



# The Suicide Prevention Investment Fund

---

## Wave Two Evaluation





## CONTENTS

- 3** The Suicide Prevention Investment Fund
- 4** Carers First – Chatter Cake
- 5** Darkside Rising CIC – Fathers in Mind – The Baby Massage Project
- 6** Development Plus – The Pitch
- 7** Grubby Knees – The Growing Room
- 8** Harmless – The Tomorrow Project
- 9** Lincoln City Foundation – Team Talk
- 10** Lincolnshire Rural Support Network – Suicide Prevention in Rural Communities
- 11** Lincolnshire YMCA – Well Safe
- 12** MindSpace/CPSL Mind – Weave Stamford
- 14** NW Counselling – ManChat/WomanChat
- 15** Rock School Bus CIC
- 16** South Lincolnshire Blind Society – Place2bee

**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.

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.

The funding has been developed on a multi-agency basis and co-produced alongside people with lived experience to reach out and save lives. The vision is to recognise and support the aim that Lincolnshire is a place where suicide is not considered as an option and people will continue to have hope.

Suicide Prevention Investment Funding was secured from NHS England, and Shine Lincolnshire launched the wave 1 Investment Programme for Suicide Prevention across the County, with a focus on men at risk of suicide aged 25 to 59. The Investment Programme was £130,000 aimed at community organisation's who work directly with men in supporting mental health, to apply for grants up to £10,000 to support and strengthen their organisations and their offer to men at risk of suicide.

Following on from the success of wave 1 of the funding, wave 2 of the Suicide Prevention Programme was launched with a further £130,000 investment. This Programme is not age specific and will have a focus on supporting people 18+ and being innovative and creative with ideas and developments that promote healthy lifestyles, reduces self-harm, suicides, and raises awareness. The fund saw 25 application with 12 successful projects being awarded funding.

*'Each project has allowed individuals to access community based mental health and wellbeing support. Each project has provided unique support and has been instrumental in supporting mental health across Lincolnshire and starting the conversation around the risk of suicide.'*

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

As a collective, the projects successfully supported the wellbeing of 1,031 beneficiaries at a community level, clearly demonstrating the impact communities have on the mental health and wellbeing of Lincolnshire.

# Carers First

CHATTER CAKE

## ORGANISATION OVERVIEW

Carers First understand caring can be hard but believe getting the help you need shouldn't be. We work directly with and for unpaid carers to provide personalised information and a range of tailored support, making it easier for those caring for someone else to continue living their lives to the fullest. We aim to enable carers to thrive in their role and achieve the balance they wish to achieve in their lives. We offer services to support carers at every stage of their caring journey: online, by telephone or in the community. In Lincolnshire, we provide 1-1 personalised support, peer groups, benefits advice, wellbeing activities, training, statutory carers assessments, and volunteering opportunities to 9,900+ unpaid carers.

## PROJECT HEADLINES

95  
BENEFICIARIES SUPPORTED

SIGNPOSTING TO 4 ORGANISATIONS

## PROJECT OVERVIEW

Chatter Cake provides informal peer support to female carers at positive social activities booked by a dedicated staff member at times and dates to venues/attractions, following their feedback. Activities enable them to socialise with others who understand, share their worries/concerns, boost confidence, improve resilience, and exchange experiences/advice. Staff attend activities to provide personalised support, promote positive lifestyles and refer individuals to professionals. Carers receive resources to access ongoing specialist suicide/self-harm support.

The project focuses on female carers whose mental health may lead them to suicidal and/or self-harm thoughts and tendencies if they don't access immediate support. We liaise with partners, including LPFT and social prescribers, to develop effective referral pathways. Interventions help prevent problems from escalating, resulting in the carer and/or person being looked after in need of more acute health/social care.

## PROJECT WINS

- Provided beneficiaries an opportunity to spend time with other women in similar situations, sometimes facing similar challenges, in an informal and non-judgemental environment.
- Enabled beneficiaries to visit places they'd never been before, whether it be because they had nobody to go with or due to financial restraints.
- Some beneficiaries formed new friendships, socialising and supporting each other outside project activities.

## IMPACT OF FUNDING

'The funding enabled us to launch a project which filled a gap. Men Do is hugely popular, and it's always been highlighted there is nothing of its kind for women, so being able to launch this exciting new project gave Carers First support workers something to offer to female carers who highlight they're feeling isolated and low.' – Carers First

'The social activities put on by Carers First makes me take time out from my caring role. It also gives me a group of others who get what it means to be a carer and makes me feel less alone. The enjoyment of a night out is a rarity for me. The project provides me with some respite from my caring role and is teaching me a new skill.' – Beneficiary

## CASE STUDY

### What we did

Susan attended her first event at The Trinity in Louth and met 7 new women who all lived local to her which opened up the opportunity to bump into people she knows in the street and have simple conversation, something which Susan felt was important to her to feel less isolated. What was even more wonderful though was the connection between Susan, Jane and Diane who immediately gelled. Within no time at all they were talking like they were old friends and they were able to laugh about the light-hearted things but also open up about their mental health struggles and their suicidal thoughts. All supported each other fantastically and it was so clear that they cared. They swapped numbers and all offered each other ongoing support in the form of friendship, which I knew would grow.

One of the first things Susan told me is that she is not well connected, digitally, and has no means to change this herself as she struggles financially since losing her job. I referred Susan on to our internal digital project who were able to support her by supplying a tablet and bespoke 1 to 1 training delivered by Lincs Digital. This opened up a whole new world for Susan who was then able to join our online events.

Susan's second event was a 'Tea and Tech' event which she was so excited to attend she had barely slept and told me she'd been up since 5:30am just waiting to leave the house. Susan stated "I've been checking my calendar all week which is so funny because the only thing on my calendar is Chatter Cake. That's it. It's the only thing I have going on." When the event was finished and we left, Susan and another attendee were having a great time so agreed to go for lunch together as they were keen for the day to continue.

Another source of sadness for Susan was her not being able to enjoy her garden since her injury as she can't bend down. I saw an opportunity here and contacted one of the Men DO beneficiaries who is a part of The Louth Men's Shed and asked him about making a work bench or table that Susan would be able to lift her plant pots on to. John felt this was absolutely something they could do and invited Susan to attend The Men's Shed so that drawings could be made up and measurements taken for height etc. Costs were covered so that Susan didn't need to worry about how she would afford this. Susan stated "I was astounded that you would do this. I was blown away."

### The outcome

Susan has now made some great friends and in particular, Jane, who she is now moving to live closer to so that they can support each other. They are very excited to be on the same street and told me they will see each other every day.

Susan has attended every single online event that Chatter Cake has hosted and tells me that she is a part of online events for other organisations too.

Susan now has a potting table made to exactly the right height to enable her to be comfortable when enjoying her garden. This gave Susan back one of her hobbies and with that, a part of her identity.

Darkside Rising CIC has traditionally been a women's health organisation, challenging the perception of female strength, resilience, and power through innovative physical training and mindful arts projects. Having recently expanded our art provision to include men for the first time (Mindful Clay), we are excited to explore the inclusion of men into our postnatal provision, providing much-needed support and awareness raising for paternal postnatal mental health. We have strongly focused on postnatal project delivery since our inception in January 2020, offering fully funded exercise classes to women at risk of postnatal depression and anxiety.

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

### PROJECT OVERVIEW

Fathers in Mind: The Baby Massage Project is a creative method of supporting 18 new fathers to improve their mental health, bond with their babies, and engage in healthy lifestyle behaviours. Over the course of 12 weeks, online via Zoom in the evening, they will learn the art of baby massage, becoming an active part of the baby's bedtime routine and building a strong, gentle bond with their child. Within this group, they shared their lived experience of paternal postnatal mental health and had access to a private Facebook group to support and encourage this discussion. In addition, 28 Days of Mindful Art guided them in processing difficult emotions and anxiety.

### PROJECT WINS

- Supported postnatal dads for the first time.
- Brought families together on the project and launched a new postnatal service that improved the mental health of parent and child.

**FATHERS IN MIND:  
THE BABY MASSAGE PROJECT**

Join us online for a 12-week, dads-only, baby massage course.

Fully funded and starting 16th May!

Explore fatherhood in a safe and welcoming community.

Develop a strong paternal bond whilst supporting your mental health.

Mondays 6.30pm - 7.30pm.  
Online via Zoom.  
Incorporating baby's bedtime.

Suitable for babies: 4 weeks to 7 months.

Taught by Emily Eady.  
Postnatal and pelvic floor exercise specialist,  
doula and trainee baby massage instructor.

For more information, contact:  
Shantelle Svarc, darkside.risingcic@gmail.com  
darksiderising.co.uk



### IMPACT OF FUNDING

Across the project's life, we have seen a 64% reduction in anxiety symptoms and a 75% reduction in symptoms of depression through taking part. Participants enjoyed:

- Learning a new skill that they could continue practising beyond the end of the project
- Creating friendships within the group
- The welcome pack – particularly the massage oil and book

They particularly praised Emily, their baby massage instructor, who ensured the classes were baby-led, relaxed and informative. – [Darkside Rising](#)

### CASE STUDY

#### The challenge

*Improving mental health after birth of first child. Feeling isolated.*

*I felt like I needed to do something to get out of my head but didn't know what. A friend told me about your project.*

#### The action

*Attending baby massage sessions every week, for 12 weeks.*

*At first I didn't know what to expect, or if I would be capable. I felt really awkward. But Emily quickly put me at ease, she's amazing. She made something really intimidating feel accessible and helped me to make friends.*

#### The outcome

*Improved mental health and bond with baby, reduced loneliness, improved self-care.*

*I didn't realise the benefit that these 12 weeks would have. I feel like I'm more able to take care of my baby, not that I wasn't before, but like I didn't realise that I was capable? I felt like such a failure, at everything, completely overwhelmed. I'm more confident now. Even simple things like going to the park, it's not the drama that I felt it was before. The massage has really helped to make me feel like I have a strong bond with my baby. Thank you.*



### ORGANISATION OVERVIEW

As an organisation, DevelopmentPlus aims:

1. To develop the capacity and skills of people in such a way that they are better able to participate more fully in society.
2. Provide opportunities that inspire and build resilience in people and their communities.
3. 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.

And whose objectives are:

- 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 people's strengths through acceptance and validation.
- To develop and maintain partnerships across the County to achieve collective goals.

### PROJECT HEADLINES



- Helped beneficiaries build up resilience and coping strategies

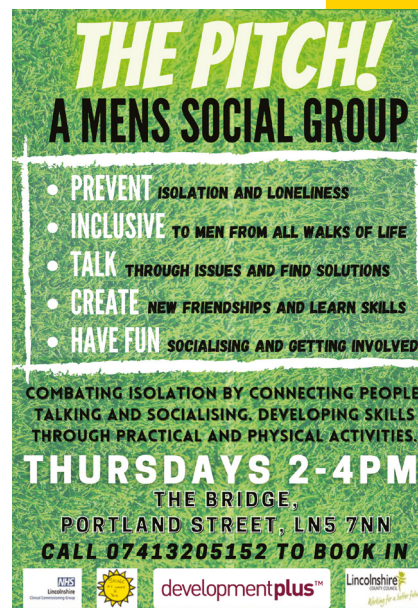
### PROJECT OVERVIEW

The PITCH is a weekly group which provides a safe and informal space for men to connect and socialise. There has been an element of fun in 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 sessions have been peer-led, with activities suggested by the group and then implemented over the weeks, including contributions towards the podcast (men discussing issues such as mental health/wellbeing). Group volunteering opportunities across the city offered their support (replicating the NCS model). Activities have included exercise/fitness sessions and trips out, including dog walks and cultural activities. Complimenting this structure are more light-hearted activities such as quizzes, pool, and opportunities to just sit and chat.

### PROJECT WINS

- Provided beneficiaries opportunities and space to meet other vulnerable men in the Lincoln area, allowing them to feel less isolated and develop social and conversational skills.
- Offered beneficiaries support and advice and intensive 1-2-1 sessions when needed.
- Helped beneficiaries develop new skills and interests, such as baking, pool, and chess.
- Encouraged beneficiaries to access and engage with other support services.



### IMPACT OF FUNDING

'There have been many highlights with individuals, but overall, seeing the group develop as a whole and the friendships made and seeing individuals go from being shy and isolated to growing in themselves, coming out of their shells, and finding their voice again. The laughter and general atmosphere of the sessions were always fun, even when discussing serious or dark issues. The true camaraderie and support offered by members to each other during difficult times or testimonies. The fact that after the project ceased, members have continued to meet weekly, self-organised.' – DevelopmentPlus

### CASE STUDY

G was referred into the project via Sincil Steps. He had not long lost his mother and was struggling with grief as well as a lot of free time on his hands.

He was very close to his mother and the two spent a lot of time together. G has some complications from an illness he suffered during early childhood and struggles with his mental health.

G was lonely but keen to push himself to attend groups and broaden his social circles to prevent any further decrease in his mental health.

G has attended nearly all the sessions, even when he broke his ankle! He has made several connections in the group with other attendees.

Although shy at first, G was keen to get involved with the activities and has now become a regular fixture amongst the group.

Not only participating but bringing stuff to the group to share with others. G has led a quiz and produced a crossword for different sessions.

He has started to build some firm friendships within the group, and we are aware that he has met several of the other attendee's outside of the group for coffee and dinner.

They have also met at each other's houses for social gatherings and regularly speak on the phone.

G loves the group and says it has helped him re-connect with new

people and made positive impact on his mental health.

Helping with his feelings of isolation and loneliness.





THE GROWING ROOM  
(MEN ONLY SESSION)

### ORGANISATION OVERVIEW

Grubby Knees aims to create and present a diverse and high-quality programme of community arts, education, and entertainment, to use a holistic approach to providing creative and innovative workshops that focus on the improvement of public wellbeing and to provide a platform for local arts practice, encouraging, and facilitating participation in the arts locally as audience and active practitioners. Grubby Knees Ltd current delivery:

- A successful Youth Theatre Program for children and young people aged between 4 – 16 living in Lincolnshire, and aims to encourage young people to participate, thrive and grow, to be free, safe, and creative through accessible, inclusive and carefully considered workshops.
- An inclusive cultural programme in partnership with Magna Vitae, trust for Leisure and Culture, to develop and deliver a program of creative days for adults with a learning disability and complex needs for the Lincolnshire County Council Day opportunities service.
- The Growing Room – A free, holistic creative arts program for people living in East Lindsey with a mental health condition.

### PROJECT HEADLINES

No data –project incomplete

### PROJECT OVERVIEW

Adding Mens only creative sessions to ‘The Growing Room’ program is the first phase of a larger project, ‘Man Flu’, a project and performance with aims to explore the notions of masculinity and the effects it has on men’s mental and physical health, in the UK, as well as discussing suicide.

Grubby Knees Ltd, in partnership with Mind Out Loud, aims to create a free, holistic creative support group that encourages Men from different backgrounds to create together, share experiences, participate in meaningful activities, and support one another. As well as creating a safe environment for men to talk, the project will act as a mechanism that Grubby Knees will use to gather information and stories verbatim to create a professional piece of theatre, which will be toured around the UK at fringe events, in theatres, and community settings, focusing on suicide and the notions of masculinity, aiming to help change the narrative for men in today’s society.

### PROJECT WINS

No data –project incomplete



### IMPACT OF FUNDING

No data –project incomplete

# MAN FLU

We are inviting men aged 18+ to contribute and shape our new production about suicide prevention, Man Flu 2.0.

Riverhead Theatre, Louth  
Every 1st & 3rd Wednesday  
5:30pm - 7pm.

St Mary's Church Hall, Mablethorpe.  
Every 2nd & 4th Wednesday  
5:30pm - 7pm.

Online Workshop via Zoom  
Email for zoom link.  
Every last Monday of the Month

Get in touch at:  
T: 07920486886  
E: lizzie@grubbyknees.org







THE TOMORROW PROJECT

### ORGANISATION OVERVIEW

**Harmless is a user-led service that provides evidence-based support to people who self-harm or are at risk of suicide and their friends and families. We believe in recovery, reducing stigma, isolation, and distress, and promoting 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, via email, telephone or text message.

Our comprehensive bespoke training, develops skills and services in the wider community and helps reduce the risk of suicide via awareness, skills, intervention, and emotional wellbeing.

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. We recognise that men present a higher suicide risk than women (75.5% of suicides were male in 2019 in England, 76.6% in Lincolnshire), and we particularly target them in our awareness campaigns, which has resulted in significant increases in men asking for our support. We also recognise that adolescent females have the fastest-growing rate of suicide nationwide and are equally in need of provision and response.

### PROJECT HEADLINES



### PROJECT OVERVIEW

We delivered a digital text service to provide tailored support to adults at risk of suicide and in crisis who were not currently engaging or eligible for existing provisions. The service was staffed with one clinician at any given time but with the availability of a team to support the delivery. Individuals can self-refer or be referred in by professional services. The service will be open for one up to 2-hour session each evening over the course of the project, with the intention of extending/expanding the service ongoing. The staff used an existing protocol, which had been developed after years of consultation and delivery trials:

1. One-to-one assessment of needs Brief psychosocial assessment of needs
2. Discussion and exploration Delivery of brief response and interventions looking at distress tolerance and other mental wellbeing techniques delivered in line with effective strategies used in the field of stabilisation.
3. Safety planning and one-to-one implementation meeting using our existing safety planning tool <https://www.yoursafetycomesfirst.co.uk> to assist users to engage in safety planning suited to their presenting needs.

The service was open at a suggested time of 6-10pm. Clinicians met post-session to ensure onward referrals and actions for clients were implemented.

### PROJECT WINS

- 46 safety plans developed
- 36 onward referrals and signpostings made



### IMPACT OF FUNDING

All beneficiaries using our service have received a psychosocial assessment, including a risk assessment, engagement in safety planning, compassionate emotional support, and onward signposting and referrals where appropriate. All of this support has been given according to the CAMS Framework of support, meaning support is compassionate, responsive, and person-centred. We saw 110 beneficiaries referred to the text service; however, we are conscious that this number does not completely capture everybody who benefited from the text service. Everybody who used the text service has friends and family who are carers for somebody in crisis, and whilst the carers did not use the text service directly, they have benefited indirectly from the crisis support given to their loved ones. Furthermore, every completed suicide impacts approximately 135 people, friends, family, colleagues, neighbours, etc., increasing their risk of suicide by 65%. Thus, for every client, we have provided crisis support and safety planning and saved their life; we have prevented approximately 135 people's risk of suicide. The potential impact could be in the thousands based on 135 people potentially being affected by each completed suicide. – Harmless

### CASE STUDY

#### The challenge

A client texted us presenting with suicidal ideation and suicidal planning. She was also presenting with self-harm, isolation, and loneliness. This client's demographic profile is a female in her 40's, living in the West Lindsey area of Lincolnshire. She has a history of trauma, having been a victim of domestic violence and having had previous attempts of suicide. She disclosed that she is currently not receiving any mental health support.

#### The action

This client originally texted us for the first time whilst we were closed. We responded when we were next open offering a 1-1 support session, but the client did not engage with this. Approximately 1 month later, this client texted us again, presenting with suicidal ideation and planning. We focused on stabilising her immediate distress, safety planning for the short term, and setting achievable goals for the upcoming week. The client was signposted to the Lincolnshire 24/7 Mental Health Helpline to access support if needed whilst the Harmless text service was closed. Agreed to contact the client again next week to complete a safety plan focusing on their longer-term needs.

#### The outcome

The following week, we reached out to this client and completed a full safety plan. This was emailed to her, for her to use as a long-term aid to her recovery. The client was still presenting with suicidality but was able to access appropriate support to meet her needs via the Lincolnshire NHS Helpline making suitable signpostings. The client stated that she felt more able to get through right now following her conversation with the text service, that she had reduced feelings of loneliness, and that she felt listened to, cared about, and understood. She stated that if this text service was not here, she would not have accessed any support that night. We're glad that we could be here for her during a time when she did not feel any other service could have met her needs.



TEAM TALK

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 and leveraging our key partners' influence to inspire, empower, and help individuals and communities improve their physical, social, and mental wellbeing.

We deliver programmes contributing to Lincolnshire's Health and Wellbeing agenda, 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 that 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.

PROJECT HEADLINES




PROJECT OVERVIEW

Team Talk aimed to tackle male mental health in Lincolnshire by providing dedicated wellbeing hubs, physical activities, and signposting to professional support for men aged 18 and over. We used our non-clinical brand to raise awareness whilst working with fellow Lincolnshire sports partners, Andy's Man Club, Magna Vitae and countywide football clubs, and our volunteer workforce of those with Lived Experience. We felt we could 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.

PROJECT WINS

- Enabled the delivery of Team Talk in a new area of Lincolnshire, Mablethorpe.
- Created new relationships and connections with organisations, furthering the awareness of stigma associated with men talking about their mental wellbeing.



**TEAM TALK FOOTBALL  
MABLETHORPE**

Thursday | 5:30-6:30pm | Free  
Station Sports Centre, Mablethorpe

An opportunity for men to come together and have a kick about – please note that studded boots or plastic moulds are not permitted at this session.

Find out more information here:  
[www.lincolncityfoundation.com/team-talk](http://www.lincolncityfoundation.com/team-talk)

To sign up please email:  
[health@lincolncityfoundation.co.uk](mailto:health@lincolncityfoundation.co.uk)



IMPACT OF FUNDING

The funding has enabled the Foundation to build new relationships and connections with organisations across Lincolnshire and develop increased trust with local people in the Mablethorpe area. Feedback from Mablethorpe residents highlighted that many felt that organisations tend to attempt to engage with the community in the area, struggle, and then leave. This can cause distrust and apathy. Therefore, as a Foundation, we are proud to have continued to keep working in the area despite the challenges faced. We are also committed to working more in the region moving forward and not losing the trust that has been developed. – Lincoln City Foundation

PROJECT FEEDBACK

*Very well presented and informative, excellent subject knowledge and warm / genuine presentation style. The content that the presenter delivered was excellent and was useful information for our workforce.*  
Siemens Energy

*Can I offer the biggest thank you for this afternoon. Thank you for taking the time to come to our great depot with Lasse [first team Lincoln City FC player] who was a brilliant advocate and example to the men in attendance. We shall certainly be adding the team photo to our football wall of fame!* North Kesteven District Council





SUICIDE PREVENTION IN RURAL COMMUNITIES

### 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 a higher incidence of work-related health problems than most (particularly high rates of suicide and farm accidents). Long working hours, isolation, financial uncertainty, changes in legislation and statutory duties, administrative demands and exposure to physical risks all take their toll.

Our person-centred work within rural communities is focused on:

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

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

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

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

### PROJECT HEADLINES

216  
BENEFICIARIES SUPPORTED

2253  
HEALTH CHECKS COMPLETED

1944  
HOURS OF SUPERVISION PROVIDED TO VOLUNTEERS

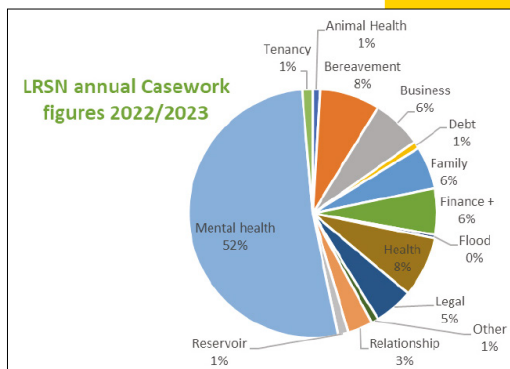
### PROJECT OVERVIEW

LRSN efficiently delivered practical and emotional support to the farming community of Lincolnshire since 1999. Our services have been, and continue to be, funded through contracts, grants and donations from a range of sources. Over recent months and years, we have been able to measure our effectiveness using a social value engine. The most recent data provided from this shows that the social return provided is £16.93 for every £1 invested in casework.

Over the course of our work with men at risk of suicide (funded through SPIF), we worked with around 110 clients in a range of ways. Our experience with that project will strengthen the work we propose to undertake through this application. Feedback from users and other organisations with which we have worked has been universally positive, and we look forward to the opportunity to continue and expand this work across the rural community.

### PROJECT WINS

- Provided 2240 hours of dedicated mental health-related support to beneficiaries
- Connections were made with Riseholme College – who have sadly had several students end their lives – to promote the suicide prevention project and support services to students.
- Sessions delivered to Lincs YFC clubs as part of the rural plus modules on mental health, recognising the need to reach more younger people and created an online survey asking about their concerns and support needs.



### IMPACT OF FUNDING

We have been able to offer dedicated mental health support to clients as well as providing specific mental health related training to our casework volunteers alongside providing them with dedicated clinical supervision. The funding has also supported our ongoing programme of training for staff and volunteer caseworkers and has allowed us to continue to be represented and contribute to the Suicide Prevention Steering Concordat and to work with neighbourhood teams.

Our work has resulted in a variety of outcomes for clients, including:

- Social support and connectedness
- Positive & healthy lifestyles
- Loss from suicide
- Mental health lived experience
- Mental health and wellbeing issues
- Virtual support
- Raising awareness of suicide and support – Lincolnshire Rural Support Network

### CASE STUDY

Existing community casework client has been seen by caseworkers on and off for several years for business support and legal issues. Recently diagnosed with cancer and family struggling to cope

emotionally and practically. Caseworker involved with family has been offering regular support and advice and has involved nurse from Spalding clinic who knows the client from his business trips there. As he knows the nurse and the caseworker, he has been able to sit and talk about his health, outside of his family and has weighed up the options suggested by medical team by talking them through with the nurses and caseworker which he reports has been very helpful. Family support has also been offered.

Referral to casework service received from the game keeper trust. A gentleman who is a gamekeeper with access to vermin control (poisons and guns). Recent relationship breakdown, due to his ex-partner being dependant on

illicit substance, loss of partner and stepchildren and feeling very low, fleeting thoughts of suicide 9 months previously when the relationship was rocky, however none at that time. Allocated a caseworker who put him in contact with groups for carers of those with addiction which the gentleman found very supportive. Ongoing support received from LRSN caseworker around self-care and routines in his own life. Mood has improved and concerns over suicide risks now reduced.





YMCA LINCOLNSHIRE

WELL SAFE

### 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 that matter most to them.

We are committed to improving and enriching the lived experiences of those we support, helping them develop good mental and physical wellbeing, access valuable opportunities, and achieve their goals. We provide a range of community-based services that engage with people at all life stages in a thoughtful and flexible way: from Childcare in Nurseries to Youth Work and from supporting vulnerable adults in a Housing context to social enrichment for older people.

The core work of YMCAs has always been about supporting people and has primarily focussed 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, and safe independent living in a place of their own, which they can call 'home'.

### PROJECT HEADLINES



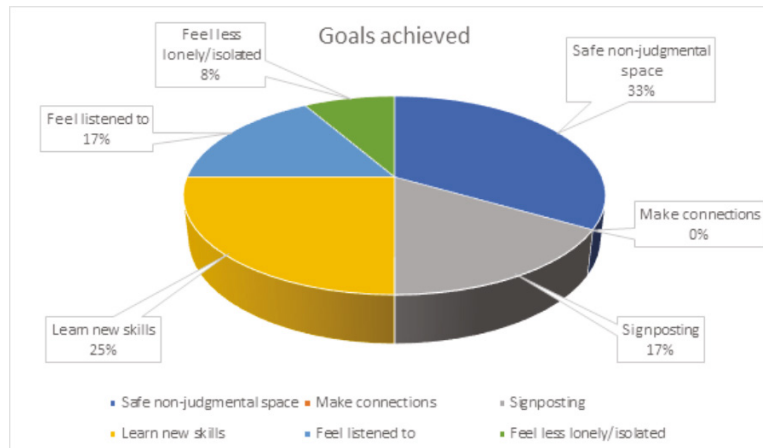
### PROJECT OVERVIEW

Well Safe offered a range of activities and opportunities through which the people engaged in our Housing Service accessed a variety of support, engagement and enrichment opportunities to protect their mental health, improve personal wellbeing, and build emotional resilience.

The project provided a structured programme of activities that made use of the skills, experiences and knowledge of our staff and sat comfortably alongside our existing psychotherapeutic interventions, Holistic Health for the Homeless team, guidance from Support Workers, and external signposting and referrals.

### PROJECT WINS

- Enabled the employment of an Activities Officer to carry out wellbeing activities.
- Enabled support internally to improve resident's mental wellbeing.
- Enabled residents to learn techniques to improve their mental wellbeing.



### IMPACT OF FUNDING

No case study provided





**mind CPSL**  
Cambridgeshire,  
Peterborough and  
South Lincolnshire

WEAVE STAMFORD

### ORGANISATION OVERVIEW

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

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

Everything MindSpace does is working to achieve the following:

1. More people in Stamford are adopting the NHS 5 Ways to Wellbeing into their daily lives. Improving and maintaining positive mental wellbeing as a result
2. More people in Stamford are playing a role in community building by taking action to support their community to become more resilient (giving).
3. As a key part of the integrated and place-based team, MindSpace is a community hub where individuals and organisations connect and more services are delivered in the community.

### PROJECT HEADLINES



**BENEFICIARIES SUPPORTED**

### PROJECT OVERVIEW

Learning from the CPSL Sanctuary Model and Good Mood Café demonstrated the impact that access to a safe place and properly trained staff who are able to support at that moment can have in preventing people in or approaching crisis from attempting suicide. Applying this learning at MindSpace, set in the heart of Stamford, will be a powerful tool in preventing suicide. We spent this funding on five key elements:

- Employing a Host/Facilitator who will be a consistent and accessible ‘friendly face’ at MindSpace who can support extended opening hours from 10am – 4pm for three days per week initially.
- Funding consultation and support services from CPSL will help adapt learning from the Sanctuaries that are run in Cambridgeshire and Peterborough to suit the community context and Mental Health Support service that MindSpace can offer in Stamford.
- Investment in training for up to 24 volunteers in Applied Suicide Intervention Skills Training (ASIST)-places will be offered broadly to organisations identified as being key places of Connection in the Stamford Connections Project.
- Proactive dissemination of CPSL Mind STOP Suicide resources, messages and training alongside the utilisation of Listening services and other ‘Connection Opportunities’.
- Establishment of family and friends support group for those who are living with someone who is or could be having suicidal thoughts.

### IMPACT OF FUNDING

The funding benefited our organisation primarily by employing a Host and making us more accessible. We opened for four more sessions a week with a total of 4 and a half extra opening hours for specific sessions. Still, people can drop in throughout the course of the day – in between sessions – for information and signposting. Moreover, employing a Host has also made us more virtually accessible due to the implementation of a hub phone. Before this, we had a voicemail system where members and citizens couldn’t speak to anyone over the phone, as no one was there on a regular basis. We have noticed a dramatic increase in calls received for enquiries about what we offer, resulting in more people coming through the door – reaching and helping more people. Moreover, the use of the phone has allowed for increased appropriate signposting, as people who feel unable to come into our hub can still reach us for advice specific to their needs.

Seeing members more often and on a regular basis has made us more aware of specific challenges that are contributing to poor mental health and suicidal thoughts or feelings, which has allowed us to take action and make informed decisions for the implementation of services. We now have more understanding of what triggers thoughts and feelings of suicide among our members – key themes have been housing, debt, family conflict, grief, and loneliness. We wouldn’t have been as aware of this if we hadn’t been able to connect with people regularly and hadn’t been available when people needed us. We are now taking steps to help remedy these triggers, for example, by looking into good grief cafés at our hub.

– MindSpace

### PARICIPANT FEEDBACK

**I’ve really enjoyed creative journaling and really hope it continues. It gives me something just for me when family time takes up so much of me due to having 3 children with additional needs.**

**I’m so pleased mindspace exist it is a fabulous organisation and I thank the team for all they do**

**The sessions really helped me through a difficult time**





MANCHAT/WOMANCHAT

### 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 of experience working as a Therapist, she identified gaps in local mental health provision and wished to change this.

NWCH provides counselling to ages four and above, removing barriers for accessing therapy for Lincolnshire residents. 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 have at least two years post-qualifying experience.

Since our inception, we have supported 2500 people and have 100 years of combined therapeutic experience. 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 conditions, childhood trauma/victim of abuse, those with SEN and learning needs.

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED



SIGNPOSTING TO

ORGANISATIONS

### PROJECT OVERVIEW

NW Counselling Hub (NWCH) delivered ManChat/WomanChat 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/WomanChat activities outside of weekly meet ups during and after the project.
- Improving coping skills and self-care – rely on ManChat/WomanChat members as a first-line coping mechanism.

### PROJECT WINS

- Provided support with self-harm and suicidal thoughts for all genders.
- We were able to support all genders with self-harm and suicidal thoughts, to feel supported by peer support and develop their own resources. We have literally enabled them to keep themselves alive. It has been a very rewarding experience and they have benefitted greatly from the groups. They have also had less need to access NHS services and are able to make connections with others. The friendships formed were long-lasting and they have really supported each other during tough times, messaging in the early hours of people needed support
- The highlights have to be the peer lead groups, people feeling they could lead the group and keep the contact after their 6-week group had finished a real result. And of course, participants said they no longer feel suicidal, which is a massive achievement for them.

### IMPACT OF FUNDING

#### CASE STUDIES

*‘ManChat and Ian have been a real lifeline for me. I joined feeling really anxious and even having social anxiety. Ian made me feel really welcome and made me a coffee. He instantly made me feel at ease. I have had thoughts of wanting to end my life on many occasions. I know if it wasn’t for Ian, the others in the group, and NWCH, I would not be here today. The ManChat group has been there when no one else has. As a man, I didn’t feel I could talk to anyone. I now feel I have the tools I need to look after myself, but more importantly, I have friends, and I know how to ask for help when I need it. Thank you.’*

**Male, 42 – Attended ManChat for six weeks**

*‘WomanChat has been a group like no other. Shirley is caring but also funny (as in she makes us laugh) and supportive. I am so thankful for her leadership in the group but also for knowing when to let us lead. She had a good balance. She showed us how to care for ourselves as women and how to manage our thoughts to harm ourselves. I have been let down by the NHS so much, but this group came at just the right time. I now also have a group of friends who will always be there for me. No matter what happens. I have never had that in my life; I have always been alone. I now feel I have a reason to live, and I will be forever thankful to NWCH for giving me that.’*

**Female, 45 – Attended WomanChat for six weeks**

**ARE YOU FEELING STRESSED OUT? DO YOU FEEL ANGRY ALL THE TIME? DO YOU FEEL ISOLATED, LONELY AND ANXIOUS?**

We have a number of Group Therapy sessions each week that help to connect vulnerable people over the age of 18, to create meaningful relationships with each other, building peer support through befriending and group activities.

**BEFRIENDING GROUPS**

- A weekly 2-hour peer-support group and mindfulness group (max. 12 beneficiaries).
- A BACP registered, NWCH therapist will be the group facilitator, encouraging peer bonding through a structured programme of activities.
- NWCH Safeguarding Lead will be onsite during group sessions.
- Sessions take place in-person at our Hub, as well as online via Zoom.

**ONLINE FORUM**

- Each group has a closed group on Facebook and/or a private WhatsApp Chat where there will be discussions and to promote meet-ups outside of those hosted by NWCH.
- This encourages members to share self-help and coping strategies.
- Each forum will be open to members during and after the project.

For further details of our current groups, together with meeting days and times, please visit our website: <https://www.nwcounsellinghub.co.uk/services/group-therapy>

Call to book your FREE session on 01522 253809

Come along to a free friendly group, where you will find a cuppa, a biscuit and a warm welcome

[www.nwcounsellinghub.co.uk](http://www.nwcounsellinghub.co.uk)

Lincolnshire Shine NHS Lincolnshire





ROCK SCHOOL BUS CIC

### ORGANISATION OVERVIEW

Based in South Holland, an area of extremely low cultural engagement and poor in-school music provision, our mission is to ensure everyone has access to music and arts experiences, enabling them to grow and develop skills that lead to improved wellbeing.

We have a reputation for our dedication to developing the arts provision in an area of the country that is most culturally deprived and that we live and work in. Company owner Amber already has an established reputation as a high-quality local musician and peripatetic teacher.

Our Aims:

- To be inclusive
- To provide access to music/arts
- To improve wellbeing

Our Objectives:

- To remove the barriers, e.g. cost – by providing free activities
- To combat lack of music/art experiences due to rurality/transport by taking the activity to them
- To improve wellbeing – providing inclusive environments

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED

### PROJECT OVERVIEW

Over 18s were invited to attend relaxed sessions on the bus that engaged them in artistic and creative activities they could watch, listen to and be encouraged to participate in. Sessions are designed to develop positive mindsets, distract from negative thought patterns and inspire activities in the home, consequently reducing feelings of suicide and self-harm. These activities introduced the idea that music and art are emotive and personal. “Where words fail, music speaks” is a quote that describes the power of creativity to access and explore feelings and issues that we may be unwilling to share or approach. By channelling feelings of anxiety and depression into positive creations, you can process and deal with them in a more positive way. The café-style top deck provided a relaxed and safe place for adults to meet with two project members to discuss feelings, problems, and solutions. This included free access to the internet and devices to tackle any practical problems or contact other professionals or support groups when more support is needed with mental health and wellbeing.

### PROJECT WINS

- Beneficiaries had individualised attention, encouragement, and potential tuition with instruments, singing, and dance.
- Provided local musicians a source of regular income to allow them to pursue their careers in music facilitation.



### IMPACT OF FUNDING

The sessions had a positive impact on everyone that we met in a number of ways:

- Having something to look forward to.
- Reviving a love and practice of instruments/singing.
- Improved physical strength through playing instruments.
- Having songs to focus on practising between sessions.
- Meeting new people to talk to.

‘We had many opportunities to listen to people who told us, on occasion privately, what was going on in their lives and their minds, and I felt we provided a supportive and non-judgemental ear. We used our posters to signpost people to places where they could get further help, but mostly people were happiest just enjoying the hour session. I believe that every user left the bus feeling better than when they got on.’ – Rock School Bus CIC

### CASE STUDY

Person M came to one of our first sessions. She had split from her husband after many years of marriage, now lived on her own and her children are all adults. I felt the sense that her biggest struggle was a lack of purpose. M had not worked in a few months as she had left a job after raising a complaint against the management and couldn't work due to stress and anxiety. We then found out that she had taken up drumming during lockdown and really enjoyed playing, however, she had quite recently damaged both wrists. M had been advised that drumming would help but was only willing to play for a few minutes at a time. At this time, she wasn't even able to drive so she was not confident in her ability to play.

We identified that the social aspect of the sessions would be integral for her after discussing how isolated and lonely she felt, having moved into her own place and with no close friends to talk to about how she was feeling. M was very open about how she felt, and this helped

others to talk about their own experiences. Within a few sessions she asked if she could volunteer at some of the other sessions.

She contributes hugely to discussions about self-worth, or lack of, relationships and loss, and gives other users the confidence to play the drums. She has become a very supportive volunteer, to both the team and to users.

She has since gone on to look for work and apply for jobs and regularly volunteers for work on the Rock School Bus.





South  
Lincolnshire  
Blind Society

PLACE2BEE

## ORGANISATION OVERVIEW

**South Lincolnshire Blind Society established the Hive Community Hub in Grantham, providing activities and services for all members of our community breaking down access barriers for people with disabilities who feel they cannot access mainstream groups.**

Hive Community Hub has established social, community, and business networks and is a physical base for the community mental health crisis café in Grantham as part of the Lincolnshire mental health plan in partnership with LPFT. We have experience providing various activities for blind and partially sighted people, including carers, veterans, and disabled groups, and at network meetings for various charities and training for local business networks and clubs.

We utilised our previous SPF funding to establish Place2bee, a men's mental health support group available on Monday and Thursday evenings from 6-9pm. We offer the men a range of opportunities in the community and at the hub, like woodworking, gardening, crafts, and other social activities, including sports.

## PROJECT HEADLINES

141  
BENEFICIARIES  
SUPPORTED

SIGNPOSTING  
TO  
10  
ORGANISATIONS

## PROJECT OVERVIEW

The men who attended Place2bee identified the need for daytime support sessions. They told us they would like a weekly information group to concentrate on learning how to manage their emotional and physical health. TWIG (The Weekly Information Group) ran on a weekly sessional basis, where we had the opportunity to talk about the 'small stuff' in small group sessions. The men wanted to focus on:

- Diet and lifestyle choice
- Reducing self-harm
- Exercise and activities
- Avoiding alcohol, smoking and substance misuse
- Getting ready for work updating CVs and interview techniques
- Educational and volunteering opportunities

## PROJECT WINS

- One of the men has qualified to deliver BSL, and 17 men have started to learn BSL so that they can communicate with another deaf man whose only means of communication is using sign language.
- Won the health and well-being trophy from SKDC for work in the community, recognising the work done to support vulnerable people.



## IMPACT OF FUNDING

### CASE STUDY

*C started coming to the Place2bee in the summer of 2022. He is 50 years old and lives with his sister and her husband. His sister and her husband have had to give up their professional jobs to care for C and her husband's elderly parents, who both have dementia. C lived in Birmingham with his father after the breakdown of his relationship. He is a fully qualified time-served engineer who began having health problems after the relationship breakdown and could not maintain employment. He used to spend all day riding around the city on buses during the day with his rucksack. When his sister and her husband saw him, they thought he was a hobo. They were shocked at his deterioration and realised he needed caring for, so they brought him back to Grantham to live with them. He had lost the use of his legs and was slurring his speech; his eyesight was failing, and his memory wasn't good.*

*He was dragging one of his feet and was prone to falls. They insisted that he was seen by a Dr who diagnosed MS and early onset Dementia. His sister found the Hive as she called in for help and support for carers. After long discussions with her, she was persuaded to bring C to the Hive to one of the craft groups. C joined a number of the groups, including the Dementia Group, Craft group and men's group. He also volunteered every week and became a valued part of our community. C took advantage of our new counselling service, time2bee and found it helped him to be able to unpick what had happened to him and be able to plan for his future. C loves coming to the men's group where he can laugh and not just be a cripple in a wheelchair – he can be a bloke. With the support of some of the group members, he started to talk about things he would like to do while he was still able, and one of the things was to go fishing. Something he had only heard his uncle talk about but was fascinated to try for himself. One of the other men who attended the group was a very keen angler and offered to take him to woodland waters at Ancaster so C could experience having a go. C was so proud that he got to drink coffee early in the morning and eat bacon sandwiches like a bloke. The highlight of the day was his first catch, which he is rightly proud of, and with assistance and care from the group, he landed his first fish. His sister says he was so full of excitement from his experience she doesn't think he slept for three days because all he could do was talk about his day. He says the group has been a lifeline for him, and it gets him out of that role he has at home of being 'disabled and cared for'. He comes here and can be a bloke restoring that part of his identity.*





**This document, along with the number of beneficiaries supported across wave two of the funding clearly demonstrates the impact it has had on the mental health and wellbeing of Lincolnshire.**

However, it's important to acknowledge that the funding's impact extends far beyond the numerical value alone. For each individual impacted by this funding, the resulting ripple effect is immeasurable, providing vital support, reassurance, and comfort to those closest to these individuals.

These projects have not only saved lives but also fostered resilience in individuals and forged stronger communities. Furthermore, this funding hasn't just influenced individuals within the community; it has also spurred collaboration between third sector and statutory organizations. This collaboration ensures that individuals can seamlessly transition between services and access various forms of support within their communities, promoting a 'no wrong door' approach to treatment.

This unified approach across Lincolnshire works to prevent individuals reaching a crisis point, enabling them to remain in their own homes and receive community-based intervention, ultimately reducing the risk of suicide across the county.







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

T 01507 304548

E [info@shinelincolnshire.com](mailto:info@shinelincolnshire.com)

[www.shinelincolnshire.com](http://www.shinelincolnshire.com)