develops skills and services in the wider community and helps to reduce the risk of suicide via awareness, skills, intervention and emotional wellbeing. We also provide information services and products and liaise with the media to challenge stigma and develop awareness.

We provide consultancy on self harm and suicide prevention, and sit on a large number of local, regional and national Strategic Panels, including the National Suicide Prevention Advisory Group to Government.

### AREAS OF SUPPORT

**3** Post-Covid related issues

**7** Housing issues

**7** Lack of opportunity and employment

**14** Financial concerns

**98** Loneliness/social isolation and other daily life challenges

### PROJECT HEADLINES

**PROMOTED OVER**  
**50**  
**OTHER ORGANISATIONS**

**251**  
**BENEFICIARIES SUPPORTED**

- **Clients were able to access a holistic approach to manage and mitigate risks, increase emotional regulation and distress tolerance to stabilise both the internal and external environment through recovery focused interventions.**

### PROJECT OVERVIEW

A digital ‘café’ via remote access on a timetabled order of activity, to provide general and tailored support and advice to men who are at high risk of suicide and not currently engaged with or eligible for existing provision. The digital café will host a managed group environment, staffed with two clinicians at any given time.

- Men can self-refer or be referred in by professional services, e.g. police, A&E, crisis team, mental health (MH) professionals.
- The café will be open for one 4-hour session each week over the course of the project, with the intention of extending/expanding the service ongoing.
- Service users will receive both an individual and a group offer as a part of the project. The staff will move people from the group room to individual breakout rooms to facilitate one-to-one time with each service user.

### PROJECT WINS

- 1-1 sessions to implement a safety plan and arrange access to all the grounding and mindfulness techniques discussed in the group.
- One self-referral came through Survey Monkey.
- Clients were supported to recognise and address any practical needs.
- Our clinical support workers completed any appropriate onward referrals or advocations on their behalf.
- Prompted further research in the area of male suicide, which will go on to impact the provision of mental health and social services.

### IMPACT OF FUNDING

**The funding allowed Harmless and The Tomorrow Project to branch out into Lincolnshire and offer our specialist suicide prevention intervention. It allowed us to build relationships with both local services and the community of Lincolnshire, we feel the benefit of this has been immeasurable.**

Gender Male – Age 20

For the purpose of this case study, I will refer to the client as A.

Self-referred into chess via the online form, client presented with low mood, anxiety, past trauma and practical support needs.

A was offered a safe space to discuss his recent trauma and the impact this was having on him both physically and emotionally. A was supported to recognise distractions and a safe environment for when he felt overwhelmed by these. A did not feel ready to engage in support for his trauma but was grateful to have been made aware such support existed and was provided with details of appropriate services.

A is currently on the waiting list for an assessment for a ASD. Whilst understanding the impact the pandemic has had on the NHS waiting times, A described the impact of continuous delays that resulted in feelings of frustration as he felt a diagnosis would allow him to understand himself as a person. A was introduced to online forums, support groups and researchers surrounding ASD. A is applying for housing support and was able to reflect on the independence and “step forward” this would create and discussed possible work placements for the future.

A stated he was grateful for the support and advice he had received and would use CHES again in the future.



**168**

Poor mental health





HILL HOLT WOOD  
– COPPICE CRAFTS

### ORGANISATION OVERVIEW

**Hill Holt Wood is an Environmental Social Enterprise and Registered Charity, situated in a 34-acre woodland in Lincolnshire.**

Our primary focus as a charity is to preserve and protect the environment and wildlife, educate local communities about sustainability, promote sustainable development and support activities that benefit public mental health and wellbeing. One of our key services is our woodland wellness programme, Hill Holt Health, for individuals suffering from mental health issues. This programme encourages management activities within our ancient woodland as a means to encourage individuals to get outdoors and also to help build relationships and networks with others; managing greenspace for community wellbeing. Alongside this we are nearing completion of a woodland labyrinth project, attended by individuals suffering from mental health issues and enabling them to be involved in a meaningful project that will be left as a legacy. The labyrinth represents a journey. They are calming to individuals who walk the path of the labyrinth as this slows down the mind and results in a relaxation response. Attendees help construct the labyrinth and also walk this journey, helping them to find clarity and calm to assist in getting through any struggles they may be experiencing.

### PROJECT HEADLINES



- Lincoln: 25
- Newark: 9
- Sleaford: 3
- Witham St Hughes: 3
- Balderton: 1
- Norton Disney: 1

### PROJECT OVERVIEW

The Coppice Crafts programme encourages participants to explore green woodworking techniques including woodcarving. Conducted by our in-house specialist, participants would learn how to use the tools, explore different mediums and complete spoon carving. Sessions would run from 11am – 2pm twice a month and would be based in our ancient woodland, Norton Big Wood. This base of activities is a peaceful and tranquil environment to offer such therapeutic work.

- Due to circumstance, sometimes transport is a barrier to these people, and to this end we will provide a minibus service that will pick up as many as is possible in the surrounding area.
- The group would have access to our facilities and cabin for the duration of the activities and this relaxing and friendly environment will help the group to feel safe and part of a community.
- There will also be a support ranger every day to accompany the specialist.
- We envisage that groups will have approx. 5 attendees at any one time and therefore the high level of support available from our rangers will allow for 1:1 support and discussions if necessary.
- We will also be creating a Facebook group (or similar) for participants to allow us to provide digital support and encourage them to support each other, continuing the feeling of community when not at the project.
- The main idea is for us to provide a ranger with a unique skillset, offer a peaceful environment and to evoke an atmosphere that promotes discussion and support for one another – allowing participants to open up and talk in a safe environment

### PROJECT WINS

- 50 people referred to the service
- 27 people signed up to the Facebook page
- 42 people signed up to the Coppice Craft sessions
- 42 people utilising Hill Holt Wood's facilities
- 24 group sessions set up
- Opportunity to talk, have company whilst working within a group.
- This craft is something you can take home and do in your own time so you can recreate some of the benefits in your own time.
- Sense of achievement and satisfaction at completing projects.

### AREAS OF SUPPORT

**11** Loneliness/  
social isolation  
and other daily  
life challenges

**22**

Poor  
mental  
health

**6** Lack of  
opportunity  
and  
employment

**3** Post Covid-19  
related issues

### IMPACT OF FUNDING

The funding allowed us to grow the number of people who access our health provision run at our sister site, Norton Bigwood. This helps us spread the word that we offer these services as we are predominantly known for education and are looking to build our reputation in this area.

*I joined Coppice Crafts right at the start and have really enjoyed my time throughout every session. I suffer with anxiety amongst other mental health issues so was looking for somewhere to get out and meet others whilst doing something I enjoyed which has been a life saver. I felt listened to and the staff worked around my anxiety and helped me relax around others which I've not done in so long. After attending most, if not all, sessions, I feel I have some friends there now and I can unload some of life's stresses, talking to others whilst out in the woods away from a busy town. The amount I've learned in regard to carving is amazing, Alan is a fountain of knowledge and his lessons are always different with great new stuff each time to work on. He teaches so you can all understand easily and will always go the extra for mile for others. This course*



*has really helped me in so many way and it's been a pleasure to be parts of it.*

DS



## ORGANISATION OVERVIEW

**HWLincs registered as a charity and Company Limited by Guarantee in 2013. Our activities meet our charitable values and beliefs which are to support health, care and wellbeing of local people.**

HWLincs delivers work that enables us to engage with communities and people that can influence change, no matter how big or small. In 2020, 6,380 people directly accessed our programmes with a further 220,000 engaging with us through social media. Examples of our work include:

- Delivery of the Healthwatch Lincolnshire contract. Having held this contract for over 7 years (since April 2013), its activities build relationships with commissioners, providers, voluntary and community groups and most importantly our residents.
- Commissioned work for the Care Quality Commission (CQC) for both Lincolnshire and England. Work has predominantly focused on experiences of people with specified personal characteristics, including those with long term mental and physical health conditions.
- Facilitation of the Lincolnshire Health and Care Managers Network has enabled us to build stronger relationships with the Voluntary Community Sector (VCS).
- Supporting the recruitment and development of NHS Lincolnshire Citizens Panel since July 2020.
- Commitment to providing a healthy lifestyle awareness campaign through our own HWLincs website and social media networks.

## PROJECT HEADLINES



- Podcast advertising - after our first call to action, a representative from Tonic Health contacted HWLincs with a promotional opportunity. The project welcomed the opportunity to take part in a session recorded with Tonic Health to be shared with their networks.
- Online Workshops

## PROJECT OVERVIEW

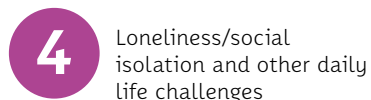
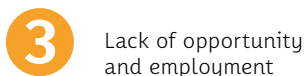
**A Better Way** will focus on addressing the issue of raising early prevention and suicide awareness. The awareness raising campaign will be male focused and co-produced with men and people with lived experience of male self-harm and suicide. The awareness campaign will seek to identify those at risk of self-harm and suicide and provide prevention strategies through directly delivered services.

- Support by giving men an hour to sit and talk through what brought them to the project. No judgement, no stereotype, no barriers, just an opportunity to off load anonymously in a safe environment.
- Offering tools and identifying personalised techniques to support individuals.
- Our identified target cohort is men, 40-60 years, but there's flexibility based on capacity and demand.

## PROJECT WINS

- A directory in which men could see what services and support they could access, which was specifically for men, about men, with men. These early discussions determined the focus of the activities and outputs that would be used within the project
- A large number of people benefited from utilising the information via mental health inpatient discharge pack.
- The opportunity to work with people with lived experience of male mental health and suicide, utilising their experiences to drive interventions to support a much wider group of men.

## AREAS OF SUPPORT



## IMPACT OF FUNDING

The funds allowed the charity to allocate resources to the programme and to bring specialist expertise in to the project to deliver certain skilled and/or experienced elements. The funding also enabled the charity to see the traffic generation for the branded project which was partially funded by HWLincs during the project lifetime but enables a greater commitment to longer term delivery of support for men.

*P approached the Off Load Session at a point in time when he felt he wasn't in crisis but did recognise that he felt the need to talk with someone about what was going on his life.*

*From the conversation, we learned that whilst P had over the years had poor mental health, he had managed it himself. However, the Covid-19 pandemic had changed his world, where he felt lonely, isolated and with no support network around him. P had previously travelled the world with his work and had a need for travel and to experience life, this was dramatically changed overnight. Even though at the time of the session the world was starting to re-emerge, there was a fear that we would be plunged into new variants that would limit our movements.*



*P felt the world was a darker place where he was struggling to understand 'what happens next for him'. The aim of the session was to draw upon the areas of P's life pre*

*pandemic and currently to set out a direction for future self-care. This was everything from linking in with online support groups, being aware of access to support services should he need them and planning to look at some new learning and educational goals. At the close of the session the following statements from P were captured. "It was really helpful just to be able to talk things through that are in my head, I have had no one to talk to and feel now that I can talk about things more easily. I was just a bit stuck." The follow up with P included the personalised directory of support which included local and national support groups, NHS information, educational opportunities and a self-care checklist.*

*P said, "I found our session very helpful and reassuring and enlightening. It has helped me to clarify some of my thoughts. So, thank you very much for the time and kindness."*



### ORGANISATION OVERVIEW

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

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

We deliver programmes to contribute to Lincolnshire's agenda for health and wellbeing, community cohesion, education and employability, and sport and physical activity. In terms of specific support to males with poor mental health or at risk of self-harm/suicide, we have a community football team which is open to anyone living with a learning disability or struggling with mental health. This project is attended predominantly by males aged 25+ and links the importance of physical activity and social peer-to-peer support. Lincoln City Foundation is part of the English Football League Trust Club Community Organisation (CCO) network with strong connections to football clubs and their charitable arms who deliver successful male mental health projects across the East Midlands. We work closely with Lincoln City Football Club and the Lincoln City family to support wider campaigns around mental health in partnership with Mind and CALM and reach a diverse audience across Lincolnshire.

### AREAS OF SUPPORT

78

Poor mental health

3

Addiction related issues

1

Loneliness/social isolation and other daily life challenges

### PROJECT HEADLINES

82  
BENEFICIARIES SUPPORTED

REFERRALS THROUGH  
6  
DIFFERENT AVENUES

• Despite covid delays three workshops were delivered, with another planned

### PROJECT OVERVIEW

**Team Talk** aims to tackle male mental health in Lincolnshire by providing dedicated wellbeing hubs, physical activities, advice on self-management and signposting to professional support for men aged 25-59. We will be using our non-clinical brand to raise awareness whilst working with fellow Lincolnshire sports partners, together with Andy's Man Club and a volunteer workforce of those with lived experience. We feel we can use sport as a powerful vehicle to reach males statistically more at risk of self-harm or suicide, through familiarity, purpose and peer-to-peer support accessible in a safe space.

- Awareness/networking utilising the Lincoln City FC brand to break down barriers and start the conversation around men's mental health, whilst promoting the Team Talk offer with awareness building activities.
- Delivery and implementation of a series of peer support groups and activities for men which promote good mental health. In addition to advertising, we will engage with participants through referral pathways built with partners to ensure we connect with those most at risk.
- The assessment and monitoring of the project against both KPIs and, more importantly, using the feedback gained from project participants. We will ensure Team Talk remains fit-for-purpose through continuous engagement with participants and partners, keeping the involvement of those with lived experience integral to the project development.
- The Team Talk model will grow across Lincolnshire through our sports partnerships in traditionally male orientated environments.

### PROJECT WINS

- Team Talk is a programme the Foundation are committed to delivering long term and as part of our organisation's health and wellbeing strategy.
- After Work Kick About Sessions have provided an informal sports session suitable for all abilities. The session enables men to connect over a shared activity whilst also reaping the mental benefits of being physically active on a regular basis.
- Working in partnership with Andy's Man Club has allowed us to establish a weekly peer to peer support session, providing a safe space for men to talk, connect, share issues, and gain support from one another.
- A WhatsApp group has been established which provides a channel for constant, regular communication for men engaged in the Team Talk project.

### IMPACT OF FUNDING

The funding from Shine enabled the Foundation to commence the Team Talk project; prior to this funding, we had no specific male mental health programme within our charity.

Why did you get involved in team talk?	It helps me relieve stress.
What did you hope to get from attending Team Talk? Has this been achieved?	Being listened to and letting off frustration in a non discriminating way which has happened
Why is taking part in Team Talk a worthwhile activity for you?	It helps with small frustration not being big.
How has taking part in Team Talk influenced you as an individual (e.g. improved physical health, increased mental wellbeing etc)?	It helps you look at situations with a calmer perspective.
What do you enjoy most about team talk?	The support given.

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

*Through joining the sessions run by the foundation I have re found a love for football. Even though I am now very unfit I go home after each session buzzing, benefiting both physically and mentally from the sessions. I believe the sessions have had a positive effect on my physical and mental well-being and had a knock-on effect on my personal life as well, beginning to help to rebuild my relationships with my*



*family and friends, through the sense of well-being, happiness, and achievement that the sessions have provided.*

*I would like once again to give a big thank you."*





LINCOLNSHIRE RURAL SUPPORT NETWORK – LIFELINES

### ORGANISATION OVERVIEW

In an industry with the poorest safety record of any occupation in the UK, stress is often a key factor in many of the accidents, injuries and illnesses taking place on farms.

It can come from many sources such as financial pressures resulting from market fluctuations, livestock disease or poor harvests, but concerns about Brexit, policies, administration, and legislation will also take their toll. The situation is compounded by the fact that farming tends to be an innately conservative culture and some still perceive a stigma attached to mental health. This can hinder people’s willingness to speak about the issue and to seek help for themselves. Geographical isolation and the increasingly solitary nature of rural and agricultural work compounds this. LRSN was established in 1999, it was a response to the plight of the farming community and the increased rates of suicide and mental health issues associated with an industry in crisis. Providing practical and emotional help to Lincolnshire’s rural and agricultural community to live and work well. Seeking to reach individuals or families who are often isolated and difficult to access via our help-line, outreach drop-in points and through partnership referrals. Last year LRSN supported 61 men who accessed our support due to mental health issues. Our holistic support includes, advocacy, signposting and practical and emotional assistance where we ‘walk with’ the client until they can cope on their own, thus giving them the “tools” and support to enable them to see a way through their current situation and plan for the future, avoid deterioration in mental health and lowering suicidal feelings.

### PROJECT HEADLINES



- Digital outreach one to one and group sessions over seen by health and wellbeing lead.
- Free online suicide prevention training available via our website through membership of Zero Suicide Alliance.

### PROJECT OVERVIEW

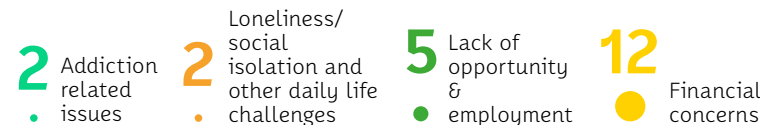
This grant will allow LRSN to develop and extend our accessibility and services including the roll out of downloadable self-help literature available via our website for those struggling with mental health and suicidal thoughts to access. Our health and wellbeing lead will lead on our plans to implement digital health and wellbeing outreach sessions and podcasts, aimed at those who work in isolation and that are at higher risk of suicide, allowing time and space for men to talk through their feelings and situations, offering both one to one sessions and peer support sessions.

- Sessional clinical support provided by an external provider for complex cases overseen by health and wellbeing lead.
- Continued structured clinical support and supervision of caseworkers by RMN – health and wellbeing lead 4 hours per month.
- Accessible, downloadable mental health and suicide prevention self-help literature, available free of charge via LRSN website.

### PROJECT WINS

- 10 Facebook posts, reached 18,796.
- 2 Podcasts, reached 1,221.
- Click Book Chat Posts (digital Service), reached 3,664.
- TV Interview/Radio Interview.
- LRSN have been working alongside the National Federation of Young Farmers and are rolling out the next wave of mental health awareness training programmes to clubs within Lincolnshire.
- Accessible downloadable mental health and suicide prevention self-help literature, available free of charge via LRSN website.

### AREAS OF SUPPORT



### IMPACT OF FUNDING

Without this funding LRSN would have been unable to implement the digital “bookshelf” and distribute the self-help literature. In addition, we would not have had the capacity to contribute to partnerships in the way we have been able to do. During the last 12 months the global pandemic has affected our ability to fundraise in the traditional manner, with social events and our usual successful fundraisers unable to proceed. This funding has ensured we have been able to continue to develop and deliver core casework services to those living and working in rural Lincolnshire.

“Male aged 45 – referred via the helpline by employer. Farm worker who was suffering with anxiety and depression. Had stopped going to work and was using alcohol and other substances as a coping mechanism. Had voiced suicidal intent. The day before had driven whilst under the influence of alcohol and crashed his car into a ditch stating he did not wish to live. He had recently lost his home following a relationship break up and had been sleeping in his car.

LRSN caseworker made contact and arranged visit to client. Assessment made and referral made to crisis team for interim support alongside LRSN caseworker, who contacted GP to arrange for commencement of

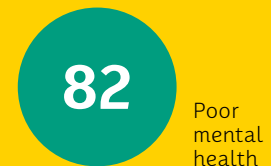


antidepressant medication and went and collected this that day. Daily contact was formed, and support and advice given. Self-help literature provided and communication with employers maintained

with the client’s permission, encouraging staff to complete the ZSA suicide awareness training online. Accommodation was found in a farm cottage whilst he had some time off work.

During the session with LRSN caseworker, medication and mood was monitored as well as emotional support offered. Work around social engagement also provided the client with opportunity to re-engage with his estranged family and form new relationships with his mother and sister which had been lost over 12 years ago.

The client has now been able to move into to his mother’s home and is working part time and has also taken on the role of her primary carer. His mood has stabilised and is substance and alcohol free.”





YMCA LINCOLNSHIRE

LINCOLNSHIRE YMCA – AWARE

### ORGANISATION OVERVIEW

**Our mission is to develop the mind, body and spirit of individuals, families and communities and improve health and wellbeing for all.**

The way we act at YMCA is characterised by five strong and distinctive values:

- We Seek out
- We Welcome
- We Inspire
- We Speak out
- We Help others

We operate 180 units of supported and emergency accommodation across Lincoln which is occupied by those 18 years+.

### AREAS OF SUPPORT

Residents with lived experience that participated in residents' forum

Support sessions delivered online

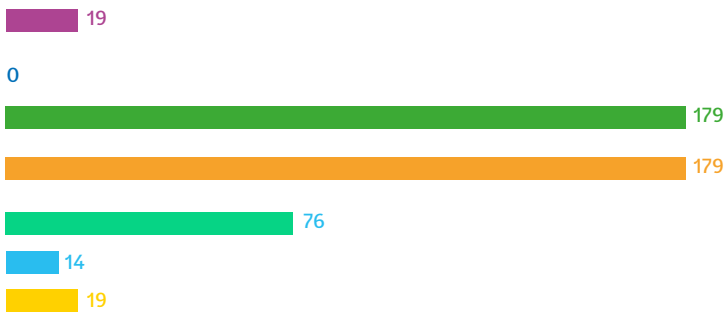
Support sessions delivered face-to-face

Residents supported through the staff being ASSIST trained

Specialist support sessions attended

Residents accessing the special support sessions

Residents referred to the service



### PROJECT HEADLINES



### PROJECT OVERVIEW

The funding is being used in two main ways:

- YMCA Lincolnshire is a sustainable, vibrant and visionary charity serving communities and individuals throughout Lincolnshire, helping them gain the strength, resilience and skills to thrive and achieve their full potential.
  - Available on a weekly basis and have the capacity to be delivered either face to face or online.
  - Enable between 6-15 residents to access up to 10 sessions of specialist support. This would depend on the individual needs of each person.
- To provide Applied Suicide Intervention Skills Training (ASIST) for staff who work in our emergency, supported and dispersed housing.
  - Held over 2 days for up to 14 staff attending each course with the aim of 35 people in total being able to access training.

### PROJECT WINS

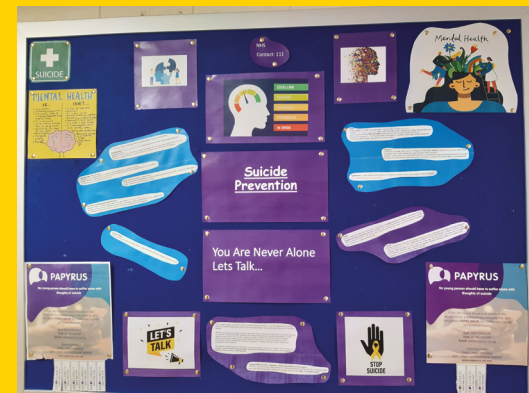
- Since the training the YMCA “in-house” incident statistics showed a 50% decrease in suicide and self-harm related incidents (February 2022 – April 2022) from a similar time the previous year.
- Suicide Safety Plan Used.
- 1-1 sessions available.

### IMPACT OF FUNDING

The training provided an insight and education to staff to spot those who are suffering with suicidal thoughts, without the need for a conversation. This training provided the knowledge and confidence to identify and take action before a crisis occurred. The ASSIST training was vital to roll out to our staff cohort as it provided the tools and knowledge to enable them to feel confident within their own abilities but also enable the client to feel in control towards a better outcome. This funded training provided a forum for staff to be able to discuss within a peer-to-peer dynamic, strategies and lived experiences towards the prevention of self-harm and suicide. The feedback from staff since undergoing this training has been overwhelmingly positive; this training has without a doubt provided the necessary skills to assist effectively and calmly during a crisis situation.

*Funding for suicide prevention, supported the YMCA’s talking therapy service to offer two extra emergency sessions a week ringfenced for those who have recently attempted to take their own lives. This meant immediate access to psychological intervention without going on the service’s waiting list.*

*This enabled C, a male in his early twenties living in the YMCA’s supported housing, to access psychotherapy the day after he attempted to take his own life.*



*C experienced extreme depression and anxiety which led to him becoming isolated from family and friends. He took an overdose of prescription and over-the-counter medication before he was found and taken to A&E.*

*The next day when C returned to the YMCA he was offered a psychotherapy session which he attended that afternoon. After four weeks attending the emergency sessions, he transferred on to the first available space of the usual service. This led to a further nine sessions.*

*C said: “To get straight in for proper counselling helped me to not try to end things again. I was in such a bad place. I got to talk about all the stuff I’ve had happen in my life and make sense of it. I really don’t think I’d be here without it.”*





THE LONG SUTTON MEN'S SHED  
– QUIET ROOM

### ORGANISATION OVERVIEW

**Men's Sheds are community-based organisations providing space for older men to participate in meaningful occupations such as woodworking.**

They are considered an example for the promotion of men's health and mental wellbeing, helping to reduce loneliness and social isolation. Our key aims and objectives are to fight loneliness and depression, and support our members with a welcoming, safe and friendly place of refuge.

Our Shed provides companion support amongst like-minded individuals, many of whom are in the 'same boat'. To facilitate and enable lonely and possibly depressed men to meet with others in similar situations, be active and enable companionship, friendship and a sense of work and worth.

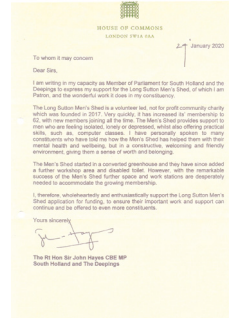
Safety is important in our Shed; we have a comprehensive Health & Safety and Risk Management regime and appropriate policies to ensure that precautions are taken when using our machines and other potentially hazardous situations. We also have regard for Safeguarding Vulnerable Adults at Risk with appropriate procedures and access to safeguarding training in place.

Our membership reached 62 before the pandemic lockdown and since then we have undertaken befriending calls to all our members to ensure their mental wellbeing.

### PROJECT HEADLINES



- Letter of support received from The Rt Hon Sir John Hayes CBE MP



### PROJECT OVERVIEW

Men's Sheds are community-based organisations providing space for older men to participate in meaningful occupations such as woodworking. They are considered an example for the promotion of men's health and mental wellbeing, helping to reduce loneliness and social isolation.

Our key aims and objectives are to:

- Fight loneliness and depression, and support our members with a welcoming, safe and friendly place of refuge.
- Our Shed provides companion support amongst like-minded individuals, many of whom are in the 'same boat'.
- To facilitate and enable lonely and possibly depressed men to meet with others in similar situations, be active and enable companionship, friendship and a sense of work and worth.
- Restore mens self-esteem, social integration and mental wellbeing.

### PROJECT WINS

- Welfare Officer appointed, to make contact with visitors who are less frequent to The Shed as well as looking after the regulars.
- During lockdown all members at the time were supported.

### AREAS OF SUPPORT

- 4 Post Covid-19 related issues
- 3 Recent bereavement
- 4 Lack of opportunity and employment
- 6 Loneliness/social isolation and other daily life challenges
- 5 Physical and wellbeing
- 5 Poor mental health

### IMPACT OF FUNDING

The funding has provided our membership with the new Quiet Room for one-to-one private conversations with individual members regarding their mental issues. It has also provided the opportunity for the Shed to hold various health & wellbeing training including Diabetes and use of our defibrillator, with more planned.

*B has been a member of the Long Sutton Men's Shed since May 2018. He retired from the MOD at the age of 51 in 1991 having worked as a machine shop engineer, including teaching up to 75 apprentices a year. B's wife died in 2014 and he now lives on his own, having previously done everything together with his wife for the 12 years of their marriage.*

*B had no friends and had not previously socialised with anyone in the local area, as his life revolved around his wife. His only alternative means of socializing would be to go down to the local pub, where he does not know anyone. B had a stroke in 2016, he has recovered as much as possible but whilst he can still drive, he has no feeling in his left hand and leg, which sometimes affects his balance. The benefits to B of his membership of the Men's Shed are the very friendly atmosphere, socializing and the limited projects that he is still able to undertake. He finds it very worthwhile to attend the Shed and an invaluable way to meet men in similar situations to him.*





MEALS ON WHEELS – CHATABIT

ORGANISATION OVERVIEW

Meals on Wheels Larders aims to:

- 1. Reduce male suicide and self-harm.
2. Raise awareness of men's mental health within the community.
3. Reduce the stigma around men's mental health.

The organisation grew from a meal delivery service, delivering nutritious meals to vulnerable and isolated individuals throughout East Lindsey. We are Lincolnshire Freemasons, supported by the province and partner organisations including Rotary and Lincolnshire Masonic Motorcycle Club.

With the assistance of volunteers we have developed a wider welfare service to the recipients of our meals and we found we were able to create a safe environment for our volunteers to meet and talk about their own wellbeing.



PROJECT HEADLINES



PROJECT OVERVIEW

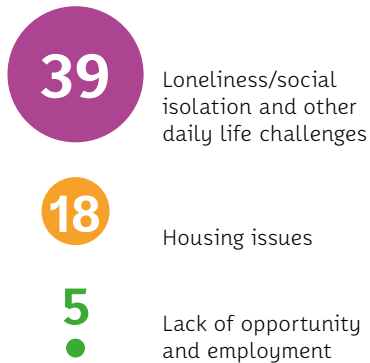
Working with existing networks and partner organisations, we intend to utilise a number of independent coffee shops, cafés and masonic buildings to organise regular meetings of like-minded men. Safe zones will be created where men can attend at any time during opening hours for a coffee and chill out.

- Through motorcycle club affiliations we will provide doorstep meet and greet welfare checks and interest chats.
Set up Zoom meetings with the aid of volunteers.

PROJECT WINS

- 11 locations where help is provided.
WhatsApp Group created.
Chatabit Suicide Prevention Helpline – You Are Not Alone.

AREAS OF SUPPORT



IMPACT OF FUNDING

Without the funding there would be no Chatabit. We are able to fund printed material and offer free refreshments. A huge amount of meet and greet at peoples homes thanks to Chatabit.

Mr B.

An unusual case of one of our regular customers who came in for a takeaway coffee a couple of times a week and chatted and laughed and joked with us. During the winter of 2021/2022 he mentioned he would like to know a little bit more about Chatabit having seen the logo on the takeaway cups over many months. We thought he might like to help and gave him a brochure for volunteers, he really wanted our second brochure on how we could help him not how he could help us!

A gentleman 55 years of age living alone and unable to find employment but looking fit and healthy; but as we chatted it was clear the depression and lack of interaction with people had taken

its toll and he often wondered if it was worth carrying on.

Mr B had seen how we interact with customers and had seen us sit round a table and often wondered what we were doing.

With some encouragement he joined us for coffee and bacon rolls having never had a coffee inside the shop before. After a couple of weeks, we were able to introduce him to regular customers and he started interacting again with other people.

We also dropped into him at home a couple of times a week to say hello and have a quick chat. With a bit (a lot) of persuasion we managed to convince him to have a chat with his doctor for some extra help that we were unable to provide. We understand he has done this, and he still joins in with us at the coffee shop.







NW COUNSELLING – MANCHAT

### ORGANISATION OVERVIEW

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

Founded by Naomi Watkins-Ligudzinska (CF, BSc, MBACP, AccNCS) with 15 years' experience working as a Therapist, she identified gaps in local mental health provision and wished to change this. NWCH provides counselling to ages 4 and above, removing barriers for accessing therapy to those living in Lincolnshire. NWCH has developed into a team of 20 Therapists registered with the British Association of Counsellors & Psychotherapists (BACP), DBS checked, insured, qualified to Level 4/5 and with at least 2 years post-qualifying experience.

NWCH delivers therapeutic interventions – to include but not limited to:

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

Since our inception we have supported 2000 people and have a combined therapeutic experience of over 100 years. We pride ourselves on making therapy accessible to our community, especially to those who may be considered “too complex” or do not meet the criteria for other organisations. E.g., diagnosed mental health condition, childhood trauma/victim of abuse, those with SEN and learning needs.

### PROJECT HEADLINES



### PROJECT OVERVIEW

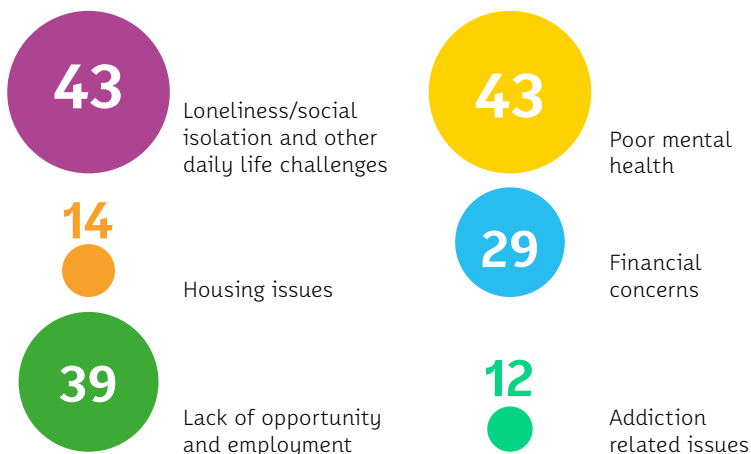
NW Counselling Hub (NWCH) delivered ManChat to increase beneficiaries' resilience against mental ill health and reduce their reliance on NHS services by:

- Reducing loneliness and isolation – weekly peer-support/befriending group.
- Improving emotional health – weekly mindfulness group.
- Encouraging a greater sense of personal wellbeing – creating meaningful peer connections.
- Encouraging a greater sense of purpose – initiate ManChat activities outside of weekly meet-ups, during and after the project.
- Improving coping skills and self-care – rely on ManChat members as a first-line coping mechanism.

### PROJECT WINS

- WhatsApp Chat group was established per cohort.
- If not able to attend, a Zoom link offered and creating a “hybrid” group proved popular.

### AREAS OF SUPPORT



### IMPACT OF FUNDING

We were able to run this group to offer immediate support to people who were either waiting to be placed with a Counsellor or who had finished their series of appointments and needed ongoing support.

*P was referred to ManChat after sharing they were self-harming and feeling that there was no way out of their situation.*

*P had lost a job during the pandemic, with mounting debts and feeling hopeless about future prospects.*

*P first attended ManChat in person and did not want to share feelings with the group. P was clearly very anxious about attending at all, but did attend regularly. P first started engaging in the WhatsApp group, responding to comments and questions from other group members.*

*After a month, P started opening up in sessions about thoughts and feelings. The fact that the group were all mindful of each other's mental health and triggers both online and in the group meant that P felt they were in a 'safe space' without judgment or question.*

*P responded well to the activities, in particular mindfulness, and started journalling as a way of dealing with thoughts that were in P's head. As the group developed together, P adopted coping strategies and used the WhatsApp group in between sessions to deal with insomnia, as several group members had similar difficulties with sleeping, meaning there was usually someone to chat with.*

**Is work stressing you out? Do you feel angry all the time?**

The aim of ManChat is to help connect vulnerable males over the age of 18, who have self-harm risk, suicidal ideation and intention risk. MANCHAT WILL ASSIST THEM IN CREATING MEANINGFUL RELATIONSHIPS. MANCHAT WILL HAVE A STRONG EMPHASIS ON LIVED EXPERIENCE.

**MANCHAT WILL SUPPORT PARTICIPANTS BY PROVIDING:**

<p><b>Befriending Groups</b></p> <ul style="list-style-type: none"> <li>• A weekly 2-hour peer-support group and mindfulness group, meeting on <b>Fridays from 3pm to 5pm.</b></li> <li>• A BACP registered, NWCH employed therapist will be the group facilitator, encouraging peer bonding through a structured programme of activities.</li> <li>• The facilitator will host 1 x 2-hour groups weekly (max. 12 beneficiaries)</li> <li>• NWCH Safeguarding Lead will be on-site during group sessions.</li> </ul>	<p><b>Mindfulness for mental health</b></p> <ul style="list-style-type: none"> <li>• 1 hour per week mindfulness session online facilitated by NWCH mindfulness practitioner, immediately after each NWCH meet-up group.</li> </ul>
<p><b>Online ManChat Forum</b></p> <ul style="list-style-type: none"> <li>• ManChat closed group on Facebook where there will be discussions and to promote ManChat meet-ups outside of those hosted by NWCH, plus encourage members to share self-help and coping strategies.</li> <li>• ManChat forum will be open to members during and after the project.</li> </ul>	

*Come along to a free friendly group, where you will find a cuppa, a biscuit and a warm welcome.*  
Call to book your FREE session 01522 253809  
[www.nwcounsellinghub.co.uk](http://www.nwcounsellinghub.co.uk)

*P now considers the group attendees as friends who understand mental health issues because they are going through it themselves. P is now actively job hunting and feeling more optimistic about the future.*





South  
Lincolnshire  
Blind Society

SOUTH LINCOLNSHIRE BLIND SOCIETY  
– BHIVE COMMUNITY

### ORGANISATION OVERVIEW

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

BHive are providing the physical base for the community mental health crisis café in Grantham as part of the Lincolnshire mental health plan in partnership with LPFT.

Prior to lockdown our premises were used to provide a range of activities for blind and partially sighted people, carers, Veterans, disabled groups, network meetings for various charities, training for local business networks and clubs.

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

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

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

### AREAS OF SUPPORT

**18**  
Housing issues

**8** Post Covid-19 related issues

### PROJECT HEADLINES

**258**  
BENEFICIARIES SUPPORTED

SIGNPOSTING TO **9** ORGANISATIONS

PROMOTED OVER **25** OTHER ORGANISATIONS

- In the first three months we prevented 6 local males from taking their own lives.

### PROJECT OVERVIEW

The BHive community will provide men aged 25 – 59 with the time and welcoming, safe space to talk to each other, supported by people who have an understanding of the issues they may be facing. Bhive will recruit a minimum of 10 volunteers, some with lived experience (3 male volunteers registered have first hand lived experience of male suicide and have been party to this application) who will be trained in mental health first aid, safeguarding, confidentiality, listening skills and peer link worker training.

- Evening drop-in sessions twice weekly 6pm-10pm.
- BHive will provide a salutogenic health enhancing context that will stimulate good mental wellbeing. We have established initiatives, sensory garden and sensory allotment, painting, craft work, keeping fit, growing your own or just a place of quiet and calm or learning about self care mentoring and respect.
- Establish an online gateway to the service so that men have a choice of how to engage in support.

### PROJECT WINS

- Safe place to talk in a “non-clinical” environment.
- 1-1's available with trained MHFA volunteers.
- New skills learnt – budgeting and debt, healthy eating and self-care.
- Social events attended, new group activities tried, friendships formed outside the group.
- Some have gone out and got jobs.

**258**  
Loneliness/social isolation and other daily life challenges

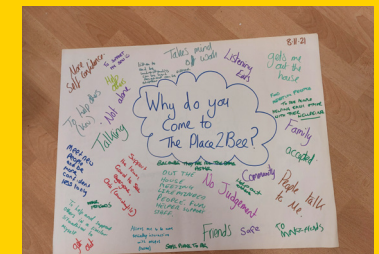
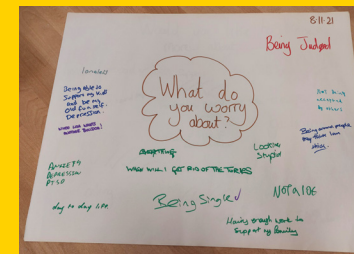
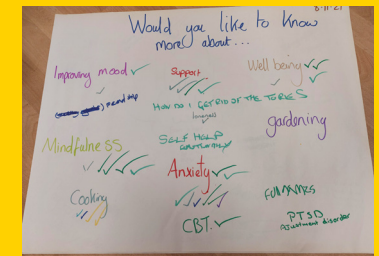
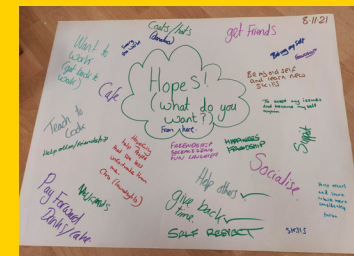
**258**  
Poor mental health

### IMPACT OF FUNDING

Promoted the asset to the community through a variety of new channels, increased our public profile and encouraged men to join the groups who would not have had any other community resource.

Young male was referred to the Place2bee in January. He was homeless after leaving his family in the Isle of Wight to return to Grantham where his family originated. He was sofa surfing at a cousin's house but this didn't last as they had a young family. We helped him register with a GP practice in town and he agreed to a referral to the neighbourhood team. He joined us as a volunteer helping on the bike project during the day and having lunch with the volunteers to keep him going whilst benefits were being sorted. Through networking with the groups here and with encouragement he was applying for lots of jobs to try and get into work and support himself. He did not want to be on benefits. Being a volunteer at the bike project, we supported him by giving him a bike so that he could get about and especially get to work.

Neighbourhood team and housing worked with him to find suitable accommodation and he found a job with a local window company. He has maintained his employment, his confidence has grown and he is a regular attendee at the Place2bee.



## FUNDING IMPACT

**The impact of The Suicide Prevention Investment Fund can clearly be seen in the number of Beneficiaries supported across Wave One. In total, across the year, 14 projects supported 2,319 men between the age of 25 and 59.**

However, it must be recognised that the impact of the funding is far greater than this figure alone, the projects have saved lives, built resilience in individuals and created communities. For each beneficiary impacted by the funding, we cannot measure the ripple effect that will have been caused as a result, providing support, reassurance and strength to those closest to these men.

Not only has this funding impacted people within the community, it has encouraged collaboration between third sector and statutory organisations, helping to ensure individuals can seamlessly move between services and access different forms of support within their communities, encouraging the 'no wrong door' approach to treatment. This cohesive offer across Lincolnshire helps to prevent individuals reaching crisis point, allowing them to stay in their own homes and receive community based intervention, in turn preventing suicides across the county.

*'Each project has allowed individuals who would otherwise be at risk of suicide an alternative avenue for support, they have provided a safe space and a network of support for individuals within their own community.'*

*Without the fantastic work undertaken by these organisations, these individuals would not have had the choice of services and as a result, would have been at higher risk of crisis and suicide. The work done across this Wave of the Suicide Prevention Investment Fund highlights the important role the third sector and community organisations have to play in supporting mental health and wellbeing across Lincolnshire.'*

- Rachel Wright, CEO.





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

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