



# The Mental Health & Wellbeing Community Investment Fund (MHWCF) Innovation Wave 1 & Sustainability Wave 1 Year 1 Evaluation





## The Mental Health & Wellbeing Community Investment Fund

**In 2022 the Mental Health & Wellbeing Community Investment Fund was launched following agreement with partners Lincolnshire County Council, Lincolnshire Integrated Care Board and Lincolnshire Partnership NHS Foundation Trust, as part of the Community Mental Health Transformation Programme.**

The fund brings together the previously named Community Asset Development Allocation and the Managed Care Network mental health funding.

The Mental Health and wellbeing Community Investment Fund (MHWCIF) was available to all third sector and voluntary, community, faith-based and social enterprise (VCSFE) organisations with the overarching aims that the fund would:

- Support growth and innovation of VCSFE organisations to deliver projects for the benefit of those experiencing a mental illness or wellbeing need.
- Support smaller grass roots organisations to deliver and test out innovative ideas in response to local population need.
- Further support the growth and sustainability of partner organisations to ensure the collective development of a mental health, learning disability, and autism informed society and workforce.
- Ensure that all funding is aligned to clear objectives, able to evidence and demonstrate impact and delivery that is of benefit to the Lincolnshire population which they serve and does not duplicate other funding streams.

**The fund itself was split into two pots: Innovation and Sustainability.**

**The Sustainability Fund** opens on an annual basis with the allocation of funding for each individual project gradually decreasing by pre-determined proportions over a period of 3 years.

**The Innovation Fund** enables organisations to apply for smaller grants from £1,000 up to a maximum of £10,000, for a maximum of 12 months, to pilot new and innovative ideas in their communities before seeking, if appropriate, to apply to the Sustainability Fund.

In 2022, the funds saw 118 applications with 41 successful organisations receiving Sustainability Funding and 20 organisations receiving Innovation Funding. These evaluations cover the first year of projects receiving Sustainability Funding (Wave 1, Year 1) and the Wave 1 Innovation projects.

### In partnership

Shine are a mental wellbeing charity that believe everyone deserves a life of value, one that enables them to Shine.

Our mission is to create, connect, and deliver services that support and promote positive mental wellbeing, accessible to all and grounded in the benefits of communities.

Shine administer the Mental Health & Wellbeing Community Investment Fund on behalf of and in collaboration with Lincolnshire County Council, Lincolnshire Integrated Care Board and Lincolnshire Partnership NHS Foundation Trust.



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# Art Pop-Up

ART POP-UP: STAMFORD CHEER CIRCLE

## ORGANISATION OVERVIEW

**A multi-award winning, non-profit community arts organisation. We create inspiring, thought provoking opportunities for creative discovery, participation and enrichment, to reach out to everyone in our communities.**

Art Pop-Up's work runs workshops, exhibitions, events and festivals, opportunities to participate creatively and experience high quality programming. Participation is offered free of charge to ensure accessibility (except holiday workshops & masterclasses).

A collective of freelance practitioners, largely publicly funded, our major funders have included councils, Arts Council England (ACE), central government, National Lottery and Heritage Lottery Fund. Our work focuses on community engagement and outreach, working closely with many local community organisations, charities, schools, councils to achieve this, including MindSpace Stamford, senior and SEN care providers, the churches, Langdyke Countryside Trust, RBL and foodbank.

We are community builders.

## PROJECT HEADLINES

66  
  
BENEFICIARIES  
SUPPORTED

SUPPORTED  
BY  
11   
volunteers  
& 2 staff

## PROJECT OVERVIEW

Stamford Cheer Circle held 6 local groups creating simple handmade gifts to exchange, as an opportunity to give back as one of the key 5 Ways to Wellbeing in supporting positive mental health. Participants worked as a team, you didn't need to be artistic to get involved. Each team made a set of gifts at an artist-led workshop which were then exchanged with those of another team in the circle, this brought participants together with a sense of purpose, cohesion, and connection. As a pilot, 6 workshops were hosted with each of the 6 groups we also held 2 parties for the groups to get to know each other.

## PROJECT WINS

- **100%** of participants said they felt more connected in their community and consequently felt safer and less lonely.
- **73%** of participants have agency and ownership to look after their own mental health and wellbeing having been introduced to a broad range of groups and activities.
- **100%** of participants had greater awareness/understanding of the benefits of being creative.



## IMPACT OF FUNDING

The fund has allowed us to:

- Reach the more isolated participants in the deaf, disabled and/or neurodivergent (DDN) community, develop a greater understanding of how to work with them and adapt effectively to their needs, building enormous trust capital.
- Understand how the other organisations supporting these groups work and how to collaborate effectively and develop effective working practices.
- Trial an original and innovative idea and adapt it according to the challenges and barriers experienced.
- Develop existing partnerships to work in other ways.
- Open avenues of communication and collaboration to understand and evolve the support required and to consider what the need gap is.

**The understanding and learning gained, and financial support has helped the organisation grow and evolve to a point where charity application is viable.**

## Case Study – ST's story

*ST has five children between the ages of 7 and 14. Her mental health was poor and as a consequence she found socialising and being able to talk to people very challenging.*

*Having been persuaded to attend the parent coffee afternoon session at her youngest childrens school, where she could take all of her children, she and her family were encouraged to take part in the cheer circle sessions. The pressure of facilitating others was taken away by having Art Pop-Up run the session and ST could enjoy the activity alongside her children. The session is attended by a number of parents in similar situations to ST and everyone is encouraged to chat together with support from staff at the school as well as the session leader.*

*ST has been signposted to various other Art Pop-Up events and school support she can access.*







BOSTON LITHUANIAN COMMUNITY - A PICK ME UP

### ORGANISATION OVERVIEW

To provide social and educational activities for the people of Boston Borough and work with strategic local, regional and national partners and stakeholders on the realisation of the consolidation of a daily programme of grassroots community development work on artistic and cultural interventions that offer genuine opportunities to explore issues of nationality, identity, cultural differences and similarities with the underlying aim of getting people to better understand each other and ultimately live in a more harmonious, socially inclusive Boston.

We propose a new ideology in how to nurture, grow and ultimately create a more harmonious society. The group has objectives to develop inclusive activities, language lessons, and after-school clubs and events for children, young people, social clubs and cultural groups for adults and the wider community, also to provide support for vulnerable and isolated people working in collaboration with local communities, NHS, public sector, media and individuals to promote equality and diversity, equal rights, community cohesion and integration.

### PROJECT HEADLINES

297  
  
BENEFICIARIES SUPPORTED

### PROJECT OVERVIEW

**Speak your heart easy** - translation, interpretations, free consultations is a new project providing a dedicated support infrastructure to provide assistance to the most vulnerable members of the community who are struggling with mental health issues. The program offers translations, interpretations, and consultation sessions, available both in-person and via telephone to provide maximum convenience to those who need it. Trained group members are equipped with the knowledge to guide and support individuals in accessing essential services, reducing anxiety levels and providing a sense of comfort and security. With a regular point of contact available, those who struggle with language barriers will no longer need to feel isolated.

### PROJECT WINS

- 297 consultations conducted, providing personalised support and guidance to individuals.
- 115 interpretation sessions and 160 translation services provided, ensuring effective communication between individuals and service providers and proficiency navigating bureaucratic processes.
- Our multilingual capabilities have made it easier for other organisations to refer individuals to us.



### IMPACT OF FUNDING

The funding provided significant benefits to our organisation, particularly in assisting individuals within our group who are vulnerable due to mental health issues, physical and mental disabilities, and language barriers.

Many of the individuals we supported lacked English proficiency, confidence in navigating healthcare systems, and essential IT and writing skills. Furthermore, they often struggled to understand which organisations to approach for assistance and were hesitant to make phone calls.

Through the funding, we were able to offer free support and assistance to these individuals. The project made a significant difference in their lives, providing them with the necessary guidance and support to navigate various challenges.

Furthermore, the positive impact of our services extended beyond our immediate group, as individuals brought friends from other communities who also benefited from the support provided at our hub.

*“Unexpectedly, our project has facilitated cross-cultural exchange and collaboration within the community. While primarily targeted at the Lithuanian community, we found that Ukrainian participants, for example, have brought their friends and acquaintances from other communities, such as Latvians and others, who have also benefitted from our services. This unexpected networking has enriched the diversity of our participant base and fostered greater community cohesion.”*

**Boston Lithuanian Community**





BOSTON UNITED FOOTBALL CLUB  
COMMUNITY FOUNDATION -  
TACKLE IT!

### ORGANISATION OVERVIEW

#### Aims:

- Maintain Boston United at the heart of the community, building links between the club and all community sections.
- Use sport as a tool to motivate and inspire communities.
- Work with partners to deliver projects to improve academic achievement and employability
- Support player pathways.
- Promote social responsibility, tolerance and provide support to those in need.
- Develop projects and initiatives to meet community needs.

#### Objectives:

- Deliver a range of sports-based activities.
- Support schools and education providers delivering a range of activities to engage young people.
- Offer and develop programmes into grassroots football regardless of age, gender or ability.
- Offer quality coaching with a relevant education package to produce young people with the ability to play football for Boston United.
- Offer a range of health and physical activity sessions to meet the needs of the local community.
- Deliver and increase access to a range of activities and projects for hard-to-reach communities.
- Offer work placements, volunteering opportunities and training to help people develop their employability.

### PROJECT HEADLINES

10  
regular  
participants



25  
BENEFICIARIES  
SUPPORTED

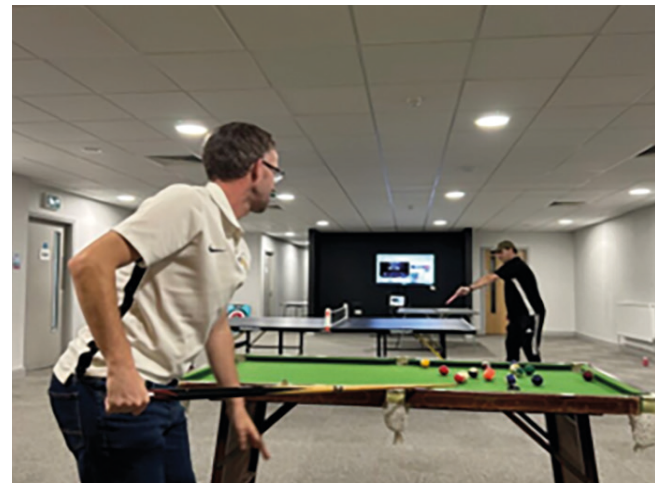


### PROJECT OVERVIEW

The **Tackle It!** project aimed to enhance men's mental wellbeing through a safe space where they could socialise and enjoy low level physical activities such as archery and table tennis. The project supported individuals with low level mental health issues. The pilot has run for one year and took place at the Jakeman's Community Stadium, the inspirational home of Boston United Football Club. The project expected to engage 20 users and created 2 volunteer roles.

### PROJECT WINS

- **100%** of participants felt they improved emotional and physical wellbeing during the reporting period.
- **2** regular participants became volunteers with the program as well as with BUFCF's Pilgrims Connect program.
- Numerous participants felt confident enough to attend CPR training sessions, mixing with others away from their set group.



### IMPACT OF FUNDING

The Innovation fund benefitted us hugely as it allowed us initially to try something that we hadn't tried before in forming an adult youth club for men only to come and socialise.

The fund allowed us to purchase new equipment within our community hub area for the guys to use. All activities were low level physical games i.e. pool, table tennis, archery and new age curling. This created a new, exciting safe space with lots of opportunities for people to try new things and use things that you might not necessarily get access to regularly.

**At times it was challenging to break down that initial barrier, for guys to accept that there is a safe space for them to come and meet new people and socialise with others.**

BUFCF

#### Case Study - DG's story

DG has been coming to the program since the first week of opening. He accessed the session after hearing about it from a fellow colleague of mine who works with me at the club. My colleague encouraged him to attend as over the last few years he has become very inactive and disengaged from others. My colleague informed me that this all seemed to happen after the guy's girlfriend had two miscarriages and then they had a baby that sadly passed away at 6 weeks old. As you can imagine his mental state wasn't in a good place, but my colleague supported him the best he could do under the circumstances.

DG received guidance and help and luckily decided, with the help of his friend, to come give the Tackle It! session a try. At first, he was quite quiet, as you would expect but, he did join in with the activities from the get-go. Over the weeks ahead we have seen a drastic positive change in his character with him now being more engaging and making strives to attend by himself without the support of his friend. He loves to play table tennis and pool against the other members of the group. He has also accessed a health program called 'Man v Fat Football' in order to lose weight and feel good about himself again. He's currently doing well within both programs which is a huge success.





**ORGANISATION OVERVIEW**

We provide free, confidential, independent and impartial advice to all residents in the areas of Boston Borough and North Kesteven, to ensure that individuals do not suffer through a lack of knowledge of their rights and responsibilities or of the services available to them.

The aim of CAML is to help everyone to find a way forward, no matter what problem they face. Our team has in-depth knowledge on a variety of enquiry areas including benefits, debt, housing, employment, immigration and family/relationships. We regularly assist clients with many other areas including law/courts, health and utilities. This work gives us an insight into the issues our clients are facing and policies that are affecting them unfairly. This is fed back to the national Citizens Advice to help their research and to influence decision makers to change policies and practices. Our extensive knowledge of advice enables us to work in partnership and collaborate with other organisations.

Our team are very able to recognise when clients would benefit from additional support, thereby making appropriate referrals into other areas of expertise both in and outside of our organisation.

**PROJECT HEADLINES**



**PROJECT OVERVIEW**

The Reach Out Project aimed to support those who identify as women who were at risk of developing mental health dips. The project's focus was to support women with all aspects of their lives including benefits, maternity rights, employment rights and financial wellbeing. The project addressed the pressures experienced by women with a view to reducing gender inequality and disadvantage. The project explored everyday things to proactively support women to minimise the risk of mental health struggles. Women gained greater confidence in their ability to build upon and maintain their own mental wellbeing, whilst also embedding a self-sufficient and resilient approach to resolve future life events.

**AREAS OF SUPPORT**

- 702 Issues with benefits / tax credits
- 106 Issues with debt / financial capability
- 92 Issues with housing
- 52 Issues with relationships / families



**IMPACT OF FUNDING**

The funding has allowed CAML to continue to help the most vulnerable of clients in this extremely challenging time.

We achieved positive changes with dedicated ongoing support. We were able to provide support in a safe space where clients felt able to discuss their concerns. If safe to do so, advice was provided at coffee shops and community venues. This ensured that participants felt comfortable and did not feel overwhelmed at the thought of attending a formal setting. The current economic hurdles have heightened the financial vulnerability of numerous households, particularly those with lower incomes. A high number of clients also presented with issues relating to domestic abuse. **Citizens Advice Mid Lincolnshire (CAML)**

**Case Study - Anna's story**

Anna is retired, married but lives alone (separated) in a one-bedroom bungalow. Rent is paid in full through housing benefit and she receives State Pension and Pension Credit. Anna made an appointment with the Reach Out Adviser (Paula) as she has relationship problems involving threats and violence. Anna explained she has been married for over 20 years, has always worked full time and more, and used to give her husband all her money, helping him to pay off the mortgage, although he refused to put her name on it. On the mortgage ending her husband completely changed and became controlling and aggressive. Recently he attacked her so badly that she had to go to the police who sent her to her GP and women's aid, she sustained multiple injuries. Women's Aid placed her in a refuge and the council rehoused her.

Anna now wants to pursue a divorce and wants to be compensated for all the financial input she has put into the property and to cut all ties with her husband. She is not confident of carrying out a divorce herself and wants legal help. Paula researched Anna's issues and explained her options, providing the information for this to take away to refer back to if needed.

Fiona gave her a list of local solicitors to contact and advised on what information she would need to take with her. Anna also has issues with her energy supplier. Fiona spoke with the supplier and a follow up appointment was made to look into this. Anna felt happy with the help she had received and said she would never have been able to find all this information herself.





COMMUNITY WORKING IN PARTNERSHIP  
(CLIP) - MEMORY MATTERS

### ORGANISATION OVERVIEW

Community Learning in Partnership (CLIP) is a Community Interest Company (CIC). CLIP has been operating since 2009, and is a part of Acis Group, whose homes and services help people to lead better lives across Lincolnshire, Nottinghamshire, Derbyshire, and South Yorkshire.

The company's aim is to carry out activities which benefit the community - in particular to widen participation in learning, to deliver training and activities to raise aspiration in local communities and to provide opportunities for informal learning, voluntary work, and projects beneficial to the areas we operate in. CLIP delivers its activities across rural, coastal, and isolated communities. We work with a diverse range of people within the community, from young persons aged 16+ years who have under achieved at school and with adults who are looking to refresh their skills - for personal development, family, higher education, or work. An integral part of CLIP's activities is in supporting and providing skills for people recovering from and living with mental health, and we run a series of projects and activities to support mental health and wellbeing in the community.

### PROJECT HEADLINES



*"It is nice to see her smile."*

*"He can feel useful in safe environment and there are people around which keep an eye on him."*

*"It is like getting my mum back again for a few hours."*

### PROJECT OVERVIEW

The Memory Matters project was aimed at dementia sufferers and their carers to proactively deliver an improvement in quality of life. There were 2 key components - the Virtual Dementia Tour Bus and the Memory Matters Dementia Cafes. The Tour Bus offered a training experience delivered by specialists, aimed at the caregiver. It is a scientifically proven method to give a person with a healthy brain the experience of what dementia might be like by entering the world of an affected person. This understanding helps make simple changes to improve the lives of people with dementia and promote self-care. The Dementia Cafes hosted regular meetings for dementia sufferers to engage in stimulating activities, enjoy afternoon tea and to connect with others.

### PROJECT WINS

- Participants visiting the cafes have created a social group, supporting each other, offering advice and guidance.
- The centres have become an unofficial signposting and information point prior to, and following diagnosis of, dementia.
- Professionals and researchers have connected with local participants.
- Volunteers supporting participants have moved into employment, this has supported general wellbeing within the community.
- Managers of care homes who attended the dementia awareness bus have used staff CPD funds to book the bus for their own organisations.



### IMPACT OF FUNDING

The funding supported us by raising awareness of male carers. The funding has allowed for us to engage sessional support staff to facilitate the growth in the Memory Cafes and allow the development at Gainsborough to go from fortnightly to weekly.

It has also created a deeper understanding in the community of the different types of engagement and groups we run. This has cross referenced to other contracts outside of wellbeing such as LCC and interconnection within our housing teams.  
CLIP

### Case Study - Keith and John

*Keith joined the Memory Café team as a volunteer, via LCVS. He used to work in a dementia care unit, but due to the effects of Long-Covid and reactions to its immunisation he has not been able to continue. Consequently, Keith's mental health and self-confidence have suffered.*

*John lives alone since his wife Betty, moved into a care home due to the needs of Alzheimer's disease. John visited the Memory Café for support as he often finds his visits to the care home are distressing due to the communication difficulties with his wife and the care home staff being too busy to answer some of his concerns.*

*Keith and John got chatting over a game of dominos. John explained the struggles he was facing with his wife and it was evident how upsetting this was for him. He brought a list of questions and examples of difficult situations with his wife and Keith was able to use his experience to suggest different ways of approaching things.*

*John made notes to take away with him and on his next visit to the cafe he reported that he'd experienced much happier visits to his wife, even being able to take her out in the car for a few hours. Keith felt useful and purposeful, benefitting from using his knowledge and skills to help John.*





## ORGANISATION OVERVIEW

**Every-One cares is a Lincolnshire based registered charity, aiming to ensure that everyone is at the centre of their own wellbeing.**

We believe people should be at the centre of their own health and social care, having choice and control. Services should be built around the person and not the process. Many people need support to exercise their choice and control effectively. People are the experts in their own lives and sharing their lived experiences can improve services and support. Where possible, people are best supported within their community and in ways that recognise the whole person.

We do this through a range of person-centred services and projects working towards making wellbeing personal:

- Services and initiatives including facilitation of strategic co-production, working with commissioners to amplify the voice of lived experience.
- Designing and delivering training, raising awareness, and meeting the needs of people's health and wellbeing.
- Facilitating and supporting a range of networks that bring people 'around the table' to share, learn and work together.

## PROJECT HEADLINES

182  
  
BENEFICIARIES  
SUPPORTED

## PROJECT OVERVIEW

Menopause Moments Community were sessions delivered in the community setting supporting women to help them understand the peri / menopause, the effects it can have on their life, how to identify the signs of peri menopause, and what medical support is available, as well as considering what now and what next. The programme and setting is devised to get the conversation going and supports the mental and physical health of women.

## PROJECT WINS

- Participants are accessing support that has been part of the programme and are attending various health and wellbeing options that were suggested could support them.
- Participants are now trying different activities since attending the programme, such as gut health and changing their diet to include seeds and nuts, attending a gym and embarking on various programmes, signing up to One You Lincolnshire, joining Jubilee Park, and attending weightlifting.



## IMPACT OF FUNDING

There is only one word for this really – massively!

By utilising the Innovation funds we've been able to not only trial the programme and see what works, but it's enabled us to evaluate each session, the impact of which was recorded in each report. Primarily this has allowed us to utilise feedback for the successful applications of not only the National Lottery Community Fund but also from delivering these sessions and the 3 cohorts, we were able to establish location, session length and suggestions and gather case studies to support future development.

It's also enabled us to see how we could utilise sustainability funding for the Mental Health Support Officer – this will make a massive difference. We were able to identify just how much mental health implications have an impact through menopause, even more so than we could have imagined. Often women have been struggling for years without any support or knowledge around what might help, and this alone has had a knock-on effect to their mental health, impacting their work and relationships at home.

This funding has enabled us to trial and bridge a future for Lincolnshire and menopause support. Hopefully to provide the women of Lincolnshire with knowledge and information around menopause support in all guises.  
Every-One

## Participant Feedback

*"I have learnt so much and put a lot into practice".*

*"There's a valid reason why we feel like we do, we are not just going mad/overanxious women who need anti-anxiety meds!"*

*"[I] saw it as an opportunity to learn more about menopause in general... it covered that and more".*

*"More knowledgeable about wider range of therapies".*





FEATHERS TEENS CIC - ARTS, ANIMALS, ADVOCACY

### ORGANISATION OVERVIEW

**Feathers Teens CIC is a non-profit support and friendship group for families of neurodivergent young people with mental health needs, and out of full-time mainstream education.**

Our aim is to give young people and their families an opportunity to thrive and be themselves. We are an open and accepting group, where members can be themselves and find others with similar diagnoses, difficulties, caring responsibilities and experiences. Members can access support and friendship, both online through the Facebook page, and face to face through weekly sessions and regular social events. We include a range of activities, outings and experiences to encourage social and emotional wellbeing through fun and hands on learning opportunities, life skills, activities, as well as benefitting the social, communication and emotional aspects of our neurodivergent members.

Families attend together, benefitting the parent carers as much as the young people, with a social and inclusive support group that is tailored to their identities and needs.

### PROJECT HEADLINES

50  
BENEFICIARIES SUPPORTED

SUPPORTED BY 4 volunteers

### PROJECT OVERVIEW

**Art, Animals and Advocacy for Positive Mental Health** - Adult family members of neurodivergent, alternatively educated teenagers were invited for some time out for themselves from the stresses and strains of day-to-day life. Mindful and mental health focused sessions involved spending time relaxing and re-energizing outdoors, benefitting from fresh air and sunshine with farmyard therapy animals, and expressing their feelings and healing their minds with therapeutic art engagement. There was an opportunity to give back to their community through peer support. This helped develop relationships and improve confidence, learning how to support each other and deliver helpful, reassuring support to other families.



### IMPACT OF FUNDING

Feathers has benefitted from the experience of report and update meetings, realising that with our leaders own difficulties that more support is needed in keeping on top of all the paperwork for future applications. We have learnt a lot of new skills that we can carry forward into future projects. We have discovered what works and what doesn't for our group.

We have helped bring families together, supported people in making new connections and improved the mental health of all involved. We were surprised by the grandparents of our younger members who have all been very eager to get involved and have enjoyed the intergenerational experience.  
**Feathers Teens CIC**

### Case Study

#### The Challenge

*A regular attendee had a fear of dogs which was preventing them from attending the group as much as they would like since they avoided the animal therapy sessions.*

#### The Action

*We therefore began alternating between art therapy and animal therapy each week.*

#### The Outcome

*Everyone was happy with the compromise of an additional art therapy session and the attendee was able to attend the group more overall.*

**Feathers Teens CIC**  
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**LPFC Excellence Award Winners**

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**SCAN ME**

**Feathers Teens C.I.C**  
 Finding encouragement and acceptance together in our neurodivergent community

**Feathers Teens C.I.C**  
 sessions are every week on Mondays from 10:30am - 12:00pm

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GOGRO CIC-  
TALK AND TASTE

### ORGANISATION OVERVIEW

GoGro CIC is passionate about positive change for both individuals and for our communities. Our vision is to support and inspire people through creative projects, focussing on healthy and affordable eating, nature, the environment and innovation.

We help people from all backgrounds to gain valuable experiences, knowledge and opportunities.

#### Priorities:

- To improve outcomes by inspiring people to learn in creative and supportive environments.
- To ensure that food, friendship and the environment are central to everything we do.
- To celebrate circular economies and locality.
- To strive towards a business model of sustainability.

### PROJECT HEADLINES



### PROJECT OVERVIEW

'Talk and Taste' worked with older people to bring nostalgic recipes back to life in front of their eyes, whilst recording the fascinating memories and stories brought on by the tastes and smells! We know that there are many older people who are isolated and lonely, we also know that dementia and depression affect a high proportion of residents over 55. There is evidence that nostalgia can help people with dementia and other age-related mental health issues, by increasing self-esteem and social connectedness. By bringing old recipes back to life and listening to stories, GoGro improved people's mental health, enabled new friendships to form and created a space where information about local services could be shared, and valuable stories recorded for the future.

### PROJECT WINS

- **87%** of participants reported a reconnection with their intrinsic self and improved sense of identity.
- **87%** of participants reported a reconnection with positive memories and experiences.



### IMPACT OF FUNDING

The funding has enabled us to spend time with the care homes and build relationships with their staff. We believe we further enhanced our reputation as a high-quality organisation who deliver meaningful outcomes and who maintain positive relationships with all those we work with.

There were new friendships formed. Staff told us that their residents don't often build new friendships but there were a number of relationships that were developed as a consequence of our project – people talking about the sessions in-between course dates, discussing the food and the memories that were provoked. We were told about people improving their attendance and engagement with other activities and in conversation in general. We were told that the project improved people's moods for the rest of the day and the courses 'created a buzz'. We were always welcome, visitors and the residents looked forward to our arrival, the environment we created, the humour and the food of course.

GoGro CIC

#### Case Study

##### The Challenge

B1 was non-communicative.

##### The Action

We discussed everyone's favourite food and made sure we gave time to talk about a range of dishes. We ensured that we passed food and ingredients around to smell, having fun with the group, and talking to everyone no matter how engaged they seemed.

##### The Outcome

B1 contributed to the conversation, discussing the fact that she was a nurse and had all her meals cooked for her until she got married, when she learned how to cook from scratch. Both her and her husband found this amusing. Staff were amazed by her story since they had never known this before, she had opened up more than ever. She and her friends asked about GoGro the following week, something which doesn't often happen.





GREEN SYNERGY - GREEN NATURE & NURTURE

### ORGANISATION OVERVIEW

**Green Synergy is a Lincoln based gardening and horticulture charity that supports people to socialise, learn and thrive. Our work focuses on supporting people in the most deprived communities in Lincoln and across Lincolnshire to improve their mental and physical wellbeing.**

Green Synergy enables people to learn skills for life, for work and encourages people to care for themselves, each other and the environment. Our charity delivers services including community gardening and therapeutic horticulture to improve people's mental and physical wellbeing as well as community engagement programmes to support people living at the heart of the under-served communities in Lincolnshire.

Our work brings communities together to create more quality green spaces in the city and re-connect people to the countryside, food production and green spaces. We have a community garden comprising a garden lawn, crop growing beds, heritage orchard, peace garden, sensory garden, children's garden and a wilding area.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The **Green Nature and Nurture** project aimed to support 20 young adults aged 18-30 years old, with neurodiverse needs, to improve their health and wellbeing through a dedicated six-month programme of social and therapeutic horticulture. Social and therapeutic horticulture (STH) is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. Green Nature and Nurture deployed STH activities using their Hillside Community Garden as a safe, peaceful and secure place to develop young adults' ability to mix socially, make friends and learn practical skills that helped them to be more independent, build resilience and improve their physical and emotional wellbeing.

### PROJECT WINS

- Green Synergy won **Best Gardening and Horticultural Charity** for the East Midlands at the 2023 Non-Profit organisation Awards.
- The project was a direct response to the niche of young people with neurodiverse needs and supported **7** beneficiaries.
- **90%** of participants reported that they have positive plans.



### IMPACT OF FUNDING

The funding enabled the charity to seek to support a section of our community who had identified that there was very little opportunity for them. The project has enhanced the capacity of Green Synergy to implement a specialised and highly focused project. The project staff has also been trained in the use of Outcome Pathway Stars as an assessment tool to identify areas for need, and support for them to lead full and meaningful lives.

It has given us the ability to develop our knowledge, skills and understanding so that we can offer better support and plan on future ways to develop our organisation to offer more projects for this growing demand of neurodiverse adults struggling.

**Whilst there has been a significant amount of learning from the project for the future, the personal differences and impacts on the individuals involved has been quite profound.**

**Green Synergy**

### Case Study

#### The Challenge

*Ms L was lacking confidence and felt she was not living to her full potential in life. She struggled to find meaning to life and was not in the best headspace.*

#### The Action

*Ms L began attending weekly sessions with other neurodiverse young people, participating in weekly sessions including therapeutic activities such as crafts and gardening. She began engaging in 1-2-1 sessions with Green Synergy members of staff for support.*

#### The Outcome

*Ms L increased her confidence, ability to socialise and interact with others, learnt new skills in gardening and craft and had meaningful conversations. Her experience has positively impacted her lifestyle and wellbeing and she feels empowered to identify her strengths and overcome feelings of fear and anxiety.*





# Jubilee Church life centre

JUBILEE CHURCH - ALL STARS

## ORGANISATION OVERVIEW

**Jubilee is a church group that welcome and encourage people from any faith or other protected characteristic to attend our projects.**

We seek to actively help those in need and develop a caring, integrated community with a real sense of belonging. We are well situated with our own building which is easily accessible in the centre of Grantham where we act as a community hub.

We have become a community hub for Ukrainian refugees and see increasing numbers daily seeking help and support.

We have end of day food from the local Marks and Spencer which is available at all cafes with an open fridge / breadbasket. This is really helping many who are in financial hardship and struggling to choose between eating and heating. Our community kitchen where we teach basic cooking skills, budgeting, and healthy eating.

## PROJECT HEADLINES

90  
  
BENEFICIARIES  
SUPPORTED

## PROJECT OVERVIEW

All Stars offered a friendly parent's support group in the heart of Grantham, where they could bring their pre-schoolers one afternoon a week. This was aimed at parents who often neglect their own wellbeing, have poor mental health, financial concerns, housing issues, lack of opportunity, loneliness / social isolation, and other daily life challenges. The group support those struggling to cope without wider family close by, adopters facing challenging behaviours, and those with post-natal depression. Jubilee Church Life Centre sees those from over 70 nationalities and ethnic minority groups, aware that those with poor english skills can find it difficult to seek support.

## PROJECT WINS

- **75%** of participants reported/demonstrated stronger relationships and friendships.
- **65%** of participants reported improved mental health and wellbeing.
- **50%** of participants were more aware of ways to support their own mental health and wellbeing.



SIGNPOSTED TO  
21  
ORGANISATIONS



## IMPACT OF FUNDING

The funding allowed us to pilot something new, where parents were the focus, and allowed us to build relationships with networks that support adults in improving their wellbeing rather than a toddler focus. The timing meant that both food and fuel crisis moments parents felt supported and had access to many services and opportunities for warm packs and finding financial help which in turn improves their mental health.

Jubilee Church

### Case Study

#### The Challenge

*A mother who has a toddler and has recently given birth to another child had been attending the toddler group. Their family oven is broken and they're struggling to keep warm as due to the cost of living they're unable to keep the heating on.*

#### The Action

*The mother was given a warm pack and food each week when she comes to the toddler group. Initially we gave them a halogen oven but have now sourced an oven for their house. We also provided ready meals each week as the mother wasn't eating properly.*

#### The Outcome

*We remain in contact with the family and support them as needed. They have benefitted from the warm pack as they have been able to keep warm without using the heating excessively. The mother is now managing better and we were able to reduce the amount of food that she is receiving as she has started to cook for her family again.*

*The main support now is having someone to talk to as this helps with loneliness.*





YMCA LINCOLNSHIRE

LINCOLNSHIRE YMCA - THE OASIS OF CALM

### ORGANISATION OVERVIEW

YMCA Lincolnshire support the most vulnerable and disadvantaged people across Lincolnshire, at all ages and stages, to reach their potential in mind, body and spirit, and in the areas of life which matter most to them.

We provide emergency, supported and outreach accommodation to adults from all backgrounds and with a range of personal needs and challenges, working closely with them, in a person-centred way, to support and empower them on their journey to independence. Our accommodation support is enhanced by mental and physical health interventions, multi-agency working, and activities and enrichment, to ensure each person has a wraparound experience with us.

### PROJECT HEADLINES

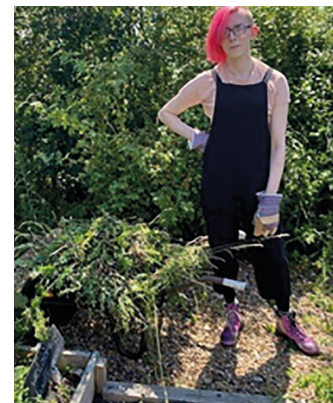


### PROJECT OVERVIEW

The Oasis of Calm provided YMCA Lincolnshire’s beneficiaries, all experiencing homelessness and a range of related challenges, the unique opportunity to physically and emotionally engage with gardening, growing and animal care, at its new garden-and-allotment, The Oasis (Cherry Willingham). Beneficiaries took part in horticultural activities which enabled them to develop new skills, work as a team, and get physical exercise; they also experienced The Oasis as a therapeutic space in which gardening and creative activities are used as mechanisms for self-expression, self-help, and the selfless support of their peers. The project truly offered a wonderful, meaningful experience which the beneficiaries may never otherwise have.

### PROJECT WINS

- 90% of participants reported peer support.
- 70% of participants reported improved mental health.
- 40% of participants gained independence.



### IMPACT OF FUNDING

The Oasis Garden project has allowed us to offer a unique experience with such positive support that allows residents to learn, grow and laugh within the Oasis setting. Physical activity is linked to improved mental health and with the provision of the Oasis Garden we are able to offer residents a therapeutic environment with a purpose and outcome. This is ideal in getting residents out into the fresh air and improve overall wellbeing.

YMCA Lincolnshire

### J's Story

*J has been at the YMCA since September 2022 and has always been active in helping with the hostel garden. J has ADHD and likes to be busy as this occupies his mind, otherwise he can get very down.*

*J is the most regular person who goes to the Oasis allotment where he enjoys using the machinery. He gets on well with Becky who runs the allotment and knows exactly what he needs to do every week. He even goes in the rain, when other people have cancelled.*

*J previously worked as a tree surgeon so feels comfortable using machinery in this environment. J says he would go all day every day, as he feels it really benefits his mental health. He has spoken of registering as a volunteer so that he can go up on his bike. This is on his list of things that he wants to achieve.*







MARTIN VILLAGE HALL - MARTIN MUNCH CLUB

### ORGANISATION OVERVIEW

The Village Hall is managed by the Trustees of Martin Village Hall for the benefit of the community.

The Trustees and Members of Martin Village Hall are volunteers and give their time and services freely.

The overriding aim of Martin Village Hall is to provide a safe, accessible, and welcoming space for our community. It aims to provide social, recreational, educational and leisure activities with facilities which will be to the benefit of and meet the needs and desires of Martin residents and the halls users. It seeks to reach out and involve everyone in our community and the immediately surrounding farms and households for we are an inclusive group. Users of and visitors to the Hall are welcomed irrespective of age, disability; gender, sexual orientation, race, or belief.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Martin Munch Club offered individuals, couples, and families the opportunity to meet up weekly as part of a community hub. The Club allows people of all ages the opportunity to meet with friends and neighbours and to make new friends whilst enjoying a (free) lunch and being offered interesting activities such as crafting, baking, gentle exercise classes and more. All activities and any materials needed were provided by Martin Village Hall and free transport for collection and dropping home was provided as required.

### PROJECT WINS



We meet every Wednesday at Martin Village Hall 9am - 1:30pm. Chair exercise starts at 12 noon (sponsored by MATES). A wide range of activities planned as well as some coach trips. Food and drink available free of charge. We are very lucky to have funding to provide this service all year round. So come along and meet new and old friends. Any suggestions for activities or outings greatly received.

Enquires to 07763 045293 martinlincs.villagehall@gmail.com or in person



### IMPACT OF FUNDING

The community of Martin are indebted to ICB, LCC, NHS Foundation Trust, the transformation and Shine Lincolnshire. Without the generosity of you all, we would not have been able to open our doors to our community for as many hours as we have. Without your generosity, we would not have been able to offer food and treats that we have. Without your generosity, many would still be suffering loneliness and isolation. What used to be 770 individuals is now a strong community which supports each other and genuinely cares for one another. The community hub has provided a new lease of life to those who were particularly vulnerable. People who were living on their own, perhaps having lost a spouse or partner, now have a reason to come out of their house and have something to focus on and look forward to.

#### Martin Village Hall

Brian, a 69-year-old widower, quickly formed friends within the group and as a consequence has become a regular attendee of most of the groups. He doesn't have a car and particularly enjoyed the coach trip to the garden centre. He says that prior to the current committee, that the village hall was only open half a dozen times a year and that he had probably only been in once a year for the previous 10 years.

Betty, a 90-year-old widower lives on her own. Through attending the community hub, she joined both the book club and the heritage society, came on coach trips and is a regular to our coffee and cake mornings and craft fairs.

When asked in an interview for the local magazine about her life and the most significant thing that she had experienced, she cited the village hall, as having been the biggest thing that had changed her life.

Sally, a 33-year-old mother of two young children is married to her husband who is often away for with the RAF. She regularly comes to coffee mornings, baby and toddlers' group, craft fairs, and family evenings. Sally runs the used school uniform sales in the village hall, providing items of school clothing for 50p per item. She admits to getting very lonely whilst her husband is away and calls the village hall her "lifeline".



NW COUNSELLING HUB - WALKING AND TALKING IN NATURE

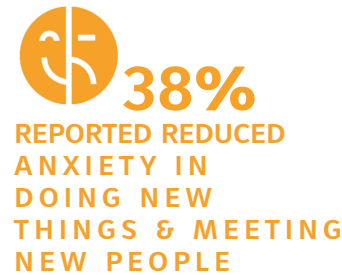
### ORGANISATION OVERVIEW

NW Counselling Hub (NWCH) was 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 4 and above, removing barriers to access therapy to those living in Lincolnshire. It 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 2 years post-qualifying experience. Our therapeutic interventions include: Play Therapy, Art Therapy, Trauma-Focused, Cognitive Behavioural Therapy, Individual Psychoanalytic Therapy / Counselling, Integrative Therapy, Sand Tray Therapy, Pet Therapy, Couples Therapy, Family / Systemic Therapy.

Since our inception we have supported 5,000 people and have a combined therapeutic experience of over 100 years. We pride ourselves on making therapy accessible to our community.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Walking and Talking in Nature was a weekly project that NWCH offered to encourage adults to get together and enjoy gentle exercise whilst getting to know each other. Meeting at Hartsholme Park, with a qualified counsellor and herbalist Andrew Cox, to explore their surroundings; participants took time to notice plants, birds and insects that share our world while recognising the changes through the seasons. The walks varied each week in time and distance, not exceeding 2 hours, making them as accessible to as many abilities as possible. Andrew helped beneficiaries to slow down, find beauty in their everyday life and just be in the moment, taking time out from what may be a stressful world.

### PROJECT WINS

- 38% of participants reported utilising nature and conversation around it to relax and reduce anxiety.
- 48% of participants reported using and developing senses, helping to develop self-awareness.
- 48% of participants reported noticing and identifying common plants, birds, bees and insects.



### IMPACT OF FUNDING

The funding allowed us to set up and run this project, ensuring that all aspects of the project are considered in terms of allowing funding to cover the costs. This group has been a success and has been something which Andrew, our therapist and facilitator of the group has thrived in delivering.

NW Counselling Hub

### Case Study

#### The Challenge

My reason for attending the 'Walking and Talking in Nature' group was that my husband was poorly in hospital and I felt lonely without him and upset. The past two years have been a nightmare. I didn't want to talk about the situation with the group – I wanted it to be a cancer free place, where I could just be me for a couple of hours.

#### The Action

The group helps because for two or so hours I wasn't thinking about my home life at all. I was transported into the world of nature. It is/was such a relief for me to have this escape. The walks leave me calm and relaxed, happy for the rest of the day. I enjoy the way that Andrew talks about nature, and it is a bonus that he knows so much about the plants – especially the wildflowers. The breathing exercise relaxes me and then I am much more tuned in with my surroundings. I also like the group because if we want to talk, we can and if we don't want to talk, we don't have to. When we do talk, we all bring something positive to the group.

#### The Outcome

The best thing about the group which I have taken away with me is the relaxation and the calmness I feel – and this lasts all afternoon. I even sleep for longer the next morning. I am certainly a lot more aware of my walks in nature – I take longer to look around and walk slower. The walks have had a positive calming influence on me, which I greatly appreciate. Very sadly my husband passed away, I attended the walk this morning for the first time since this had happened, and I feel it had the same benefits.





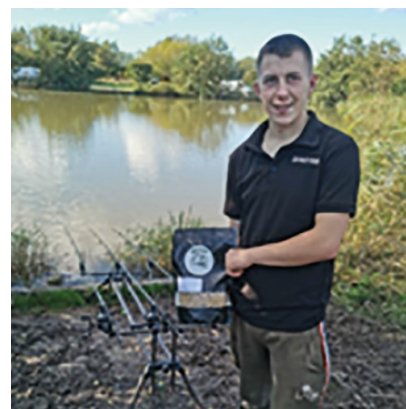


ON TRACK FISHING CIC - BAIT ZONE

### ORGANISATION OVERVIEW

Since our launch in September 2021, we have had a huge response to On Track Fishing a project based in East Lindsey.

We were finalists for the BBC Make A Difference Awards 2022. We promote fishing and the benefits it has on mental health in adults and children. We deliver social fishing days, taster/experience days and fun junior fishing days around Lincolnshire. We also donate fishing equipment to people who would benefit from it the most. We are growing a great fishing community by promoting health and wellbeing, helping those who may feel vulnerable in a new environment and help by teaching and educating not only fish care but environmental and mental wellbeing within lakes, rivers, and open spaces.



### PROJECT HEADLINES

32  
BENEFICIARIES SUPPORTED

2  
SIGNPOSTED into work

### PROJECT OVERVIEW

Bait Zone intended to open On Track Fishing's first non-profit fishing tackle shop in Skegness, Lincolnshire. This ended up taking place in Friskney. Through group meetings and socials, they noticed many people reported that their mental ill health adversely affected their ability to work, caused them to leave work, or find it hard to get back into work, due to the stress it causes and pressure it put on them. With this in mind, this project will support people of working/retired ages to have a space where they can feel safe and meet likeminded people and create new social bonds whilst building valuable skills and reintroducing them to work.

### PROJECT WINS

- 2 participants have been helped into employment.
- Participants learned more about time management and how to transfer those skills to everyday life.
- Participants grew in confidence and enjoyed being able to have an input into the work they were doing and how it could be done.



### IMPACT OF FUNDING

The funding was pivotal to help us launch and run our project. Not only has it helped us to train and coach our volunteers, but it has helped us develop a sustainable project for people to continue to use and enjoy as well as gain experience and create new social bonds. It has helped us become a new, engaging project within the local community. We have been able to advance on our original plan and have a great outlook for the future.  
On Track Fishing CIC

### Case Study - S's Story

#### The Challenge

S is an ex-serviceman who has suffered with PTSD and MD for over 8 years. He has been in and out of employment since leaving the military. S wanted to build on his passion of angling and learn more about producing bait and build transferrable workplace skills as well as practicing how to handle reactive situations differently.

#### The Action

Bait Zone helped S to see his military training is a strength and that methodical thinking and processes are not just him overthinking. Allowing S time on his own to make his own choices in order to reduce anxiety around noisy environments and understand his worth in the workplace and go on to delegate workload within the group.

#### The Outcome

S has grown in confidence in a working environment and has started looking for a new job. S expressed an interest in cooking and we have signposted him to adult college courses. S has a calm approach to challenges and looks for guidance rather than direction.





## SOUND LINC'S - BOURNE COMMUNITY RADIO

### ORGANISATION OVERVIEW

**soundLINC'S, a community music organisation, creates music making opportunities for people from all backgrounds to unleash their potential through music.**

We share music-making information, resources and toolkits; undertake workforce development; and work with academics to study the social impact of music by sharing insight gained from communities and stakeholders. soundLINC'S works in partnership with a wide range of agencies to provide and develop high quality, creative and innovative participatory opportunities.

Our vision is that everyone has an opportunity to be empowered through music and we focus on the vulnerable members of our communities, using music as a tool for social, mental and health benefit.



### PROJECT HEADLINES



### PROJECT OVERVIEW

The **Bourne Community Radio** project has created and established an online radio station focused on boosting community mental health, reducing isolation and loneliness and raising awareness of the local network of services supporting mental health and wellbeing. The station is run by volunteers and supported by soundLINC'S staff, it puts mental health at the heart of the community, creating a hub of information for listeners and giving voice to those who feel isolated and marginalised. The Community radio creates nurturing networks between those involved in the creation of content and those in the wider community, supporting thriving communities and building belonging through music, discussion and innovative community led content.

### PROJECT WINS

- **100%** of participants evaluated felt the project had had a positive impact and would recommend to a friend.
- **100%** of participants have met new friends and connected with new people through the project.
- **100%** of participants felt they had shared their shared their input time and skills with others.



### IMPACT OF FUNDING

The Innovation funding has enabled a year-long exploration into forming a Community Radio Station for Bourne and the Deepings. Shine managed funding has helped connect, train and support a team of dedicated Radio Enthusiasts and volunteers from across Lincolnshire to come together and form what has now become the Bourne Community Radio Group. With support from soundLINC'S staff and Music Facilitators the team of volunteers have trained to plan, script and create broadcast quality radio content. The group have then built on these skills by connecting with the wider community of Bourne through the creation of outreach interviews and podcasts focusing on important local issues such as mental health, money management and food poverty. The funding has enabled the group to develop and flourish with regular Team Meetings, Training and Meet Ups, solidifying the group into what they lovingly refer to as a 'family'.  
**soundLINC'S**

#### AL's Story

##### The Challenge

*AL lives in Holbeach and became interested in the idea of the Community Radio after chatting with his Social Prescriber about the project. AL is a VET and has bi-polar and limited mobility which makes it difficult to travel over to the face-to-face meetings .*

##### The Action

*AL initially referred to the soundLINC'S UpBEAT! service to work with Music Facilitator Max to help AL achieve his goal of setting up a home studio. Over the course of these 1-2-1 sessions AL became interested in creating Podcasts for the Community Radio Station and worked with Max to write, record and edit his own material.*

##### The Outcome

*AL is extremely passionate about the role music has played in his own mental health support and wanted to share his story with others. AL recorded an amazing and moving Podcast called "Happy Talk" and has now recorded other podcasts, keen to be involved with the Radio Station as a volunteer. We are currently looking to support him to attend his first 1-2-1 session in Bourne so he can meet the other group members face-to-face.*





**ORGANISATION OVERVIEW**

**Everyone Active Sports and Leisure Management support beneficiaries with:**

- Employee wellbeing awareness.
- Encouraging corporate wellbeing policy and programmes.
- Promotion and mental wellbeing in the workplace through workshop intervention.
- Delivering workplace ‘wellness MOT’s’.
- Signposting workplace colleagues to health and wellbeing pathways in the community.
- Create strategic workplace wellbeing networks / alliances which will sustained change across multiple sectors.

**PROJECT HEADLINES**

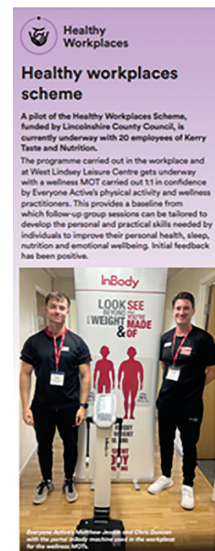


**PROJECT OVERVIEW**

Healthy Workplaces carried out a unique and innovative workplace health offer to businesses in West Lindsey to engage staff to improve their physical and mental wellbeing. This offer included employee health campaigns, master classes for movement, nutrition, rest and mindset as well as wellness MOT workplace visits and breakfast mornings, employee wellbeing days at West Lindsey and Market Rasen Leisure Centres.

**PROJECT WINS**

- Wellness MOT’s provided to **20** individuals.
- **18** attendees to activity days or activity workshops.
- **21** attendees to wellbeing workshops.



**IMPACT OF FUNDING**

The funding allowed us to understand the need for healthier workplaces from engaging with both employers and employees. It allowed us to explore what type of service that an employer needed e.g., non-commercial, wellbeing approach much more holistic. The type of topics, campaigns, and talking points that are being raised in the workplaces. We have been able to connect with other partners and stakeholders to help an integrated service for people working in certain sectors. We have now created content, resources, and models to help deliver something on scale.

**Everyone Active**

**Participant Feedback**

*“The exercises that are part of the class have helped with my balance and coordination which helps with my confidence when I’m out and about.”*  
Anon.

*“I love the social aspect, and being a part of a community that has similar health needs and can support each other.”*  
Anon.

*“I think it’s a fantastic scheme and a great opportunity for us all to take care of our overall health & wellbeing. Thank you.”*  
Anon

*“Was a really good session for me and I’ve already set some goals. It was not about being a gym bunny, thankfully, but more about being in control of your own body and taking small steps. Highly recommend this!”*  
Debbie Rose – HSE Lead”





ST ANDREW'S CHURCH HECKINGTON - LET'S GET COOKING

### ORGANISATION OVERVIEW

We provide regular coffee mornings, Forget-me-not Teas, Community Spirit befriending, monthly Sunday lunches, Alpha courses with hot meals provided.

The idea for a new project grew as we realised people lacked confidence and the skills to cook meals from scratch. We have been in consultation with Shine Connect, Sleaford Mental Health Partnership and well-being group, the Good Neighbour Scheme NKDC, the Co-op Community Champions NK.

Our aim is to help people reclaim or discover the joy and pleasure in creating and sharing nutritious and economical meals. Share a prepared meal together in small groups, thereby creating an atmosphere where mental health and well-being needs are being met. How to prep the meal to promote nutritional awareness of food. How to shop for and cook on a budget to help with the cost-of-living crisis. To encourage a self-sufficient and resilient approach to home cooking.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Let's Get Cooking provided an opportunity for anyone to discover or reclaim the joy and satisfaction of creating meals. The meals were budget friendly and incorporated ingredients from the community larder, learning ways to adapt basic recipes and utilise available ingredients to make food go further. It promoted self-sufficiency, and built self-esteem whilst supporting mental, emotional and physical health and building social connections.

### PROJECT WINS

- Greatly surpassed our initial target of 30 beneficiaries.
- Surpassed our initial aim for sessions delivered during our reporting period.



### IMPACT OF FUNDING

Without the funding the project would not have got off the ground so quickly as it enabled us to concentrate on delivering our aims and objectives. It meant it took away the need for time consuming fund raising, which would have placed limitations and restraints on what we were able to offer.

St Andrew's Church, Heckington

### Case Study

Having made a significant move up from Kent 15 months ago, I was keen to make new friends. Whilst at the farmers market last summer, I started talking to a lady about things to do in the local community. She mentioned that St Andrews Church in Heckington were looking to involve the local community in activities. I contacted Liz at the Church who provided me with the details and invited me to attend the first session of 'Let's Get cooking'.

There was a really friendly atmosphere, everybody in the group was included and the session was interesting and informative. Everybody had a role in the preparation of the food, and it felt like a real team effort. We were then able to sit and eat the food together and I got to speak to lots of different people in the village. It was really nice to feel part of the community so soon and I have made several friends as a result.

I think the course provides a real opportunity for people to socialise with others. This is particularly important for those that live alone and may not get many opportunities to meet people. It also teaches important life skills enabling people to learn how to prepare and cook their food within a budget.

I have attended every session and have made new friends at each one. It has really improved my confidence and I am now meeting people outside of the sessions for







THE NETWORK CIC - HAIRY VIOLETS

### ORGANISATION OVERVIEW

To act as a resource for young people aged 16-24 living in the City of Lincoln and the surrounding area by providing advice, assistance and advocacy and by organising programmes of wellbeing, confidence building, life skills and other activities as a means of:

- Advancing in life and helping young people by developing their skills, capacities and capabilities.
- Enabling them to participate in society as independent, mature and responsible individuals.
- Advancing education and skills relieving unemployment and underemployment.
- Raising awareness of systemic inequalities and exploring solutions.
- Equipping young people with the tools for resilience and wellbeing they'll need throughout life, and a time of difficult transitions into adulthood.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Like the **Hairy Violet**, we were here helping people challenge expectations whilst learning to thrive in unexpected places. This involved guided creative writing sessions for 18-24-year-old for self-esteem, self-awareness, growth and resilience. This worked alongside 1-1 mentoring sessions, The Network supported with aspirations and removing barriers.

### PROJECT WINS

Participants appear to have increased confidence and we have found further outcomes than just those anticipated including:

- Higher number of job outcomes.
- Individuals accessing further training.
- Individuals accessing further group social settings.
- Individuals engaging with further support services.
- The growth of peer support in sessions.
- Participants attending green spaces for sessions, who then chose to volunteer in those green spaces to give back to the community.



### IMPACT OF FUNDING

- We have been able to take on sessional staff in the form of Tanya from Wildflower Storytelling, bringing a unique skill set into our organisation, and allowing our young people access to an innovative form of support.
- We have learned flexibly throughout the project, maximising on the things that have worked, and learning from the things that have not worked so well.
- We have had support from Shine in our reporting and paperwork.

The Network CIC

### Case Study - S's Story

#### The Challenge

S joined Hairy Violets after she left a job due to workplace issues that were impacting on her mental health. S has a history of PTSD and derealisation and has previously been through talking therapy.

#### The Action

S used Hairy Violets as an opportunity to further develop healthy coping strategies, be more creative and make more friends.

#### The Outcome

S engaged really well with the sessions and the 1-1 mentoring support. After attending a session at Liquorice Park, S was inspired to start volunteering there, building experience in a wholesome environment. S also found that with the Hairy Violet sessions there is a new space to feel positive emotions and a sense of healing and belonging that is new to them and the start of a journey in progress.





WILDER MINDS CIC - WILDER CAMP OUTS

### ORGANISATION OVERVIEW

The objects of the Company are to carry out activities which benefit the community and in particular (without limitation) members of the community who are struggling financially, physically and mentally, encouraging them to make connections with and learn about nature to improve general wellbeing.

### PROJECT HEADLINES

**100%**  
REPORTED IMPROVED  
GENERAL HEALTH  
& WELLBEING

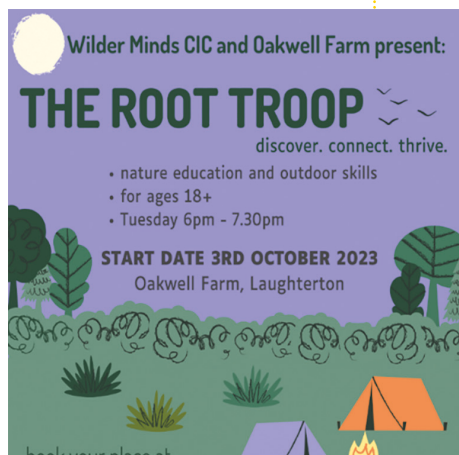
**17**  
BENEFICIARIES  
SUPPORTED

### PROJECT OVERVIEW

Wilder Camp Outs will hold two camping sessions a month, with participants arriving at 12pm one day and leaving at 12pm the next. They will be providing the full camping set up all ready to go and will run nature-based activities throughout the camp out. Activities may include nature walks, mindful colouring and gardening. These sessions will provide an opportunity to connect with nature, slow down and take time away from the stresses of day-to-day life in a calm and quiet location.

### PROJECT WINS

- **100%** of participants reported improvement in general health, wellbeing and mental health.
- **100%** of participants reported reduced social isolation and improved connections with others.
- **100%** of participants reported learning new skills and coping mechanisms.



### IMPACT OF FUNDING

The funding has benefitted our organisation by enabling us to try a new project idea without financial risk to the organisation. This has allowed us to make stronger links with other organisations and also with new service users. Our reach has increased greatly, giving us the confidence to try even more new ideas this year.

Wilder Minds CIC

### Case Study One - Sarah

Sarah is diagnosed with fibromyalgia and has struggled with anxiety for many years. She's taken part in a number of treatment options and currently takes medication to help but she doesn't feel it is making a difference. Sarah struggles with social isolation.

When Sarah first joined the Wilder Camp Out sessions she found it difficult to engage with other attendees. She took part in a grass weaving activity and found she was good at it! "I was really nervous but the grass weaving gave me something to focus on and I felt happier joining in talking with others."

Inspired by her Camp Out experiences, Sarah continued to birdwatch between sessions and is finding other new ways to make herself feel better when she's low.

### Case Study Two - Stuart

Stuart is currently out of work due to injury and has struggled with social isolation during this time. He is autistic and finds it difficult to find a hobby he is comfortable attending. He was reluctant to take up outdoor activities as not many of his friends were interested in this.

Stuart wanted to build confidence and to have things to look forward to. Stuart was quiet at the sessions until we started to do activities. He was great at organising the group and was happy to share his knowledge on how to build campfires. He now goes on local walks with others from the groups and they plan to go to the Yorkshire Dales. Stuart says this is "something he couldn't have imagined doing before attending a session."







WRITING EAST MIDLANDS CIC  
- SURVIVING BY STORYTELLING,  
SUPPORTING CARERS

### ORGANISATION OVERVIEW

**Writing East Midlands is an arts organisation which provides opportunities for engagement across the region. We support people of all stages and abilities, from the hobbyist to professional writers, from children to older people, connecting them with opportunity and helping them to help themselves.**

We do this by running community projects, workshops, courses, mentoring relationships, one-to-one career development sessions, conferences, festivals and events around the region. We believe passionately that engaging with literature, innovatively, can bring people from different backgrounds closer together, and lead to positive social and health outcomes.

Over 15 years we have worked to increase access to creative activities amongst Roma communities, refugee and migrant communities, women escaping domestic abuse, young offenders, to reduce feelings of isolation amongst Older People, for agency and representation for autistic people and to improve feelings of wellbeing for people struggling with their mental health.

### PROJECT HEADLINES



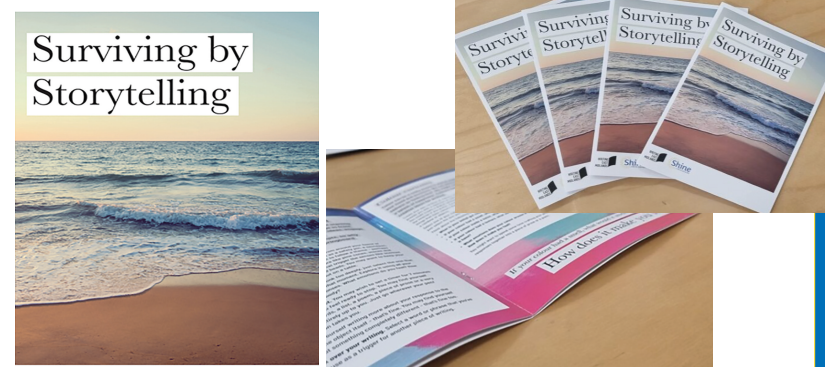
### PROJECT OVERVIEW

Writing East Midlands and Lincolnshire Recovery College delivered a series of free workshops, helping Boston and Lincolnshire carers to explore their mental health through creative writing and poetry. Writer and Assistant Professor of Mental Health, Dr Mark Pearson from the University of Nottingham, and Dr Helen Foster were on hand to lead a series of creative and fun workshops aimed at improving mental health and wellbeing. These workshops were specifically designed for carers of people with mental health difficulties and created a safe and secure environment to explore thoughts, feelings and experiences around their own mental health and helped to build resilience and self-awareness.

### PROJECT WINS

Based on feedback from 29 online participants:

- 97% would recommend the programme to friends and family.
- 69% felt less lonely and isolated.
- 93% felt listened to.
- 97% found a safe and non-judgemental space.



### IMPACT OF FUNDING

The funding benefitted our organisation by enabling us to expand our reach to a community that can be hard to engage with, allowing us to meet our objectives as an organisation by elevating lesser heard voices and stories in Levelling Up areas. It has allowed continuity from our previous project and provided further evidence that creative writing can improve mental health and wellbeing.

Writing East Midlands CIC

### Case Study One - Hannah

Hannah is a carer for her elderly mother who has dementia and a visual impairment. She attended an online writing/poetry workshop and disclosed that that day had been "a difficult day".

Hannah fully participated in the workshop and engaged with all of the activities delivered by the facilitators.

Hannah described how the workshop had been "a moment for me" and appeared to provide some respite from her caring responsibilities. Hannah said that some of the writing prompts had supported her to write about "a happy time" which contrasted with her current difficulties. Hannah also reported that she found it comforting to write about her father.

### Case Study Two - Paramjit

Maintaining a connection with participants can be difficult in an online setting, with the facilitator and other participants.

Paramjit was a regular attendee at the online workshops. As a carer for her disabled daughter, she reflected on this relationship in her written work. She always participated and gave insightful feedback. Due to an injury Paramjit was hospitalised for a couple of weeks, but she was able to join us on Zoom from hospital.

Both facilitators and group members were delighted that Paramjit was able to join us from hospital. It indicated that she found the sessions an important part of her week.



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ACTS TRUST - THE RESTORE PROGRAMME

### ORGANISATION OVERVIEW

Acts Trust was founded by Alive Church Lincoln in 2006 and has a vision to see Empowered People Living in Thriving Communities. Working with local people who are passionate about making a difference, we have enabled and nurtured many great projects and initiatives that work towards this vision.

These projects are not designed to do things to or for people, but rather with people. This is what empowerment is about; not fixing people’s problems for them but creating opportunities for them to overcome challenges themselves and make a difference to their own lives and those of the people around them. We would love to see every neighbourhood within the city of Lincoln thriving as people are empowered and better connected to those around them.

#### Our current work includes:

- Lincoln Foodbank
- Lincoln Community Grocery
- Energize (youth work)
- Night Light Cafes.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Restore Programme is made up of four short courses designed to empower people to overcome barriers and succeed in life, supporting them towards their own personal goals, be it employment, increased motivation, financial stability, or managed wellbeing. The programme has been delivering courses since 2020 and they expanded the communities they serve, building on their success in and around Lincoln. The Programme was to anyone over the age of 16, it was free to attend, and people could choose to attend one, some or all of the courses. They are designed to connect together and provided holistic support and care for individuals, particularly for those with low confidence and high levels of anxiety.

### PROJECT WINS

- An unexpected benefit is an increase in participants’ interest to improve other areas of their lives and request for other courses that may be beneficial to them.
- Some participants reported increased motivation for job searching, while others were able to get the support, they needed through being signposted to the right organisations.
- Working together with participants to find solutions to relevant issues they are dealing with through discussion on the courses.

**RESTORE PROGRAMME**  
Helping you feel in control of your life.  
Sign up for one of our FREE courses today!  
(See over for booking information)

**LIFE READY**  
Life Ready is fun and accessible course designed to help you build strong foundations for your life.  
The course covers: Goal Setting, Self Worth, Sleep, The Environment We Live In and Healthy Eating (a practical cooking session)

**WRAP**  
Just as we might make a plan for maintaining and improving our physical fitness, WRAP (Wellness Recovery Action Plan) helps us create a daily plan for maintaining and developing our mental wellness.

**MONEY MANAGEMENT**  
As part of the course we create a daily wellness plan, discuss triggers and reflect on daily warning signs we can watch out for that show when we're not feeling well. WRAP also puts together a plan for when things are becoming more difficult.  
This course will help anyone to get more in financial control so they can save, give and prosper.  
The CAP Money Course is a money management course in a course designed by the award winning sector counselling charity, Christians Against Poverty.

**JOB CLUB**  
Unemployment plays a huge part in UK poverty, with upwards of one million people out of work. As rejection letters pile up, many people are left feeling hopeless.  
GAP Job Clubs help jobseekers gain the tools, skills and confidence to step back into employment. Our combined practical and emotional support is with the Department for Work and Pensions highly recommended service.

All courses available at: Emmsay | City Centre | Birchwood

For the full course details, please see the full QR code below.

**SIGN UP FOR ONE OF OUR FREE COURSES TODAY!**  
Visit [acts-trust.org.uk](http://acts-trust.org.uk) or scan the QR code

For more information contact [info@acts-trust.org.uk](mailto:info@acts-trust.org.uk) or 01522 842399

acts-trust.org.uk | Registered in Lincolnshire, Lincolnshire, L11 2JH

### IMPACT OF FUNDING

The funding enabled the full execution of our plans of meeting with the needs of people in our community through helpful courses. It facilitated the provision of equipment for the courses, production and purchase of course learning materials, other related course resources and items for hospitality during course sessions. Also, the payment of the project staff salaries was made possible.

Acts Trust

#### Case Study One

A university student attended the half day ‘Minin WRAP’ course. She was struggling with different pressures, including acclimatising to being in a new country and dealing with the challenges of entering a new education system. She was feeling overwhelmed and unable to thrive.

We supported her to recognise activities that help her relax. We also helped her identify the pressures in her life. Then we guided her through the process of making plans to regularly incorporate things that positively impact her mental health, into her everyday life.

As a result of the course, she now feels more confident and able to handle the challenges of her course. Also, due to the welcoming nature of the group and the ambiance of the cafe, she felt she wanted to colunteer in the cafe on a regular basis, giving her more opportunity to create friendships and learn the culture.

#### Case Study Two

A single mum who has a health condition that means she has to reduce her working hours worried her as she felt she wasn’t prepared to handle the reduced income. She had attended previous courses and asked for something that could help her manage her financial situation.

We invited her to the Money Coaching course where we guided her on how she could reassess her situation and spending choices, and identify sources of financial help that might be available to her.

She now feels empowered to set financial goals and commit to them, has gained skills to efectively organise her income and knows she can return to the course in the future.





AGE UK LINDSEY - BEFRIENDING PROJECT

### ORGANISATION OVERVIEW

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

The aim of our charity is to make later life a fulfilling and enjoyable experience by tackling issues older people face such as social isolation, loneliness, and poverty.

#### Our social objectives are:

- To support older people to live independently and safely in their own homes.
- To support older people to be healthy and well in later life
- To help reduce levels of loneliness and isolation and the negative impact on mental health and wellbeing.
- To develop a range of interventions and services that can help older people to cope with challenging times in their lives.
- To work closely with older people to ensure they can participate in all aspects of our charity and influence its future direction.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Befriending Project operated across East Lindsey, particularly on the east coast, which is an area of high health inequalities and above average level of older people. We know that many older people live alone and battle with loneliness and isolation due to issues such as reduced mobility or bereavement, with no friends or family living nearby. The befriending project offered a range of support including face to face home visits, telephone support, help to access social and digital friendship groups, and the setting up of new groups.

### PROJECT WINS

From 126 participants:

- 83% reported increased wellbeing and confidence.
- 100% reported reduced negative feelings caused by loneliness.
- 14 volunteers recruited during the reporting period. Participants felt the sessions provided a safe, non-judgemental place to talk.



### IMPACT OF FUNDING

The funding has enabled our organisation to meet our target as documented in our strategic plan to provide social groups/ Activity groups to those who are affected by loneliness and isolation. We have been able to increase the number of clients we support through targeted use of the funding, to provide safe and welcoming environments for them to attend, by paying for rent of these premises. It has enabled us to provide not only basic ongoing training for our staff and volunteers, but also funded more in-depth training such as Mental Health First aid, and Safeguarding Training.

Funding the project has provided the catalyst to get the groups especially off the ground, through purchasing of advertising, posters, and fliers, as well as the purchasing of activity equipment for the groups to use once the funding has stopped. The groups now have sets of Bocce and Indoor curling, as well as more traditional bingo sets, which enables the organiser to provide a varied session. Finally, the funding has been used to provide part time employment for additional roles to support the befriending service as well as the face-to-face groups and virtual groups. Equipment has been used to monitor the training and performance of the team, as well as collate data to provide regular and timely information via required reporting.

#### Age UK Lindsey

#### Case Study

##### The Challenge

Bill lives alone after a recent breakdown of his marriage. He was struggling with loneliness and wanted to talk to other people.

##### The Action

Bill came to the first session of the Wainfleet group and continued to return. He was referred by Age UK Lindsey Thrive Team.

##### The Outcome

Bill looks forward to the next session. It has given him a reason to move on and talk in a safe non-judgemental environment. He particularly enjoyed the quiz.







# Art Pop-Up

ART POP-UP - CREATIVITY FOR WELLBEING PROGRAMME

## ORGANISATION OVERVIEW

A multi-award winning, non-profit community arts organisation. We create inspiring, thought provoking opportunities for creative discovery, participation and enrichment, to reach out to everyone in our communities.

Art Pop-Up's work runs workshops, exhibitions, events and festivals, opportunities to participate creatively and experience high quality programming. Participation is offered free of charge to ensure accessibility (except holiday workshops & masterclasses).

A collective of freelance practitioners, largely publicly funded, our major funders have included councils, Arts Council England (ACE), Shine, central government, National Lottery and Heritage Lottery Fund. Our work focuses on community engagement and outreach, working closely with many local community organisations, charities, schools, councils to achieve this, including MindSpace Stamford, senior and SEN care providers, the churches, Langdyke Countryside Trust, RBL and foodbank.

We are community builders.

## PROJECT HEADLINES

119  
BENEFICIARIES SUPPORTED

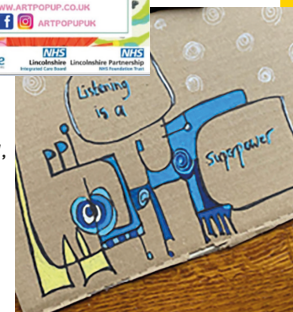
SIGNPOSTED TO  
10 ORGANISATIONS

## PROJECT OVERVIEW

Creativity for Wellbeing offered a programme of creative workshops for positive mental health benefits. Everyone could have a go; it doesn't matter if participants are 'arty' or not. The programme included opportunities to try expressive art journaling, a mindful workshop where participants could draw, paint, and collage in a sketchbook, a drop-in and doodle group with street artist, Korp, a makers 'crafternoon' to try different crafts or an afternoon to bring your own project along. When it was warm enough, there's was the chance to sketch outside in the garden.

## PROJECT WINS

- 100% of participants are more aware of ways in which to support their own mental health and wellbeing.
- 100% of participants have agency and ownership to look after their own mental health and wellbeing
- 100% of participants report increased feeling of personal wellbeing.
- 100% of participants tried something new, broadening their experience and social circles resulting in increased confidence.



## IMPACT OF FUNDING

With a 3-year agreement, participants are no longer faced with a break in support and the organisation is more resilient for this surety and able to plan effectively and manage capacity to ensure high quality consistent delivery. This regular programming is of huge benefit as the participants are able to dip in and out according to their need for support and we are able to manage this effectively. Regular funding also provides more security for APU staff who are contracted freelancers, allowing us to retain expertise and build relationships, knowledge and experience. The funding has also allowed the APU Director to focus on transforming the organisation to become a charity, with 2 new trustees and the appropriate governance. Charity status will be transformative for APU particularly in terms of access to wider funding/fundraising.

### Art Pop-Up

#### Case Study

##### The Challenge

EC has lived her whole life with dyspraxia, a neurological disorder that affects all aspects of her day to day living, mainly manifesting itself in retention and social difficulties. She feels that as a result of her diagnosis she has missed out on many social experiences and relationships over the years, negatively affecting her self-esteem and confidence. A couple of years ago EC lost her mum, which sent her mental health into sharp decline.

##### The Action

During a meet-up one of her friends suggested that she try the MindSpace boxing group. She was initially doubtful and hesitant, but agreed to go along with her friend and found that she really enjoyed it. She was made to feel welcome and signposted to a number of other groups including the Makers group, where she has regularly attended ever since.

##### The Outcome

EC believes that the Makers group has allowed her to freely express her creative side and has been able to engage with a much wider social audience during the session. She feels as though her anxieties around the loss of her mum have lessened dramatically since coming to MindSpace and she really values having the opportunity to come and share her worries with a trained listener.



BOSTON LITHUANIAN COMMUNITY -  
SPEAK YOUR HEART EASY

### ORGANISATION OVERVIEW

To provide social and educational activities for the people of Boston Borough and work with strategic local, regional and national partners and stakeholders on the realisation of the consolidation of a daily programme of grassroots community development work on artistic and cultural interventions that offer genuine opportunities to explore issues of nationality, identity, cultural differences and similarities with the underlying aim of getting people to better understand each other and ultimately live in a more harmonious, socially inclusive Boston.

We propose a new ideology in how to nurture, grow and ultimately create a more harmonious society. The group has objectives to develop inclusive activities, language lessons, and after-school clubs and events for children, young people, social clubs and cultural groups for adults and wider community, also to provide support for vulnerable and isolated people working in collaboration with local communities, NHS, public sector, media and individuals to promote equality and diversity, equal rights, community cohesion and integration.

### PROJECT HEADLINES

150  
BENEFICIARIES  
SUPPORTED

### PROJECT OVERVIEW

**Speak your heart easy** - translation, interpretations, free consultations this was a new project providing a dedicated support infrastructure to provide assistance to the most vulnerable members of the community who were struggling with mental health issues. The program offered translations, interpretations, and consultation sessions, available both in-person and via telephone to provide maximum convenience to those who need it. Trained group members were equipped with the knowledge to guide and support individuals in accessing essential services, reducing anxiety levels and providing a sense of comfort and security. With a regular point of contact available, those who struggle with language barriers so that they no longer need to feel isolated.

### PROJECT WINS

- A successful Christmas event engaged with over **400** people from various Lithuanian groups.
- **35** people benefitted from 3 English for Speakers of Other Languages courses.
- **30** people benefitted from counselling support.



### IMPACT OF FUNDING

The funding provided significant benefits to our organisation, particularly in assisting individuals within our group who are vulnerable due to mental health issues, physical and mental disabilities, and language barriers. Many of the individuals we supported lacked English proficiency, confidence in navigating healthcare systems, and essential IT and writing skills. Furthermore, they often struggled to understand which organisational approach for assistance and were hesitant to make phone calls. The funding significantly benefited our organization by providing crucial support for mental health and counselling consultations. Individuals accessing these services were offered the opportunity to receive support from psychologists who could communicate with them in their own language, ensuring effective and culturally sensitive care. Moreover, our organisation's network of sessional workers and volunteers, who assisted participants in navigating surgeries, medical appointments, and other healthcare-related activities, played a vital role in offering additional support and guidance.

**Boston Lithuanian Community**

### Jurate's Experience

*"For us immigrants who don't speak the language, don't know the law, can't go alone, Lithuanian Community's help, free services and the help for us to solve our different problems which we can't solve by ourselves is the biggest support.*

*"If there's a need to write something to universal credit, fill out documents. Something happened with my car insurance as it got cancelled, they helped with dealing with car insurance, so that it is insured.*

*"There's agencies with paid services, in that situation where a person doesn't even have enough money for livelihood, it's not like every time you could go and pay £30 or £40 or £50 for their services. We come here from 10am and bring documents to sort and for us they stay here until 3pm and 4pm and 5pm in the evening, they sit, if they start to help you to sort something out they don't even look at the time, they don't look that nobody's paying them, they stay until they help us to sort everything."*







BOSTON UNITED FC COMMUNITY FOUNDATION - PILGRIMS CONNECT

## ORGANISATION OVERVIEW

### Aims:

- Maintain Boston United at the heart of the community, building links between the club and all community sections.
- Use sport as a tool to motivate and inspire communities to improve health and wellbeing.
- Work with partners to deliver projects to improve academic achievement and employability.
- Support player pathways from grassroots to academy level.
- Promote social responsibility, tolerance and provide support to those in need.
- Develop projects and initiatives to meet community needs.

### Objectives:

- Deliver a range of sports-based activities creating sporting pathways.
- Support schools and education providers delivering a range of activities to engage young people through sport and the brand of Boston United.
- Offer and develop programmes into grassroots football regardless of age, gender or ability.
- Offer quality coaching with a relevant education package to produce young people with the ability to play football for Boston United.
- Offer a range of health and physical activity sessions to meet the needs of the local community.
- Deliver and increase access to a range of activities and projects for hard-to-reach communities.
- Offer work placements, volunteering opportunities and training to help people develop their employability.

## PROJECT HEADLINES

 **100%**  
OF PARTICIPANTS  
REPORTED IMPROVED  
SOCIAL  
NETWORKS

**55**  
  
BENEFICIARIES  
SUPPORTED

## PROJECT OVERVIEW

**Pilgrims Connect** Boston United FC Community Foundation (BUFCF) used the Sustainability Fund to continue the legacy of their successful Positive Pilgrims and Golden Goal Programmes. Through the use of sports, the well-known local brand of Boston United and the unique setting of the Jakeman's Community Stadium, the project worked to improve people's emotional and physical health, and reduce loneliness and inactivity, by providing physical and social opportunities for men and women of all ages to engage, participate and connect into the wider network of local services, help and support.

## PROJECT WINS

Of 55 participants accessing Pilgrims Connect:

- **24** women and **31** men attended.
- **35+** people regularly attended each week.
- **100%** reported improved emotional and physical health and wellbeing, improved awareness of local services and support, and improved social networks.



## IMPACT OF FUNDING

The sustainability funding allowed our organisation to achieve many successes within the first year of the project for our participants mainly and myself. I was able to obtain my Mental Health First Aid award, a very in depth but rewarding course. We have also been able to rejoin the Lincolnshire Ability Counts League which is a disability specific league for the Positive Pilgrims mental health football group. We previously had been on a hiatus from the league due to lack of numbers and commitment.

Golden Goal and other members of the community accessed the LIVES defib and CPR training. I felt this was vital for the over 55 group to partake in due to the high-risk factor for those of that age. The group found it very knowledgeable and a worthwhile skill to learn. The group have also had the Police Fraud Squad come in to talk about and understand all types of fraud.

The funding has also allowed us to offer travel services to our participants whose barrier might have been from getting from place to place whether that is because they can't drive or are not physically able to walk due to the distance or poor personal health. We managed to partner up with Boston Community Transport who have offered a quality door to door service for our participants to get to our sessions.

### Boston United FC Community Foundation

### JC's Story

On joining the Pilgrims Connect programme, JC was experiencing depression. The group welcomed him, at which point he was open and honest, explaining he needed something like this in his life since his wife had passed away. He went on to share some of their fondest and happiest memories together. Since he first joined, the group have witnessed JC develop a more positive mindset and he shares quizzes and jokes. JC has a heart condition which means he can suffer coughing fits but he gets involved in everything, regardless, and this has improved his management of the coughing. JC has renewed his connection to his peers.





BOSTON WOMEN'S AID - RURAL COMMUNITY HUBS

## ORGANISATION OVERVIEW

**Boston Women's Aid has been providing specialist Domestic Abuse services since 1987.**

Our services have grown over the years, as well as providing refuge for people from all over the country, we aim to reach people living in rural parts of South Lincolnshire which is reflected in our service name SoLDAS (South Lincolnshire Domestic Abuse Service).

We support Men, Women and Children who are living with or have experienced Domestic Abuse. Our team of dedicated and experienced practitioners are passionate about making a difference to people's lives. We strive to share our values and our message with the people we support, our partners and our stakeholders. We are a trusted voice within our communities. We are passionate and committed to making best use of our local knowledge and connections to reach our aspirations.

## PROJECT HEADLINES

SIGNPOSTED TO  
**9**  
ORGANISATIONS

**95**  
BENEFICIARIES SUPPORTED

## PROJECT OVERVIEW

The Rural Community Hubs project provided access to support for victims of domestic abuse across the rural communities of South Holland. The hubs provided free emotional support to victims of domestic abuse including discussing the effects of domestic abuse, offering advice around legal matters and referral to legal help, referring to the Multi Agency Risk Assessment Conference for high-risk cases to provide extra support and safety, completing applications for funding help and referrals to the freedom programme or counselling sessions. The hubs aid access to long term mental health and wellbeing support as well as practical support such as accommodation and children's education.

## PROJECT WINS

- 95 victims have been given a place of safety within their community
- 89 victims have been signposted to partner services to seek further advice.
- 42 victims have attended the Freedom Programme and counselling services where needed.



**NOT EVERY HOUSE IS A HOME**

**WE HAVE BEEN PROVIDING SUPPORT TO VICTIMS OF DOMESTIC ABUSE SINCE 1987.**



## RURAL COMMUNITY HUBS

Are you worried about your relationship?  
Do you need some specialist support and advice?

We can offer FREE Support for victims of Domestic Abuse in Boston, Holbeach, Spalding and the surrounding villages.

Spalding - Tuesday 10am - 2pm  
Boston - Wednesday 10am - 2pm  
Holbeach - Thursday 10am - 2pm  
Sutton Bridge - Thursday 10am - 12pm  
Long Sutton - Thursday - 12pm - 2pm

To book an appointment, please call 01509 811272 or email [advice@solldas.co.uk](mailto:advice@solldas.co.uk)



## IMPACT OF FUNDING

Since the start of the Sustainability funding, Boston Women's Aid has seen a huge positive impact in the support we offer to victims of domestic abuse in the local area. The funding has enabled us to sustain our 'Rural Community HUB' service in Spalding, Sutton Bridge, Long Sutton and Holbeach, enabling victims of domestic abuse to safely drop in and have an informal chat in a regular location.

We have been able to offer support to those who are further away from the main towns. This is vital for victims who do not have access to transport. Since the start of the project, we have recognised a large increase in demand for the service and we are receiving much higher levels of referrals than anticipated. It is also important to emphasise that when we are supporting victims within our Rural Community Hubs, the support reaches a wider scale of benefiting children, older children and wider family members too. Therefore, for each victim we support, the number of beneficiaries can extend to a much higher number, recognising the positive impact of those surrounding the victim, too.

**Boston Women's Aid**

## B's Story

### The Challenge

B was referred to us by Citizens Advice after it became apparent that B was experiencing a range of emotional, physical and economic abuse. On making contact B spent almost three hours with one of our hub support workers, talking at length about the relationship and the abuse he had suffered. He explained that all he wants is to see his children.

### The Action

We began to support B with a housing application and he was advised to report any incidents to the police. We sought an appointment for him to receive legal advice.

### The Outcome

Since these initial appointments B has been offered a new property and we have had him in touch with a charity that can help with home furnishing. B has met with a bank to seek support around obtaining his own account and he has begun to look into a college course. B has agreed to a referral for counselling and has signed up to cookery and money management courses. We continue to support him in moving to a life free of abuse.



**ORGANISATION OVERVIEW**

**Bridge Church Lincoln has been involved with community engagement and project initiatives for the past 18 years.**

Our charitable objectives are to ensure that people are at the centre of everything we do. They can be listened to, supported emotionally and practically, as well as be encouraged to volunteer and become active in the community. We run three community buildings, each one hosting a number of activities and projects for anybody to engage with.

We named ourselves 'Bridge' because we are passionate about building bridges and working in partnership. We pioneered the network of churches in Lincoln who were instrumental in developing the Night Light Cafes and we are also partner with the NHS in employing community connectors and developing wellbeing hubs.

**PROJECT HEADLINES**



**PROJECT OVERVIEW**

Bridge South wellbeing spaces on Newark Road, is where our Community Venue and Community Hub are based. Both spaces provided a warm welcome, where participants could have a free cuppa and check out the range of activities. If participants had little ones that need to burn off some energy, The Venue has a soft play for them to climb and use their motor skills with the wall puzzles. Participants had the chance to catch up with friends, play a board game and enjoy the buzz of community. If participants liked to read, then the Community Hub was a great space with 1,000's of books to choose from. Participants could get involved with cooking or baking sessions - a brilliant opportunity to showcase their talent or to learn new skills. If practical help was needed, we could chat to find out what is available to support participants individual needs.

**PROJECT WINS**

- Food bank helped over **3,500** during the reporting period.
- **15-20** people a week received mealsthrough the programme.
- Twice weekly Citizens Advice Bureau drop-in's held.



**IMPACT OF FUNDING**

The funding has enabled ongoing work to be developed, a quiet room has been created for 1 to 1 conversation, breastfeeding mums & for folks who are neurodiverse & find the noise of the shop/ café too much. We have also been able to extend and improve our food bank, maintain our CAB drop-in service, and offer hot drinks and hot food to every customer in our hub and warm space.

Bridge Church, Lincoln

**Case Study**

**The Challenge**

*Gentleman came into the Venue, couldn't talk clearly, looking very anxious, not walking well, clearly needing assistance.*

**The Action**

*A quiet space given, a comfortable chair to sit down, cup of tea, breathing exercises. Space & time needed. Reassurance given. After time, he began to tell his story, he was badly set upon by youths some time ago, has left him brain injured, with other physical problems. He's moving to more suitable accommodation, needed some help accessing services.*

**The Outcome**

*Through our help he was able to be signposted to the neighborhood team, the CAB, and the food bank. We were able to build a good friendship, he regularly uses the Venue & is a different chap. We were able to source a walking stick to aid walking. He's now comfortable, chatty, he's given me permission to use his quote .....*

*'This place has changed my life! I can come here when you're open & I leave happy, feeling like I've got friends & that I matter.'*







CITIZENS ADVICE SOUTH LINCOLNSHIRE  
- IMPROVING WELLBEING THROUGH  
ADVICE

### ORGANISATION OVERVIEW

We work to make society fairer by providing free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

We value diversity, promote equality and challenge discrimination. We offer a range of generalist advice and cover issues ranging from debt, benefits, consumer, family & relationship and consumer issues through face-to-face services, a telephone Adviceline and digital support. Additionally, we run dedicated projects to offer clients support around issues that affect them. We also provide advice in outreach locations where clients may find it difficult to make their way to our main offices. This includes:

- Specialist money advice
- A national foodbank helpline
- Energy advice programmes
- Local foodbank support
- Financial capability
- Migrant worker advice
- European Union settlement scheme.

### PROJECT HEADLINES

clients aged  
**18-91**  
supported

**225**  
BENEFICIARIES  
SUPPORTED

### PROJECT OVERVIEW

Improving Wellbeing Through Advice delivered advice to support wellbeing at MindSpace Stamford. Participants were able to speak to an adviser confidentially about a range of issues from benefits, debt, housing, employment, relationship issues, income maximisation and more. They were there to help beneficiaries find a way forward with the problems that they faced. We held specific themed days relating to certain areas such as debt and energy throughout the year. Participants were also able to use the MindSpace facilities and take part in activities (chat sessions, yoga, gardening and more). Drop-ins and appointments were available.

### PROJECT WINS

- Clients have been more engaged with the support being provided due to continuity of advisor and being in an environment they are comfortable in.
- **£183,450** of income claimed by clients. people attending sessions said that their health and wellbeing has improved.
- Clients age range was **18-91** years.

Citizens Advice at MindSpace Stamford			
Free confidential support available from our Citizens Advice representative. Drop in (see times below) or book an appointment. For appointments email info@mindspacesstamford.com or call 07563 383272			
2023	Monday	Wednesday	Thursday
Drop in times	12.30-2pm and 7-8pm	9.15-10.30am and 2.15-4.30pm	9.15-10.30am and 2.15-4.30pm
June		7th, 14th	1st, 8th, 15th, 29th
July	24th	5th, 12th, 19th	6th, 13th, 20th, 27th
August		2nd, 9th, 16th, 23rd	3rd, 10th, 17th, 24th, 31st
September	25th	6th, 20th	7th, 21st, 28th



### IMPACT OF FUNDING

The funding has allowed us to establish a much-needed advice service within the local town of Stamford. Increased working relationships between our organisation and MindSpace as well as other local support agencies who are closely connected with MindSpace such as the Foodbank and other local Wellbeing Hubs. The funding has allowed us to increase our presence within the local community which in turn has increased awareness of our service and the advice and support we can offer.

### Citizens Advice South Lincolnshire

#### Case Study 1

A 32-year-old single mother had been encouraged by DWP to set up a cleaning business. Client suffers from anxiety and did not understand the implications of being self-employed. Client did not understand she had to submit a Self-Assessment Tax Return and did not do so for the two years she was doing small cleaning jobs.

#### Case Study 2

Client received letters from HMRC with fines totaling £1300 which caused distress. Rang HMRC Extra Help team with client and they were able to take earnings and expense numbers from client, workout there was no tax liability and write off the fines. Client subsequently received written declaration which I helped her to sign in the right places and send off.

#### Case Study 3

77-year-old widow has been on Housing register to move out of private rental. SKDC launched a new housing portal which client did not understand and did not have the technological skills to action. This was causing anxiety as client was worried, they would drop off register. I helped client to set up his account online and complete the registration to stay on waiting list.

#### Case Study 4

Ongoing Support for a 74-year-old Ukrainian refugee. Helped them apply for Attendance Allowance and successfully applied for a grant of £398 for household goods from Friends of the Elderly.



CLIP - SEED TO SOCIAL

### ORGANISATION OVERVIEW

**Community Learning in Partnership (CLIP) is a Community Interest Company (CIC). CLIP has been operating since 2009, and is a part of Acis Group, whose homes and services help people to lead better lives across Lincolnshire, Nottinghamshire, Derbyshire, and South Yorkshire.**

The company's aim is to carry out activities which benefit the community - in particular to widen participation in learning, to deliver training and activities to raise aspiration in local communities and to provide opportunities for informal learning, voluntary work, and projects beneficial to the areas we operate in. CLIP delivers its activities across rural, coastal, and isolated communities.

We work with a diverse range of people within the community, from young persons aged 16+ years who have under achieved at school and with adults who are looking to refresh their skills - for personal development, family, higher education, or work. An integral part of CLIP's activities is in supporting and providing skills for people recovering from and living with mental health. CLIP works with over 2000 learners a year and has over 40 staff and sessional tutors.

### PROJECT HEADLINES



### PROJECT OVERVIEW

**Seed to Social** supported those struggling with their mental health. Delivered in our welcoming community café based in Market Rasen, we provided a package of support, tailored to individual needs, interests and aspirations. Alongside 1-2-1 support, Seed to Social offers: Create - provided the opportunity to be a part of creating something amazing, whether this be nurturing plants, making delicious treats, or crafting beautiful creations. Healthy Minds - provided an opportunity to take some time to focus on themselves, learn to understand their own needs and build their own solution toolkit. Confidence in the Café - Provided an opportunity to be part of our supportive community café team, participants could be involved whether it was behind the scenes or front house, they learnt new skills, grew in confidence, and really made a difference.

### PROJECT WINS

- Participants have progressed from the Sustainability activities into additional courses and groups held at the centres which would have been previously outside of their comfort zone.
- Participants have taken on volunteering roles both inside and outside of the setting.



### IMPACT OF FUNDING

The funding has allowed for us to engage staff to facilitate the growth in the groups and provide an exercise group for participants which has been done by professionals. It has also created a deeper understanding in the community of the different types of engagement and groups we run. This has cross referenced to other contracts outside of wellbeing such as LCC and interconnection within our housing teams.

#### CLIP

#### Case Study

##### The Challenge

*A participant was facing some challenges at home. She was physically struggling to keep on top of her housework and managing day to day jobs around the house. She was also struggling to move around her house freely as her mobility has recently got a lot worse. After a discussion with the participant, she decided she would like me to do a referral to adult services to see if there is any help available to support her.*

##### The Action

*Firstly, I discussed this with our DSL and completed a safeguarding referral. The participant and I made the call to adult services so we could discuss needs further directly with them. From this we have had to send some emails and further calls now just waiting too here from them.*

##### The Outcome

*This is ongoing though from the last call we have been advised that the participant has a referral to the occupational therapy team. They will contact the participant to organise a visit to see her physically needs and explore what aids can be provided to help her move around the house more freely and safely.*





CAMBRIDGE, PETERBOROUGH AND SOUTH LINCOLNSHIRE CPSL MIND - GOOD MOOD CAFE

### ORGANISATION OVERVIEW

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

We value the individual skills, talents and lived experience that everyone brings, co-production plays a key part in everything we do. We are committed to encouraging a supportive and inclusive culture across the whole organisation, and our communities, promoting diversity and inclusion, and eliminating discrimination. We have a range of services in Cambridgeshire and Peterborough. Following consultation in 2019 we began developing services in South Lincolnshire. We currently deliver Good Mood Café's in Crowland and Holbeach and Night Light Café's in Long Sutton. These provide informal safe spaces which help to connect people to their communities.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Good Mood Cafe offered everyone an opportunity to connect with people in their own community, as connection with others is good for mental health and wellbeing and can provide an instant boost to mood. Good Mood Facilitators were skilled in ensuring that everyone received a warm welcome and felt safe in the group. People were encouraged to engage in the conversation to the extent that they were comfortable. The facilitators also engaged with local groups, activities, and social prescribers so that they were able to support people in choosing local activities that would be good for their wellbeing.

### PROJECT WINS

- Participants experienced an enhanced sense of wellbeing and were able to recognise their own skills and strengths.
- Participants felt more connected to the people around them.
- Groups are now running as Good Mood Community Cafes, facilitated by the host organisations and including volunteers who were regular visitors to the groups.



### IMPACT OF FUNDING

Good Mood Cafés are an established part of by CPSL Mind's services in Cambridgeshire and Peterborough. They are commissioned by the Good Life Service, but the commissioning does not extend to Lincolnshire. The funding has allowed us to provide this popular and well received model in South Lincolnshire.  
CPSL Mind

### Case Study One - Jilly's Story

Jilly has a long history of poor mental health and has attended the Good Mood Cafe at Market Deeping regularly since it opened in April 2023. She initially attended every other week as she went to a church meeting on the alternate weeks. When Jilly first visited, she was quiet and very nervous. She said very little and would only speak when spoken to. In August the café facilitator introduced a weekly exercise where every visitor was encouraged to talk about something positive that had happened since their last visit. Around the same time Jilly started coming weekly and has gradually become a confident and integral member of the group. She now instigates conversation and offers peer support to other guests. She told us she looks forward to coming every week, especially enjoys the positivity, and feels uplifted after every session.

### Case Study Two - Ralph's Story

Ralph has been attending the Good Mood Café at Whaplode Drove from day one, only missing a small handful of sessions. He was suddenly bereaved in January 2022 and was struggling to adjust to his changed circumstances. With nothing but a convenience store in the village, he finds the café to be a valuable social outlet. Although already on speaking terms with most of the other regular visitors, he has made friends within the group, and they now often visit each other's homes. Ralph told us that the weekly sessions have been invaluable to him and that he looks forward to every Thursday afternoon. He has also started visiting the Market Deeping GMC and sometimes attends our Night Light Café. Although still understandably sad and sometimes tearful, Ralph is starting to enjoy life again and is far more talkative and outgoing than when we first met him.





## Darkside Rising CIC

Women's Health Organisation

### DARKSIDE RISING CIC- WOMEN'S HEALTH PROJECT

#### ORGANISATION OVERVIEW

Darkside Rising CIC is a non-profit, women's health organisation based in Lincoln.

We provide specialist exercise and strength training services across 3 major programmes:

- Women who are neurodivergent.
- Women who have complex health needs, such as those diagnosed with cancer, or neurological conditions.
- Women going through specific life-changes, such as menopause or the postnatal period.

Working in a personalised and inclusive way, we exist to:

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

#### PROJECT HEADLINES



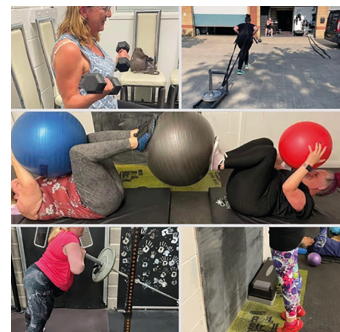
#### PROJECT OVERVIEW

The **Women's Health Project** provided two streams of specialist strength training and mental health support, helping women who have a mental health condition and are also menopausal, including peri- and post menopause or postnatal, including mum and baby session. 24 women per year (12 menopause and 12 postnatal) took part in small group strength training activities that:

- Began with a 3-week co-production phase, centring mental wellbeing at the heart of our work.
- Developed an individualised training programme for each participant, including mental wellbeing techniques such as mindfulness.
- Empowered resilience and self-sufficiency through confidence building and physical activity education.
- Facilitated social connections and peer support.

#### PROJECT WINS

- Participants reported reduced symptoms of depression and anxiety.
- Participants reported increased knowledge of women's health to support mental health.
- Participants reported improved confidence and self-esteem.



#### IMPACT OF FUNDING

We have been afforded the time to go through the process of transitioning into a charity from a CIC. We have met with the National Council for Voluntary Organisations (NCVO) to ensure we have covered everything in preparation to submit paperwork to the Charities Commission, which we plan to do imminently, following final checks. We have been able to improve our delivery by undertaking relevant women's health CPD training, to ensure we are up to date with our delivery as well as offering new insights to our participants. Both of these are allowing us to grow as an organisation moving forward.

#### Darkside Rising CIC

#### Case Study

##### The Challenge

*Struggling with symptoms of perimenopause and without a support system.*

*I've really struggled to make friends. Now find myself in my late 40s with no real friendship group or people I can rely on for help and support. My mental health got so much worse when I started perimenopause. It's been really hard to even motivate myself to leave the house some days.*

##### The Action

*Attending weekly strength training sessions on the Women's Health Project.*

*It was a little tough at first, to find the courage to attend. But all the communication to find out about the project and get enrolled has been so easy and friendly. It really helped me to feel safe.*

##### The Outcome

*Establishment of new friendship group improved mental health and trust that positive change is possible.*

*The group is wonderful. I look forward to it every week. Belle is patient kind and knowledgeable and I feel like I've made friends for the first time in years.*



DESIRE CHANGE CIC - BLACK BARN  
RURAL ESCAPES

## ORGANISATION OVERVIEW

Desire Change CIC operate a community farm based at Black Barn in Old Bolingbroke.

We have a focus on providing services to meet the need within our rural community. For all ages and abilities. 100% of our trading profits are used to help sustain the projects and activities that we deliver. Desire Change uses a Green Care farming approach to provide 'Farming for Wellbeing' activities.

We have a flexible, 'GREEN' toolkit for self-cultivation - facilitating Growth, Relaxation, Education, Encouragement and Nurturing. Learning to help yourself using what is around you, making best use of support networks, resources and the environment.

Based on a working farm, we offer social action opportunities, employment, skills sharing, personal development, education and health and wellbeing programme through a variety of therapeutic activities set in the contexts of gardening, food, farming, animals and an array of arts and crafts dependant on an individual's interests and needs.

## PROJECT HEADLINES

242  
BENEFICIARIES SUPPORTED

## PROJECT OVERVIEW

The **Black Barn Rural Escapes** programme was designed around positive mental health and offered the opportunity to meet with others or privately by yourself, in a supportive environment down on the farm. Taking time away from the stresses and strains of everyday life, meeting with others, enjoy a cuppa and cake or participants could take part in various activities around the farm including arts and crafts and animals. Spending time with our therapy alpacas and sheep, enjoying the tranquil environment that surrounds us. Age 18+ - There was no charge for these sessions, but booking was essential.



All the outdoor jobs for the animals gives people the motivation to move around. Some days it can be like a good gym workout!



Relaxing with the resident lambs



Spinning our own produced fleece from our sheep and alpaca friends. Great for working on concentration and learning new skills! We have been providing individual and small group sessions.



Crafting with natural materials  
Themed sessions  
- Lavender and the benefits  
- Peg Looming  
- Knitting



Small Group Sessions  
Time spent with others, sharing skills and building relationships  
Items being made for selling in our pop up shop  
- Helping to sustain the project!



## IMPACT OF FUNDING

Initial advertising was through local professionals and social prescribing workers. We have also advertised on our social media site. Due to limited spaces available and the referrals that we are getting, alongside repeat bookings, we have had to be careful about the amount of advertising that we have done.

We continue to liaise with our social prescribing workers who support our project on a weekly basis. We have also advertised on our social media site. Due to limited spaces available and the referrals that we are getting, alongside repeat bookings, we have had to be careful about the amount of advertising that we are doing.

## Desire Change CIC

### Case study

#### The Challenge

Client referred by social prescribing link worker. Diagnosed mental health. Feels very isolated and lacking confidence to get involved in activities in the community.

#### The Action

Introduction to the farm by the social prescribing worker.

Private session organised so farm is very quiet with little other people. Accompanied by social prescribing worker and social worker to first session. Black Barn staff opportunity to find out interests of client and needs. Sessions also arranged at New Life Centre in Spilsby.

#### The Outcome

Client attends fortnightly private sessions. During dry weather uses her electric bike to travel approximately 8 miles to the session. Great exercise! Has been regularly attending private sessions and enjoys crafts and the animals. Has been building confidence and is slowly mixing with others attending. Next steps to attend a small group Tuesday session.

## ORGANISATION OVERVIEW

### 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.

### Objectives:

- To encourage and enable people to access services.
- To empower people to speak out and seek support.
- To provide programmes of training and support to enable individuals to overcome personal barriers and improve their economic prospects.
- Building peoples strengths through acceptance and validation.
- To develop and maintain partnerships across the County to achieve collective goals.

## PROJECT HEADLINES

SIGNPOSTED TO  
**50**  
GROUPS & ORGANISATIONS

**47**  
BENEFICIARIES SUPPORTED

## PROJECT OVERVIEW

**Steps- Meet, Move, Mend (Repeat)** was a long term, 1:1 mentoring/ coaching support programme using a package of tools to help participants self-assess 'where they are' in their life. It took people from chaos to stability through flexible 1:1 support using Acceptance and Commitment Training (ACT) and newly included Deep Democracy Training. This provided the beneficiaries with a point of focus, engaging individuals effectively whilst encouraging them to take responsibility for their personal self-development and mental wellbeing. The end goal was to identify their strengths, be more resilient and improve their skills to stay well. Meet, Move, Mend (Repeat) introduced our newest element to this programme which included physical and practical opportunities for the group to cycle and socialise.

## PROJECT WINS

- **70%** of participants reported improved personal wellbeing.
- **70%** of participants reported increased confidence and self-motivation.
- **60%** of participants reported increased level of skill in managing and accepting challenging thoughts and feelings.



**A Step in the Right Direction**  
**MEET, MOVE, MEND (REPEAT)**

Free 1:1 coaching to help you make a change

Approaching Lincoln and Life differently

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ian.enright@developmentplus.org.uk

Get to know your bike or loan one/fix one/ride one.

developmentplus™

Shine Community Life Cycle



## IMPACT OF FUNDING

The funding has enabled DevelopmentPlus an opportunity to offer tailored support to people in Lincoln experiencing a range of significant challenges in their lives.

The funding enables us to embody our values (Supportive, Inclusive, Approachable, Committed and Empathic) and to take our time establishing rapport with participants, really listening to what it is that they wish to address or change. The freedom within the funding enables us to really offer a service that is participant led and extremely varied, depending upon where the work takes us, and how it develops over time.

The longer-term funding also provides us to gain a wider perspective on the kinds of issues that are impacting on people within wider society. The sustainability aspect of the work enables us to embed an approach that we know to be effective and efficient over a longer period of time, without the pressure of having to propose novelty in order to attract annual funding.

### Development Plus

### Case Study

#### The Challenge

Rob has primary reading epilepsy which is very challenging for him on a day-to-day basis. It is a very rare condition and impacts upon Rob's ability to undertake many of the daily activities we take for granted.

#### The Action

Initially we helped introduce Rob to Art Ninjas and Andy's Man's Club to try and help reduce his isolation. Then I supported him to complete a Personal Independence Payment (PIP) application supported by medical information. We have also supported Rob to secure Bromhead Medical Charity Funding so he can access counselling.

#### The Outcome

Rob and I continue to meet most weeks. He has attended a number of counselling sessions and is starting to understand his experiences better. Rob and I will continue to meet, guided by his priorities. He is starting to feel more hopeful..







GREEN SYNERGY - GREEN NATURE & NURTURE

### ORGANISATION OVERVIEW

Green Synergy is a Lincoln based gardening and horticulture charity that supports people to socialise, learn and thrive. Our work focuses on supporting people in the most deprived communities in Lincoln and across Lincolnshire to improve their mental and physical wellbeing.

Green Synergy enables people to learn skills for life, for work and encourages people to care for themselves, each other and the environment. Our charity delivers services including community gardening and therapeutic horticulture to improve people's mental and physical wellbeing as well as community engagement programmes to support people living at the heart of the under-served communities in Lincolnshire.

Our work brings communities together to create more quality green spaces in the city and re-connect people to the countryside, food production and green spaces. We have a community garden comprising a garden lawn, crop growing beds, heritage orchard, peace garden, sensory garden, children's garden and a wilding area.

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED



SIGNPOSTED TO ORGANISATIONS

### PROJECT OVERVIEW

The Green WRAP project aimed to support people experiencing mental health issues and to enable and empower them to improve their mental health and wellbeing through gardening, therapeutic horticulture, and wellness activities through self-care. At the heart of the programme is a gardening and therapeutic horticulture programme shaped to provide a safe space and utilising person-centred WRAP as a structured personal recovery programme that is used to promote, enable, and sustain recovery. WRAP uses nature's tools to promote self-care, recovery and wellness and enables people to develop their own wellness toolbox with an emphasis on what can be discovered and worked with in nature and green spaces.

### PROJECT WINS

Of 10 participants:

- 70% reported that they have gained new skills in gardening and social skills.
- 70% have improved confidence.
- 80% have highlighted their improved mental health.
- Participants have also explained that the sessions have reduced incidents of isolation and self-harm.



### IMPACT OF FUNDING

The funding supported us to expand our scope of work to understanding the proven WRAP methodology that has supported participants to discover simple, safe and effective tools to create and maintain wellness, develop daily maintenance plan to stay on track with their life goals and wellness, to identify what throws them off-track and develop a plan to keep moving and to provide support to stay in control even during crisis.

The Project has also benefited the organisation to foster positive partnerships with other health professionals, statutory organisations and charities.

A key benefit from the funding is enabling the resource to develop our Participant Pathway early in the deployment of the project. This enabled the focus on person centred support from initial referral through to 'Getting to Know the Garden' sessions to participants then joining the project sessions.

Green Synergy

### C's Story

#### The Challenge

C suffers with personality disorder and is recovering from a life changing stroke. She has struggled with negative thinking and how to manage her feelings when her physical and mental health are presenting a barrier for her to engage in activities. She was prone to sitting in bed all day with thoughts of failure and frustration.

#### The Action

C has been attending Green WRAP where we have been able to explore different types of thing and consider inner critic and inner coaching language. C also practiced positive affirmation and created a positive affirmation board for herself.

#### The Outcome

C came to a session and said how she reflected and accepted she was doing her best. This then allowed negative feelings to pass more quickly. She has since continued to make reference to the statement 'I am doing the best I can right now' as a way of helping her to overcome negative thinking and accept her new lifestyle.



# Happy Hooves

Equine Assisted Learning CIC



HAPPY HOOVES - SUPPORTING MENTAL HEALTH THROUGH ANIMALS

## ORGANISATION OVERVIEW

Happy Hooves (HH) was created to allow everyone, regardless of age or disability to be able to have meaningful, fun, therapeutic interactions with animals.

We are run by volunteers, several of whom are previous service users with a variety of different lived experiences. Our philosophy is that by working with our team of animals we can help enable everyone to have a voice by taking part in user-led sessions.

We offer a range of activities in either 1:1 or group sessions. We support people of all ages, particularly people with learning disabilities, anxiety, depression, mental health issues and autism.



## PROJECT HEADLINES

203  
BENEFICIARIES SUPPORTED

SIGNPOSTED TO  
6 ORGANISATIONS

## PROJECT OVERVIEW

In **Supporting Mental Health Through Animals** Happy Hooves expanded their existing services, outreaching to more people, bringing animals to disadvantaged people such as those with dementia, in residential care settings, hospitals and others. We improved facilities and welcomed many more people to our new group sessions aimed at supporting people to improve their mental health and well-being through different therapies in animal settings such as goat yoga, art therapy, journaling, and mindfulness techniques. We held a series of targeted group sessions for those with Autism, mental health problems, dementia, home educated families, SEN, carers, and other isolated groups were held during weekends/ evenings too.

## PROJECT WINS

- 85% of participants rated their experience as very good.
- The project exceeded its target beneficiaries and improved confidence.
- Participants reported making new connections, feeling listened to and feeling less lonely.



## IMPACT OF FUNDING

The funding has massively benefitted our organisation by allowing us to improve our level of mental health training for our staff. It has allowed us to pay some staff to run additional sessions and to open more days/hour which in turn has allowed many more people to access our service. We have been able to create a warm, private space for our service users which has allowed people to access us during the colder months and for individuals to have more privacy during sessions. This funding has meant we were able to purchase travel equipment for the animals so that we are now able to take animals out to visit settings such as day centres and care homes where people would otherwise not been able to access our service.

Happy Hooves

## S's Story

### The Challenge

S has short term memory loss and suffers with loneliness this includes not wanting to leave the house. S also has some mobility problems and struggles when on her feet for a long period of time.

### The Action

S joined us at our six weekly sessions aimed towards elderly people. At these sessions S shared her memories and experiences. She enjoyed getting involved in a range of activities e.g. gardening, animal handling, meditation, quizzes, and art therapy. S liked the fact she could do all these activities while sat down. She chatted whilst keeping her mind active on the task.

### The Outcome

S really enjoyed making friends, meeting the animals, and getting herself out of the house. S took a great interest in the meditation session where she learnt how to relax, breath and take a minute for herself. All of this helped stimulate her cognition and short-term memory. S has decided to start drawing again as she took a break from this. S is very keen to attend again when she can, she said it is a very calm, relaxed, welcoming and friendly place to be and will miss it very much. She also said the group made her day.







HILL HOLT WOOD - SPACES OF REFLECTION

### ORGANISATION OVERVIEW

Hill Holt Wood is a charitable Social Enterprise which aims to make a positive impact and effect change on local communities and the natural environment.

It achieves this in several ways:

- The education of young people, who often have barriers to learning and educational healthcare plans.
- Running a weekly mental health program for the last 10 years with 40 participants.
- Running weekly environmental projects open to all but especially those with mental health issues running contracts for the local council, including litter picking, countryside services, and garden maintenance for the vulnerable and elderly.
- Forestry operations and woodland management providing a Natural burial service.
- Hire of the beautiful Community Woodhall for a variety of events.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Spaces of Reflection combines heritage woodcraft and eco construction. This programme provided activities that immerse the senses, provided opportunities for gaining skills and help promote mental health and wellbeing. Participants were able to work as a team to construct installations and craft sculptural elements, using heritage woodcraft techniques, to enhance user experience of the spaces. Based in tranquil nature settings the programme used a thematic approach to activities that included the creation of a woodland megaphone, a nature screen and kingfisher bank and a living structure.

### PROJECT WINS

- 100% of participant said they felt supported in a non-judgemental and relaxing natural environment.
- 43% of participants learnt eco-construction skills that they could take away with them.



### IMPACT OF FUNDING

The funding has allowed us to continue to grow our reputation in this sector and has increased the number of people aware of our services.  
**Happy Hooves**

### Samuel's Story

*My name is Samuel L, and I am 28 years old. I live at home with my Mum, Dad and pet cat. I have a sister Rachael who lives in Cornwall. I have learning difficulties and suffer from seizures. I find some things hard such as reading, and maths and I have difficulties with tasks requiring fine motor control. I am strong and I am good at lifting heavy things and I am very sociable and love spending time with family and friends. I like to play with my model railway and on my Xbox. I play football for a disability team and train every week and take part in tournaments once a month. I attend the health program at Big Wood once a week and am doing the build project every other Monday. I go because I need support in my daily life due to my learning difficulties. I am picked up from home as I am not able to drive myself. I have support with using the tools and completing the tasks and keeping myself safe. I love all the aspects of being at the wood. I like meeting new people and learning to use tools. I like leaning about nature, I especially like checking all the paths are safe and that there is no damage.*

*The support from the people at the wood has increased my confidence, taught me new skills and given me new friends. I also like that I get lots of exercise at the wood to make me physically stronger. It also stops me getting bored.*

*I like everything and I especially like it when the activities are different each week My goal is to be much more independent and move from the family home into supported living. Being at Hill Holt Wood has given me the confidence to try new things and introduced me to people from lots of different backgrounds which has broadened my outlook. Completing a project like the shelter we made last year has also given me a real sense of achievement.*







HOPE MEADOWS EQUINE ASSISTED THERAPY CIC - HORSES FOR HEALTH

### ORGANISATION OVERVIEW

**Hope Meadows Equine Assisted Recovery CIC offers equine assisted therapies and activities to support the emotional well-being and mental health of children and adults living in Lincoln, Hykeham, and the surrounding areas.**

Our organisation is driven by conversations with people in these communities and rooted in what would help them to live well and build fulfilling lives. We are keen to make horses accessible to those in our local community who might need them, and that includes focusing on affordability. We have intentionally broad criteria, encompassing the whole spectrum of mental health, from emotional wellbeing concerns through to severe and enduring mental illness.

Our qualified and experienced staff work in a person-centred way to provide accessible, affordable, and compassionate equine-assisted mental health support. We currently have 3 pathways: Equine Assisted Therapies (1:1 and funded groups, for adults and children) Equine Assisted Activities (1:1 and groups, for children) Therapeutic Riding Programme (children only, currently limited to 4 sessions.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Horses for Health encompasses equine assisted therapy and therapeutic horse riding to allowed adults in the local community to access mental health support that is right for them. Clients could access 5 sessions of equine assisted therapy (free) and/ or therapeutic horse riding (£10) with the aim of improving physical and mental wellbeing. Clients had a safe space to discuss any difficulties and take part in equine assisted activities and interventions. Following the 5 funded sessions, clients could continue to access the Horses for Health project at a discounted rate, offering long term support. This project was suitable for anyone who felt that interaction with horses would benefit their mental health.



### IMPACT OF FUNDING

The funding allowed us to purchase Annie, the horse that we have used to develop the therapeutic riding programme, pay our running costs, and deliver both EAT and THR to a wide range of adults. It has enabled us to solidify the relationships we have with mental health teams, particularly having secured the funding for a longer period of time this provides a lot of continuity.

This project has also allowed us to expand significantly across the whole organisation; as more adult beneficiaries access us, they spread the word and this often results in children and young people coming to us for support as well. The net result of this is that we have been able to expand our staff team to meet demand, which has been a great outcome for the organisation. We are quickly becoming a key mental health service in our local community, exemplified by us recently winning North Hykeham's 'Contribution to Mental Health and Wellbeing 2024' Award. Which was very rewarding and meaningful.

### Hope Meadows Equine Assisted Therapy

#### Fiona's Story

##### The Challenge

Fiona described herself as having a mental health crisis and was seeking support for her anxiety in hospital. Fiona wanted space to talk about her thoughts and anxiety around living in a new home and returning to work. She wanted to find ways to be more independent and assertive.

##### The Action

Fiona worked with the horses to explore ways of being assertive and how body language can manage this. Fiona also practiced mindfulness whilst grooming the horses and on returning to work, felt this supported her. One session Fiona felt as though she had nothing to give so she gave Annie the horse a pamper, making her feel as though she was giving something back.

##### The Outcome

Fiona said: "The staff at Hope Meadows are always willing to listen. They have really helped with my severe anxiety by helping me use horses to stay in the moment. the horses are all a joy to work with also!"





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

### ORGANISATION OVERVIEW

The objectives of the CIC are to carry out activities which benefit the community and in particular (without limitation) to provide Equine Assisted Learning (EAL) in Lincolnshire for adults and children:

- with mental health problems
- with physical disabilities
- in residential care
- with life limiting illnesses and their families
- with behavioural challenges, anxiety, or depression.

Equine Assisted learning (EAL) is a unique learning experience that uses horses as active participants. It does not involve riding and no prior experience with horses is required. It's a very effective way for people to improve their confidence and self-esteem and enhance their communication and relationship skills. Horses make perfect learning partners as their natural responses give immediate and honest feedback about how we are interacting with our surroundings. We currently provide 1-2-1 and group sessions.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Horses helping to improve wellbeing, reduce social isolation and teach new skills beneficiaries attended the therapeutic horsemanship centre and experienced the benefits of Equine Assisted Learning (EAL) and work-experience: namely, improving their physical and mental wellbeing, confidence, and self-esteem, and enhancing their communication and relationship skills. The project also offered beneficiaries the opportunity to gain relevant equine work-experience, and train towards recognised qualifications, helping secure and retain fulfilling and rewarding paid employment, or returning to further education or volunteering.

### PROJECT WINS

From a sample of 20 participants:

- 85% felt their mental health had improved.
- 30% said they were more physically active.
- 80% said they felt more confident.
- 75% said they felt less isolated.



### IMPACT OF FUNDING

What we offer would be prohibitively expensive for most of our beneficiaries without the funding which allows us to offer sessions free of charge at the point of delivery. We are also able to offer beneficiaries as many sessions as they need rather than offer a fixed number of sessions which could potentially prevent participants achieving their maximum benefits from the project. The funding also allowed us to accept all referrals, enhancing our reputation with the health care professionals making the referrals to us.

Inspired Equine Learning

### Scott House - Case Study

#### The Challenge

Scott House offers a range of activities in the community and in-house aimed at maintaining or improving independence skills for people with a range of learning and physical disabilities or acquired brain injuries. They were looking for additional activities to challenge and engage service users, including volunteering opportunities and confidence and communication skills.

#### The Action

Two groups from Scott House attended 'IdEAL' at Sunset Farm. One group focused on work-experience, taking on stable management tasks and a second group participated in activities with the horses and donkey including grooming and leading them around the course to build confidence and communication skills.

#### The Outcome

Both groups from Scott House have grown in confidence and demonstrate their ability to understand and follow instructions. Caring for horses allows the participant to take on the role of caregiver for the horses, rather than being in receipt of care. The activities helped improve physical fitness and coordination. Both groups are still fully engaged with the project and plan to continue for as long as possible.



# Jubilee Church life centre

JUBILEE CHURCH - JUBILEE CAFE

## ORGANISATION OVERVIEW

We are a church group but welcome and encourage people from any faith or other protected characteristic to attend our projects. We seek to actively help those in need and develop a caring, integrated community with a real sense of belonging.

We are well situated with our own building which is easily accessible in the centre of Grantham where we act as a community hub.

We have become a community hub for Ukrainian refugees and see increasing numbers daily seeking help and support.

End of day food from the local Marks and Spencer is available at all cafes cafe with an open fridge/ bread basket. This is really helping many who are in financial hardship and struggling to choose between eating and heating. Our community kitchen where we teach basic cooking skills, budgeting, and healthy eating.

## PROJECT HEADLINES

202  
  
BENEFICIARIES  
SUPPORTED

SIGNPOSTED TO  
  
ORGANISATIONS

## PROJECT OVERVIEW

Jubilee Cafe is a friendly cafe located in the heart of Grantham for those who have poor mental or physical health and wellbeing, or other daily life challenges such as financial concerns, housing issues, lack of opportunity, loneliness / social isolation. They provided free refreshments, an open fridge/bread basket. The cafe supported those who have poor English skills and find it difficult to access the support/help needed. Migrants from over 70 nationalities many from ethnic minority groups visited the cafe and it welcomed the elderly, those with disabilities who were looking for a sense of belonging.

## PROJECT WINS

- 75% of participants report or demonstrate improvements in mental health and wellbeing.
- 78% of participants report or demonstrate stronger relationships and friendships.
- 65% of participants report or demonstrate increased engagement in the community.



## IMPACT OF FUNDING

The funding has allowed one to one focus on individuals, access to training and staffing levels that ensure support and safety support. Helped us worked through high volume of asylum seeker attendance and ongoing refugee support.

Jubilee Church

### Bunt's Story

#### The Challenge

Since coming in to the café, Bunt has revealed the tragedy that befell him 3 years ago. Losing his wife and son in the same year to different causes and 9 months apart has created a sense of loss that can only be guessed at. His resilience and charisma are a testament to his strength of character but he will freely admit that he lost his way and sense of purpose in life.

#### The Action

Our role has been to support and encourage Bunt as he finds a way forward, help him feel loved and wanted whilst avoiding any dependency issues. Encouraging Bunt to pick up the guitar again and to play for the joy of it. Create the sense of family in the café where he knows he is a part of this and has friends and support here.

Help him through the obstacles to accessing the social services support he needs to help with his physical needs and in turn his psychological needs.

#### The Outcome

He smiles and delight at the friendships he has made.

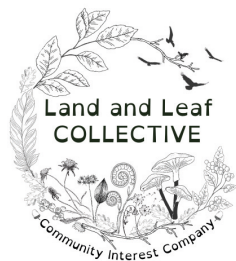
The fact that Bunt is a regular at the café, never misses a Monday or a Friday.

Bunt has the confidence to ask for help and assistance.

We all feel a close affinity with Bunt and look on him as more than a customer/user of the café.







LAND AND LEAF COLLECTIVE CIC -  
WOODLAND WELLBEING

## ORGANISATION OVERVIEW

Land and Leaf Collective is a Community Interest Company based in Lincolnshire, developed by forest school leaders.

Our sessions are open to all and aim to increase access to nature. We are committed to providing high quality forest school sessions with a percentage of subsidised and free places on every programme.

Forest school Sessions are transformational learning spaces which support mental and emotional wellbeing and enable participants to take control of their own learning and development.

We provide inclusive sessions for families with autistic children and funded forest school sessions in inner city areas. We also deliver multiple forest school programmes for home educating families, holiday clubs and in schools.

We continue to extend our provision, to offer more free and subsidised places and to develop a volunteer programme for young leaders.

## PROJECT HEADLINES

191  
  
BENEFICIARIES  
SUPPORTED

SIGNPOSTED TO  
  
5  
ORGANISATIONS

## PROJECT OVERVIEW

Woodland Wellbeing offered forest school sessions for home educated families, to support mental health and wellbeing; through community, skills development and nature connection. Forest school and drop-in woodland wellbeing sessions are free for those that would not normally be able to afford to attend and support the whole family to spend time together in nature and improving mental health and wellbeing. Programmes were open to all home educators or families whose children do not attend school, and inclusive forest school sessions for families with autistic children with anxiety. This programme offered a safe space for families who didn't feel confident to join other groups. Sessions were limited to six children and their parent/carer.

## PROJECT WINS

- Participants report that they feel part of a community and less isolated.
- Four families have seen their children progress to join our drop-off sessions. Parents often meet at this time to go for walks, lunch and support each other.
- All beneficiaries, whether participants or volunteers have reported that they take a more proactive approach to mental health and self care.

## Case Study

### The Challenge

A family regularly attending sessions with us have a history of parental mental health crisis (Parent B). The other parent (Parent A) is struggling with stress and anxiety, with little to no free time due to home educating their two children. The family have suffered tragedy in the wider family due to the mental health crisis of Parent B's brother, culminating in suicide.

### The Action

Parent A attends forest school each week with their two children. They feel safe in the community of parents and a talking circle offered chance to discuss their own emotions, fears and concerns resulting from the suicide. Parent A identified that they would benefit from counselling. Other parents at the forest school care for the two children enabling them to attend counselling sessions. Forest School leaders talk to the children about the death of their uncle.

### The Outcome

The family feel supported and able to meet their own mental health needs. Parent A continues to access counselling services. The children feel safe to talk to other adults about family events.



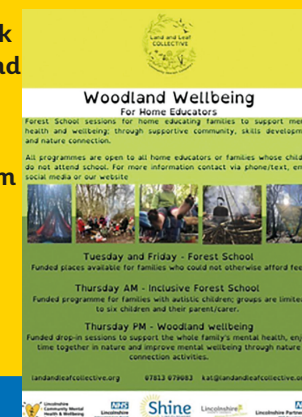
## IMPACT OF FUNDING

The funding has enabled us to increase the offer and variety of sessions available to families. By delivering funded sessions year-round we have been able to provide a level of consistency for beneficiaries and provide ongoing support. We are reaching more beneficiaries and have raised our profile locally.

It has enabled us to pay one director to work full time, supporting business development and ensuring high staff presence at sessions and a strong volunteering offer.

We have completed the accreditation to become a Forest School Association provider, staff CPD in Therapeutic Skills for Outdoor Leaders, becoming a National Therapeutic Forest Network practitioner, and all our directors and casual staff are now Mental Health First Aiders.

We continue to work with the Autism Research Innovation Centre at the University of Lincoln and we have been able to extend the scope of research  
Land and Leaf Collective CIC





South  
Lincolnshire  
Blind Society

LINCOLN AND LINDSEY BLIND  
SOCIETY - BY MY SIDE

### ORGANISATION OVERVIEW

We have, since 1921, provided services to people with a visual impairment to gain the skills needed to live as independently as possible.

Our aims are to make life easier for local visually impaired people whatever their age and personal circumstances, to enable them to keep active and independent in all aspects of daily living.

The emphasis of our work is firmly based upon enabling people to maintain and increase their independence. Our area covers North Lincolnshire, Northeast Lincolnshire, East Lindsey, West Lindsey and Lincoln City.

Our services include:

- Sight Impairment Officers
- Resource Centre
- Talking Newspapers
- Befriending Service
- IT Support
- Visual Impairment Awareness and Sighted Guiding Training



### PROJECT HEADLINES

137  
  
BENEFICIARIES  
SUPPORTED

SIGNPOSTED TO  
  
ORGANISATIONS

### PROJECT OVERVIEW

By My Side provided an individually tailored befriending service, which involved volunteers in social activity with clients in their own homes or within social groups. Home visits provided practical help, including reading correspondence, accompanied shopping, emotional support or companionship. Social groups were run by local volunteers and included activities such as ten pin bowling, reading, craft, friendship and walking. The project offered visually impaired people a range of opportunities to alleviate diminished mental health, encourage greater community inclusion, offered improved access to services and helped to enhance life skills and quality of life.

### PROJECT WINS

- 97% of participants reported that their quality of life had improved.
- 97% of participants have improved access to services and opportunities.
- 60% of participants report feeling less lonely and consequently report improved general wellbeing.



### IMPACT OF FUNDING

The funding has raised the profile of our organisation within the community and therefore raised awareness about the issues faced by people with sight loss amongst the general public. The funding has enabled us as an organisation to support and develop our social groups and make them sustainable. We have been able to connect and support more clients and their relatives which in turn, through the befriending service, improves the health and wellbeing of people who otherwise would be suffering from social isolation and loneliness.

Lincoln and Lindsey Blind Society

### Case Study

#### The Challenge

Rural isolation is a major issue in so many parts of our County. It may seem idyllic initially to be living in a small village or hamlet when you are independently mobile but that changes drastically when ill health and of course sight-loss happens. Such is a lady newly diagnosed with a progressive eye condition, mobility issues and living in a remote area with no public transport at all.

Our lady had previously enjoyed a very social existence, being a reader at the local Primary school and taking part in various activity and craft groups. Since she lost her husband last year she is well supported by her daughter, however her daughter has work and children to manage - time is a major issue for her.

#### The Action

We arranged a meet up with a volunteer also facing mobility issues and ill health. The two of them have a lot in common and get on very well, the volunteer can visit for a couple of hours a fortnight both ladies say that it makes a huge difference to their wellbeing. Some weeks later a new volunteer living not far away from our lady arranged to pick-up our lady on her own way to the social group and take her home afterwards.

#### The Outcome

Perfect solution - both ladies enjoy the outing and the companionship with each other and with the group.





LINCOLNSHIRE ACTION TRUST - LAT  
WOMEN

### ORGANISATION OVERVIEW

**Working toward the care and resettlement and rehabilitation of individuals involved in the criminal justice system, and those at risk of offending and their families and dependants primarily but not exclusively in the County of Lincolnshire.**

To provide, promote, support or organise the recruitment and training of individuals involved in the criminal justice system, and those at risk of offending, and to assist them in finding employment and accommodation and to rehabilitate themselves; To further and promote the study of and research into all aspects and methods of the prevention of crime, social exclusion and delinquency and to obtain and make records of and disseminate information concerning the same; To relieve the suffering of families and carers whose lives have been affected by substance misuse in Lincolnshire by providing support and information to help reduce drug and alcohol related harm.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Women's Service in Lincolnshire was open 5 days per week on a normal working week of 9am to 5pm. Practitioners provided one to one support and group work for the women, many of whom experience extreme disadvantage to their mental and physical wellbeing which is driven by a range of issues such as enduring long-term mental health conditions, substance misuse, suffering from violence and exploitation and imprisonment. The women who engaged with our service required bespoke interventions that supported and signposted across the wide range of issues so that we could see a difference in their wellbeing and mental health. Our groups focused more on broader needs that can be dealt with in a group setting such as sexual health, diet and exercise, looking for work and general wellbeing. One-to-one work supported with accessing appropriate GP and mental health support, signposting to help with substance misuse and working on a personalised, co-produced development towards their own wellbeing.

### PROJECT WINS

- 10 PIP applications supported.
- 23 medical appointments booked with support and 13 GP appointments supported.
- 16 food bank referrals.

**WOMEN RISE PROJECT**  
Human, Holistic, Sustained Engagement

**SUPPORT FOR YOUR WELLBEING**

**For Women in East Lindsey**  
Alford, Louth, Horncastle, Skegness, Mablethorpe and surrounding areas.

**Services**

- Personal wellbeing
- Relationships
- Accommodation support
- Debt and Finance
- Lifestyle

Contact Lisa Edge on 01522 806611  
or WomenRISE@latcharity.org.uk  
www.latcharity.org.uk

Lincolnshire Shine  
Lincolnshire Partnership  
Lincolnshire Action Trust  
LIVES Lincolnshire



### IMPACT OF FUNDING

The funding enabled us to pay for the staffing resource with the specialist skills and connections to deliver this project. Lisa is well placed professionally due to her years of work one to one and in group settings with women that are unwell and involved in the Criminal Justice System (CJS). It has supported us to extend the services that we currently deliver through Probation and Police Custody to support those women that require intensive wellbeing support when they come to the end of the statutory provision of such services. This has proved enormously beneficial to their wellbeing and has supported women who otherwise would have been left ignored by the system.

Lincolnshire Action Trust

### Case Study

Client has autism but has never received any support and has mobility issues and had to stop working have supported client with Successful application to Pip, Completing ESA application, Engaging with mental health.

As relationship developed realised that where she was living with parents was not the best for her emotional wellbeing. Mother has dementia and can be aggressive and father is struggling to cope and be supportive to Client. Mother recently discharged from hospital home care put in place but not attending, house was a hoarding situation. Realised that by addressing parents support needs it would help to improve client's wellbeing and also give her confidence to engage with services for her parents and herself.

Supported with contacting adult social care with concerns and ensuring mother was opened to adult social care. Requesting GP home visit, referring to carers first/age concern and emotional wellbeing. Supporting to complete carers assessment council tax forms and financial assessment. Clients' confidence in addressing and following up with services has improved she has also come to group regularly. I am continuing to support client to find appropriate accommodation DTR completed Housing register and referral to Framework. Client has not trusted anyone before and has benefited from engaging with this service she feels listened to and understood and has started to believe in her own worth.







MOULTON MEDICAL CENTRE PPG -  
TIME TO WALK AND TALK

### ORGANISATION OVERVIEW

The aim of this PPG is to facilitate good relations between the staff of the Moulton Medical Centre (MMC) and patients by:

- Working collaboratively and positively with the MMC to improve services and facilities for all patients and to act as a sounding board for practice staff on issues affecting patients.
- Building two-way communication and co-operation between the MCC and patients, other individuals and organisations in healthcare, and the wider community to the mutual benefit of all.

The objective is to:

- Act as a representative group to support the practice and influence local provision of health and social care.
- Provide a forum for ideas on health promotion and self-care, and support activities within the practice to promote healthy and independent lifestyle choices.



### PROJECT HEADLINES



### PROJECT OVERVIEW

The **Time to Walk and Talk** project was developed to target the most impactful areas on an individual's health, as identified by the patient participation group. One of the main areas identified was how significant isolation impacts on an individual's mental health. As such the group developed opportunities for people from a range of age groups and life experiences to socialise and/or exercise in safe areas where they can come along and get involved or, read or chat amongst themselves. The offering included a safe space for drop ins and wellness sessions, activity groups based around yoga and walking, and an advice and support service including a counsellor.

### PROJECT WINS

- The project has seen people from a range of ages, but principally elderly people, come together to chat and laugh together.
- Rural isolation is a real issue in this community and this group has grown to be something that people look forward to each week.
- Unexpected benefits have included local members of the PPG being inspired to start additional activities including Mental Health Support Group.



### IMPACT OF FUNDING

The funding has enabled the PPG to grow its membership and build a more positive and active relationship with the patients / residents and the Practice. It has enabled us to develop our social media for more general communication with the local community.  
**Moulton Medical Practice PPG**

### Sue's Study

#### The Challenge

Sue is 71 and in reasonable health. She was lonely since the loss of her husband some years ago. Although she had a number of friends, her life was not very fulfilled as although she is a sociable type of person she didn't know where to go.

We send out text messages to all our patients over 55 each month about our wellbeing groups and she decided to come along to one at the beginning of the year. As a relationship developed we realised that where she was living with parents was not the best for her emotional wellbeing. Her mother has dementia and can be aggressive and her father is struggling to cope and be supportive. Her mother was recently discharged from hospital with home care put in place but not attending. The house was a hoarding situation. We realised that by addressing Sue's parents support needs it would help to improve her wellbeing and also give her confidence to engage with services for her parents and herself.

#### The Action

We supported with contacting adult social care, requesting a GP home visit, referring to Carers First, Age UK and emotional wellbeing, completing a carers assessment, council tax forms and financial assessment.

#### The Outcome

Sue's confidence in addressing and following up with services has improved and she has also come to group regularly. We're continuing to support Sue to find appropriate accommodation through the Housing Register. Sue has not trusted anyone before and has benefited from engaging with this service. She feels listened to and understood and has started to believe in her own worth.



### ORGANISATION OVERVIEW

**Magna Vitae is a not-for-profit charitable trust set up to deliver Health, Leisure and Cultural services. Magna Vitae's aim is to improve the lives of people within East Lindsey through Sport, Art, Health and Culture. Magna Vitae has charitable objects which includes the promotion and maximisation of community participation in health and recreational activities.**

Our Vision is to improve the wellbeing of our community, enabling people to live great lives. Our Mission is to clearly demonstrate proactive and innovative leadership, that will generate positive changes in the areas of social and economic inequality. We are committed to empower local people by reaching out with humanity and compassion. Magna Vitae's values are that we are in this together; we embrace change; we are always learning, and we celebrate differences.

### PROJECT HEADLINES

**85**  
  
**BENEFICIARIES SUPPORTED**

**SIGNPOSTED TO**  
  
**8 ORGANISATIONS**

### PROJECT OVERVIEW

The **Ageless and Agile** programme provided weekly, inclusive sessions at each of the four Magna Vitae leisure venues in Louth, Skegness, Mablethorpe and Horncastle. Sessions provided the opportunity to meet up and be supported in addressing lifestyle issues around topics such as food/nutrition, mental wellbeing, I.T, as well as providing different types of physical exercise.

### PROJECT WINS

- Some participants have continued meeting up outside of the sessions and have attended NHS events together, providing that peer support.
- Rural isolation is a real issue in this community and this group has grown to be something that people look forward to each week.



### IMPACT OF FUNDING

Introduction of some people to leisure environments who wouldn't have accessed without this group, which in turn encourages them to attend on other occasions to take part in other activities. Several participants have joined the sessions after being introduced to leisure venues through the One You Lincolnshire programme. As found in the pilot project, Ageless and Agile proved to be an alternative for social activities when the gym wasn't suitable, some have attended alongside the gym and swimming sessions.

The team at the Horncastle pool have commented on the increased numbers and the positive interactions in the group which offers additional engagement for not only the Ageless & Agile group but other members too.

**Magna Vitae**

### Case Study

#### The Challenge

*V moved to Louth from Southampton to be closer to her son and his family in 2021. She was told that she was borderline diabetic and came along to find out more about the condition after seeing a post about a diabetes workshop. Here she heard about the Ageless & Agile sessions and as she was new to the area, she thought it would be a good chance to get out and meet new people.*

#### The Action

- Nutrition information has helped inform V about how to manage diabetes.
- Met new friends and has the opportunity to chat with others at the leisure centre.
- Learned lots about a wide variety of topics.
- Took part in many physical activities including chair-based exercise, tai chi, boccia and other games.

#### The Outcome

- V knows her new area much better and as visited new places such as the Tennis and Bowls centers in Louth.
- Hopes to carry on attending sessions – at 80 years old she says is not likely to move again.
- Is less reliant on her family and always looks forward to Thursday afternoon's activities with her new friends.



**ORGANISATION OVERVIEW**

Old Wood Organic is a community interest company working to develop a healthy, happy nature connected community. Our vision is for a society where people have the access to and understand the importance of engaging with and caring for green spaces to aid human flourishing.

We currently provide a free schedule of structured wellbeing programmes for 18+ that include horticultural therapy, Yoga, sustainable eco crafts, and mindfulness. The aims of the programme are to inspire people to be active and care for green spaces, eat healthy seasonal food, engage in structured enrichment activities, development of positive, physical, mental and emotional wellbeing practices, feel a sense of belonging in a natural environment within a supportive social group and engage with other local wellbeing services.

Additionally, we collaborate with Land and Leaf Collective CIC to provide forest school to support children and their families.

**PROJECT HEADLINES**



**PROJECT OVERVIEW**

The Woodland Wellbeing Programme provided free wellbeing activities delivered by nature-based facilitators with lived experience of mental ill health and health professionals. The programme included Horticultural therapy - garden related activities to promote wellbeing, including preparing the soil, planting seedlings and harvesting. Yoga and Mindful Movement - gentle body and breathing exercises for increased self-awareness and awareness of the natural world, often recommended for reducing stress, anxiety and depression. Sustainable Eco Crafts - creating art using nature material found in the woodland. Volunteering to engage with nature through therapeutic horticulture and restoring or conserving the natural environment.

**PROJECT WINS**

- 52% of participants reported feeling connected to nature and the community.
- 51% of participants reported improved mental wellbeing.
- 53% of participants reported they felt it was a safe, non-judgemental place to talk.



**IMPACT OF FUNDING**

The funding has enabled us to deliver courses to beneficiaries and review the outcomes. In delivering an evaluating our courses. We are designing an eco-therapeutic training courses to support organisations, community groups and individuals to eco-therapy practice and the value of nature and its benefits for wellbeing. This training will be for those that wish to facilitate nature-based interventions within their community. We aim to support a greater number of careers in the environment sector within Lincolnshire. The funding has enabled us to build our evidence base for a sustainable training model which will support the Transformation of the NHS and increased demand for Green Prescribing. Old Wood Organic CIC

**Case Study**

**The Challenge**

*I do run the risk of burn out where I get drained and want to cancel work and hide in my room under a duvet. I have suffered depression before so I feel myself slipping and usually deal with it before it gets bad.*

**The Action**

*I contacted Atma and asked if I could join the Yoga for Mental Health course.*

**The Outcome**

*I have been regularly attending the Yoga for Mental Health course. It has been really beneficial for my mental health and having only recently moved to Skellingthorpe I have been able to make new friends and feel part of a supportive community.*







OUTWOOD CIC - OUTWOOD

### ORGANISATION OVERVIEW

**Aims and objectives of Outwood CIC is to support and encourage individuals to improve their emotional wellbeing, their self-esteem and confidence through meaningful active participation in making items from reclaimed wood.**

Learning new skills, sharing skills, problem solving, being creative and above all reducing isolation by being in an environment with other people and building a sense of community. Current services that we provide - open workshop on Monday, Tuesday and Thursday evening. Booked sessions with organisations to attend the workshop to complete an agreed woodworking craft. Sessions booked at different organisations property, where the craft is brought to them - has worked really well at residential homes. Craft sessions are open to the general public with the activities for the time of year e.g. Halloween and Christmas.



### PROJECT HEADLINES

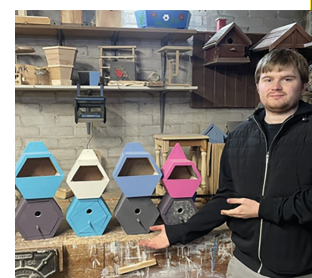


### PROJECT OVERVIEW

Outwood offered groups and workshops to local people giving them the opportunity to engage with others whilst learning and sharing woodworking and craft skills. Outwood promoted positive interventions to improve mental wellbeing and gaining confidence to continue their personal recovery. The project supported people with their recovery from mental health issues and to gain support in a non-clinical way, and to continue their recovery through meaningful activity. Providing the opportunity to learn and share skills in a relaxed environment, whilst engaging the mindful activity of creating items from reclaimed wood, participants built confidence and self-esteem to organically grow social networks and gain the confidence to continue moving forward in their recovery.

### PROJECT WINS

- Outwood has achieved all of its aims in terms of improving the wellbeing of its participants and the knock-on effect of this helping their friends and family.
- It has increased people's confidence and self-esteem, sense of purpose, created friendships and reduced isolation and loneliness.
- It has given participants new skills, sense of purpose, sense of belonging and a place to feel safe.



### IMPACT OF FUNDING

The funding allowed Outwood to open and support the community. It has allowed a wage to be paid to one member of staff. It has paid for resources, tools, machinery, general maintenance, rent, bills and insurance etc. **Outwood CIC**

### Case Study

#### The Challenge

When T started coming to Outwood he was living at his Mum's and was brought by Gemma (Social Prescriber). In November 2023 he was feeling emotionally stressed, lonely and anxious. He used to go to the gym and volunteered at the food bank and an allotment. These things had all stopped.

#### The Action

Since first coming to Outwood, T has found that listening to his Mum about how it might help him if he could live a structured life has been important. He says a lot of people have helped him to do this, including Simon. T started to come to Outwood on a Thursday when he came with Linda (Support Worker), then on Mondays too and later on his own on a Tuesday. Since coming to Outwood he has made planters, a Christmas tree, bug houses, a boat planter, a bird box, a key rack, a house number and a bottle opener. T has also made things for Outwood to sell and his favourite thing to make was the boat planter.

#### The Outcome

T now finds it easier to do things and it is easier to calm his mind down. He started to volunteer again at the food bank around February. He says he feels more confident in himself, his mood is okay, he feels better and it's easier to manage things. He says getting up in the morning is easier too because he now has a purpose again. He says he doesn't get bored as easily and wants to get on with life. Now he doesn't have as much thinking time and making things helps him. Now he likes to introduce himself and he enjoys chatting with people at Outwood. T was able to move back into his flat around December/January and says that Simon has been here for him through it all and he calms his mood down. Next, he would like to get more focus and to just keep it all going. He says he can't think of anything Outwood needs to do or ways to improve Outwood.





RESTORE CHURCH BOSTON -  
RESTORE PANTRY

### ORGANISATION OVERVIEW

Restore Church Boston is an Assemblies of God church dedicated to serving God and the local community of Boston.

In addition to church services, youth and children’s work, pastoral care and connecting with local schools the church run several community focused projects aimed at improving mental health and wellbeing as well as tackling homelessness and poverty.

In addition to Restore Pantry we run Restore Homes, providing housing for people who have experienced homelessness and have support needs including mental health problems, learning disabilities and addiction issues; Restore Kitchen, providing a free hot meal 5 nights a week to 30-50 homeless and vulnerable people. The church also run free community fun days at different points in the year which have a typical attendance of 150-350.

The church also run a warm space providing companionship, warmth and food as well as being able to signpost people to other services within the church and the wider Boston area.

### PROJECT HEADLINES

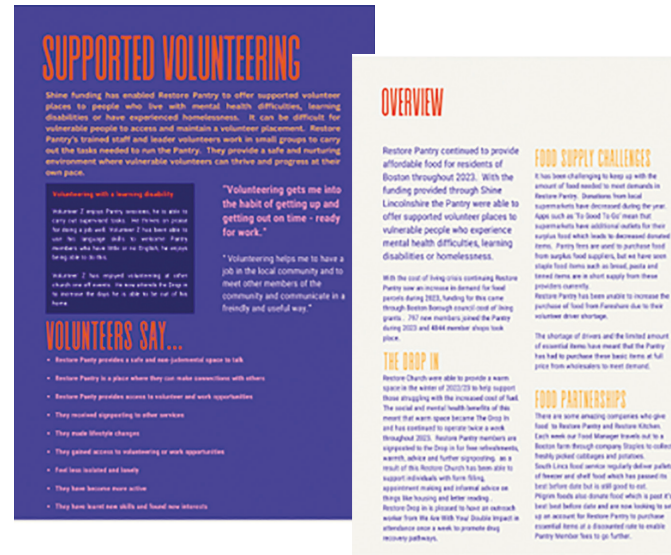


### PROJECT OVERVIEW

Restore Pantry is a social supermarket which aims to reduce food poverty through a low-cost membership scheme, it was open to everyone and saved people money on their weekly shop. The Pantry offered volunteer opportunities particularly for those who were marginalised due to their support needs such as those with mental health problems and learning difficulties. Volunteers were supported by staff and lead volunteers and learnt the skills required to stock a shop and to serve customers.

### PROJECT WINS

- 797 new pantry members during the funding period.
- 4,844 of individual pantry shops during the funding period.
- 15 volunteer placements supported.



### IMPACT OF FUNDING

Primarily, the funding has provided a salary and resources to staff, provided training and provided a consistent presence for those most vulnerable in our local community.  
Restore Church Boston

### Case Study The Challenge

Volunteer W lives in Supported Accommodation having experienced Homelessness. He has mental health difficulties. Volunteer W was recently convicted of a crime and is on Probation. Volunteer W has formed a friendship with another resident in his accommodation, he is very caring and supportive of this resident but can find it hard to get away and make time for himself. Staff referred him to the Pantry to create an opportunity for him to have some space for himself and to learn new skills in preparation for looking for work or another volunteer placement.

### The Volunteers words...

“I enjoyed volunteering in the Pantry. It gets me out of the house and gives me something to do on my own. I really like working with Darren. I’m looking forward to carrying on.”

### The Outcome

Volunteer W was initially very nervous about attending his first volunteer session. He really enjoyed being there and said that he could see that it really helped his mental health to have some space for himself. He is now looking forward to continuing to volunteer and mentions it every time he sees staff from his housing project.





SEAGULL RECYCLING LTD - THE ECOWELLNESS PROJECT

### ORGANISATION OVERVIEW

Seagull Recycling Ltd exists to offer a wide range of personal development and user-centred support services to our local community. We actively target the most hard-to-reach, isolated and disadvantaged groups in society irrespective of age, background or ability. Our mission statement says, “empower people to achieve their potential by undertaking environmental activities” and this is achieved through a user-centred approach to everything we do based in the forest and indoor facilities at the Eco Centre. Our activities reduce isolation, increase skills, offer personal development opportunities, improve physical and psychological health and wellbeing and break down barriers to participation/involvement in wider community activities at the Eco Centre in Skegness, or in community settings where appropriate. By offering such opportunities we aim to strengthen the local community by engaging locals with support activities that have a positive impact on their lives moving forward, thus increasing social cohesion and connecting people with each other.

### PROJECT HEADLINES



### PROJECT OVERVIEW

The Ecowellness Project created a user-centred suite of healthy, engaging and relaxed activities that impacted positively on users’ overall well-being. Sessions were 7 days a week, at times to suit user needs. It will appeal to all irrespective of age, ability or background. Activities such as gardening and bushcraft, yoga and tai chi, walking and talking, forest art, hammock sessions, woodland bathing and much more were aimed at improving physical and psychological health, building new skills and engaging with others and offer peer support opportunities and signposting to extra support.

### PROJECT WINS

- The project has led to the engagement of more regular volunteers who have become involved in a way that benefits them just as much (if not more than) the activities they carry out.
- We have visibly seen the improvements in people’s physical health, their ability to mix with others, to support them building skills and taking part in activities totally new to them.



### IMPACT OF FUNDING

The funding has been a huge success and benefitted the organisation greatly. It has enabled us to offer dedicated staff time to meet, link with, then help and support lots of different groups and individuals and develop, plan and offer a much wider range of activities than we could ever have imagined. It has all been a huge success with far more people becoming involved than we had initially planned. It has given us the capability and capacity to develop a range of meaningful activities that have had and are having a real impact on beneficiaries lives and improving their lives significantly.

Seagull Recycling LTD

### Project Challenge

#### The Challenge

To look at how we advertise and market the project and see if improvements can be made. We initially planned to involve social media in our marketing but have found since the start of the project that word of mouth and recommendations have been the most common route.

#### The Action

We spoke with current beneficiaries to find out how they heard about the project and how they had heard of the benefits of being involved. Everyone said they had been told or seen how beneficial the project had been to another person.

#### The Outcome

We decided not to change our approach at the current time but thought it best to possibly undertake a social media campaign in the spring which we felt would follow a quieter winter period. Normally people struggle to engage with the Centre in January and February due to the weather. We felt that giving the project a boost after the quieter period would reinvigorate the numbers and the variety/range of people taking part.







SOUNDLINC'S LTD - SOUNDLINC'S UPBEAT!

### ORGANISATION OVERVIEW

soundLINC'S, a community music organisation, creates music making opportunities for people from all backgrounds to unleash their potential through music.

We share music-making information, resources, and toolkits; undertake workforce development; and work with academics to study social impact of music by sharing the insight gained with communities and stakeholders. soundLINC'S strives to provide a quality service for music and creativity, which achieves measurable social change, and which works in partnership with a wide range of agencies to provide and develop high quality, creative and innovative participatory opportunities. We work to find innovative and effective ways of achieving positive personal and social outcomes for and with individuals and communities. Our vision is that everyone has an opportunity to be empowered through music and we focus on the vulnerable members of our communities, using music as a tool for social, mental and health benefit.



### PROJECT HEADLINES

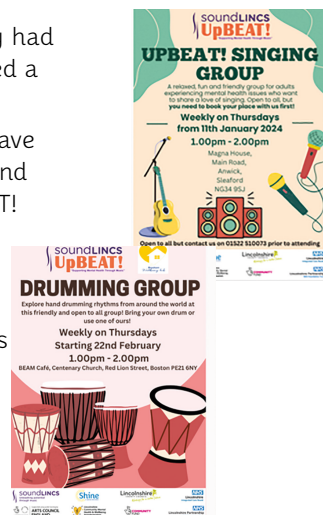


### PROJECT OVERVIEW

Sessions led by a Music Facilitator are co-created and crafted to the needs of the participants. There was provision for 1 Music Café per district, per month. Group sessions were aimed at bringing people together through music, creating and strengthening friendships, boosting mood, strengthening mental resilience, stimulating discussion, laughter and positively impacting mental and emotional health. These were delivered county wide with the flexibility to be either weekly or fortnightly depending on numbers and appropriateness for the locality. These sessions were designed to reach different demographics within the community, ensuring the right care, in the right place at the right time. These varied from working with those who are elderly and isolated to hosting workshops in Day Opps Centres where music has proved a popular and much appreciated resource in boosting mental wellbeing.

### PROJECT WINS

- 74% of those evaluated felt they had either learnt a new skill or gained a new interest.
- 75% of participants evaluated have expressed feeling less isolated and lonely after being part of UpBEAT!
- 100% of participants would recommend it to a friend and a whopping 78% of people made new connections and friendships from their UpBEAT! sessions.



### IMPACT OF FUNDING

The funding has helped soundLINC'S:

- Ensure the growth and continuation of the UpBEAT! Music service.
  - Provide musical support for over 1100 people across all 7 districts of Lincolnshire.
  - Support people with acute mental health diagnosis within respite care wards as part of their recovery and rehabilitation.
  - Offer more music events and activities to the local community.
  - Recruit new staff and volunteers.
  - Develop new working relationships or partnerships with other organisations.
  - Raise awareness of our organisation and services Improve our future planning, management, or governance. Consult with our beneficiaries.
  - Provide training for staff or volunteers.
  - Provide new opportunities for fun, connection, laughter, and friendship through music.
  - Support training for GP and Nursing undergraduates to understand the importance and value of creative Social Prescribing and the specific benefits of music on mental health.
- soundLINC'S LTD

### Participant feedback:

*"For me it felt like I was in prison after all this time being at home. Once I got the call from you, I felt so good, it was great to hear a nice happy chatty face at the other end of the phone and we clicked straight away. I felt I was free from it all and I was on top of the world. At the moment all is going well. I feel different inside myself. Something must be working for me!"*

*"Thank you so much for the music sessions. The session lifts me and sets me up for the rest of the day and gives me so much inspiration. The team at soundLINC'S are wonderful and make me feel so welcome and provide me with a wealth of information for other music activities I can get involved in."*





SOUTH LINCOLNSHIRE BLIND SOCIETY  
CIO - TIME2BEE

### ORGANISATION OVERVIEW

South Lincolnshire Blind Society (SLBS) established **Thive Community hub to deliver our extended services, breaking down barriers for vulnerable people who want to engage in a non-clinical environment.** Thive have established links with local businesses, Voluntary Centre Services (VCS), NHS partnership boards, neighbourhood teams and the local community. We have 106 years of experience of working successfully to support people with sensory loss and complex physical and mental health needs.

### We currently provide the following support groups:

- Women's Wellbeing
- Men's Mental Health Group
- The Place2bee
- Socialeyes
- VIP Book Group
- Arts, Crafts, and Laughs
- Knit and Natter
- Night Light Cafe
- Dementia Café
- Carers Support Group
- Benefits and Debt Management
- Sensory Garden and Allotment.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Time2bee is our community-based counselling service supporting people from 18 upwards to improve mental health and prevent escalation and deterioration. We provided a safe non-clinical space with an accredited counsellor helping people with anxiety, depression, suicidal feelings, low mood, bereavement, relationship issues and COVID related issues. Our counsellor received regular professional supervision from an accredited supervisor and line management in house, ensuring safe practice. Clients were invited in for assessment of needs, triage and signposting to other community and professional support services where required and appropriate. Clients were offered up to six sessions depending on need.

### PROJECT WINS

- Participants reported reduced anxiety and depression.
- All clients who have attended have provided positive feedback.
- A number of carers really appreciated being able to access the service.



### IMPACT OF FUNDING

This funding has benefited our organisation as we have been able to provide our participants with almost instant access to professional counselling support. Clients are able to access timely support in a non-clinical but professional setting that they are familiar with. Other clients who have accessed the service but do not participate in the group have benefited from coming in to a building that offers them discretion as they could be coming in to attend a group meeting and not just counselling. It has been a good opportunity for people to find out what we do and 'spread the word about our projects and services'. We have been able to promote the Thive and its brand far and wide and encourage more people to come and find out what's available and join in community activities. **South Lincolnshire Blind Society CIO**

### Case Studies

#### J's Story

*I had several counselling sessions last year; however, the pilot came to an end. Her husband has dementia and therefore she would have liked the sessions to have continued. Once we had funding for the sessions again in May 2023, I contacted her. The counselling sessions are an opportunity for her to talk about how she feels in relation to the situation. She has stated that the sessions help her on a daily basis, as a result with something that is impacting her emotions. I is very thankful for the sessions as this gives her a confidential space to talk without judgement. She feels she will continue with the sessions for as long as she needs and can afford.*

#### B's Story

*B referred herself to counselling as she had been attending the Dementia Café at the centre with her husband and had heard about the counselling sessions. We arranged to meet earlier in the year, and she benefitted from some counselling sessions in the pilot project. When she heard that we had set up again she asked if she could have further sessions. B feels that she needs someone to talk to about her past and how that impacts her on a daily basis. She is now having further counselling sessions with myself to explore how she feels and make plans to live a fulfilling life. She has explained that she is unable to tell*





ST BARNABAS HOSPICE - BEAMING WELLBEING

### ORGANISATION OVERVIEW

St Barnabas Hospice is an outstanding provider of palliative care in Lincolnshire, looking after 12,000 patients.

Hosting 6 Day Centres across the county, we also have 2 In Patient Units in Lincoln and Grantham. We are the leading specialists in bereavement support, delivering over 2,300 hours of 121 counselling, and providing 772 families with support with an additional 4,752 individuals supported with claiming income support assistance and claiming benefits, with over 5,100 referrals into the service.

Occupational Therapy team, work with patients to enable them to achieve their wishes, assisting over 1000 people this year and we have our own palliative care social worker, essential for complexities in care.

We also provide an unfunded expert Dementia service, to support families and carers, preventing crisis and enabling families with Dementia to have the support required through the whole journey through to the end.

### PROJECT HEADLINES



### PROJECT OVERVIEW

BEAMing sessions aimed to improve wellbeing in the community. Each session ran for 1 hour and helped people explore and learn a range of useful tips and techniques to support their wellbeing and mental health. The project included arts and crafts, mindful movement or movement to music, breath work, meditation and overall relaxation to help reduce stress, calm anxiety and promote selfcare. The project targeted people aged 18 and over and supports people to connect to themselves, to others and to their community.

### PROJECT WINS

- 100% of attendees learnt new skills to manage their mental health and wellbeing.
- 100% of attendees were made aware of other services and support available within their community.
- 83% of attendee felt more connected to other people within the community and confident to access support within the community.



### IMPACT OF FUNDING

Benefits for organisation have been:

- A volunteer supported into a paid facilitation role for the arts and crafts wellbeing group.
- Increased delivery, from 1 session per week to 2 sessions per week.
- Enabled a 5-day week offer for the Boston Wellbeing Hub and Satellite provision.
- Increased reach, new attendees and volunteering hours.
- Organisational reputation by gaining such positive feedback.
- Encouraged referrals/signposting to group from a range of services such as: Social Prescribers, SoLDAS, Community Rehab Team, Integrated Place Based Team.
- Raised the profile of the Wellbeing Hub offer. [St Barnabas Hospice](#)

### Case Study

- **What are the reasons you decided to come to BEAMing Wellbeing sessions?**

*I started to come to the sessions to have some time for me. The group and environment feel like a safe space, somewhere I can just be me. I am doing something that is good for my mental health.*

- **How has coming supported you, what have been the benefits?**

*I was a bit sceptical about meditation and yoga and thought I would be self-conscious. Because I feel safe, I can now close my eyes and not worry about what other people think and I don't feel judged. The meditation and art have helped me with quietening my mind. I have had a lot of stuff going on and my mind gets really busy. The sessions and what we do have helped me through a difficult time with my mum, who has been ill. These techniques help to take my mind off things for a while.*

- **Are you doing anything differently as a result of coming to the sessions? What are you proud of?**

*I am proud that I have come to these sessions on my own and that I feel comfortable in the group and can be me. I am doing some of the artwork at home which really helps me and I bring it in to show Heidi and Julie because I am really proud of it.*





STEPPING STONE THEATRE FOR MENTAL HEALTH - IN OUR OWN WORDS

### ORGANISATION OVERVIEW

Through creative endeavours such as theatre, singing, writing, storytelling; we offer companionship and a sense of inclusion, for people living with long term mental health issues and challenges.

We run online creative projects, such as podcasts, online live interactive sessions and writing groups. We offer a weekly walking group in which we encourage people to take gentle exercise and to disclose and talk about things which may be affecting their mental health. Members share their issues with us and each other and in this way, they are promoting good mental health and helping each other and themselves. This intervention means problems are solved before they get to crisis levels, grass roots, creative peer support. Aims are to destigmatize mental illness regardless of personal history and background and create a more compassionate community. Stigma is the number one reason why people do not often seek professional help and support. By making mental illness less 'scary' and more acceptable we are encouraging people to get help quickly and reduce the episodes that can reach crisis or even suicide. All this combined helps to alleviate loneliness and isolation.

### PROJECT HEADLINES



### PROJECT OVERVIEW

In 'Our Own Words' encouraged people with mental health challenges who wanted to write and present their stories in both a written and performance context. We wanted to print bi-yearly booklets and expand the work being done into performance readings, presented to peers and the general public. Shared and lived experience being the key. We developed a self-help book written by service users, for service users, their families and allies. In order to help boost confidence we also encouraged our participants to join in with the Singing Social and participate in a podcast. This was great way to develop more self-esteem and self-confidence.

### PROJECT WINS

- 4 major performances to over 500 people including West Lindsey District Council.
- 2 books compiled by 20 writers for the series 'In Our Own words'.



### IMPACT OF FUNDING

The funding allowed us to continue the excellent work we do in the mental health community. Part of the funding went on running costs. In this way we are able to guarantee that our two sessional leaders can continue to focus on the running of the Charity. We are a very small charity, so the funding managed by Shine is imperative. It also enables us to keep the splinter groups going, such as the walking group, the online befriending via the internet. It also allowed us to run the groups without having to charge a fee to any of the participants as many are on a restricted income. We were able to pay increased venue hire charges so our groups could meet in warm, safe spaces. It also made it easier for us to buy elevated price refreshments which were greatly appreciated and many of our participants come to the groups not having eaten.

Stepping Stone Theatre

### Andre's Story

Andre came to Stepping Stone Theatre (SST) over a year ago. He attended a workshop run by Kate Hull Rodgers at the X-Church then, as soon as SST set up a writing workshop at the Gainsborough Library, Andre was one of the first to join. He was referred to Stepping Stone via the social prescribers.

He, like so many before him, started off quite shy. The first thing we taught him was not to speak negatively about his own writing. Then we taught him how to take positive feedback by just saying 'thank you.' Slowly his story came to light.

Andre is 81 and is still grieving the loss of his wife. He has a dog to keep him company. During the writing group he mentioned that he wanted to learn to cook. We immediately referred him to Dine at the Bridge. He joined them on a Wednesday. This meant he now has two sessions a week and two reasons to get out of bed and two groups of people to get to know.

Not only is he happier in himself, but his writing is improving each week. In June Andre performed for Stepping Stone Theatre's eighth birthday. He had never done anything like this before. He was really out of his comfort zone. But encouragement came from the company and from leaders of SST and of course, from the round of applause he received. He has expressed gratitude to all of the group. He is a pleasure to know.





SUTTON ST JAMES BAPTIST CHURCH  
- SSJBC COMMUNITY HUB

### ORGANISATION OVERVIEW

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

Our aim is to be a welcoming hub for our community, listening to their needs and responding as we are able. Our activities are available to everyone regardless of whether they profess a faith or not. We do NOT actively proselytise during these activities or lay any expectation on people that they must take part in any of our overtly Christian activities such as our Sunday services. We simply invite everyone to enjoy being part of the SSJBC family and to share their talents and skills with others.

### Renew SSI provides regular activities for those over 18 every weekday including:

- Chair Exercise
- Cafting, Knitting and Crochet
- Digital Skills in conjunction with Tonic Health
- Community Choir
- Community Lunches
- Men's Breakfasts.

### PROJECT HEADLINES



### PROJECT OVERVIEW

SSJBC Community Hub is part of the Renew Wellbeing network of "quiet shared spaces where it is ok not to be ok" established around a rhythm of optional prayer. Their cafe style space offered a totally inclusive community and is open every weekday and currently one Saturday a month, ensuring there is always somewhere to go for a cuppa and a chat. The Hub operates on a donation basis thus enabling those on the lowest of incomes to be included. As well as a warm welcome and a great cuppa, the Hub offers a variety of other activities including crafts, a chair exercise group, knitting & crochet group, monthly community meals plus much more!

### PROJECT WINS

- Several of our current groups have come about because one of our SSJBC Hub family asked if they could share their skill.
- People stepped up to help when our Project Leader was poorly, supporting a Christmas Community Lunch for approx. 80 people and a Christmas Singalong and Cream Tea for about 90 as well as being open every morning.



### IMPACT OF FUNDING

The funding has enabled us to focus on creating a sustainable structure on which to base the many and varied activities that we offer. We understand that it is only by increasing our footfall and thus increasing donations towards the service we offer, that we will be able to ensure long term sustainability.

It's enabled training for our volunteers in areas such as Peer Support. 5 of our team will benefit from the Mental Health First Aid course and another 5 from the Awareness training.

This funding also helps demonstrate to other funders that we are a trustworthy organisation that can manage their finances well.

Sutton St James Baptist Church

### Case Study

#### The Challenge

We have known MG for almost two years, she pops in and out periodically. She has had many health and family problems all of which have been exacerbated by Long COVID. The impact of Long COVID has been particularly challenging for those in isolated rural communities such as Sutton St James, with a lack of local GP facilities and virtually non-existent public transport, it has left many feeling isolated, lonely and forgotten.

#### The Action

What MG does know is that we have always been there for her – we welcome her with a smile and a cuppa; we know her by name, and we always have time to listen.

#### The Outcome

MG is beginning to come in more regularly, and at her last visit spoke about the possibility of joining the Chair Exercise Group and coming to the craft group. We will keep inviting her and lovingly encouraging her to do what she feels able to do without making her feel like she is failing if she doesn't always make it! This may seem like a very insignificant outcome, however for MG and the many others who come to the Hub @ SSJBC who suffer with various illnesses; celebrating their achievements and encouraging them to co-produce activities makes a massive difference to their own feeling of self-worth & wellbeing. In isolated rural communities being there for the long-haul is what really makes a difference.





THE BUTTERFLY HOSPICE TRUST -  
BUTTERFLY THERAPY

### ORGANISATION OVERVIEW

The Butterfly Hospice serves the people of South and East Lincolnshire, offering palliative and holistic support to those affected by life-limiting illness.

We work closely with the families and patients, ensuring their stay with us is the best possible, and offer emotional support as well as quality health care, which is personalised to each person. Our new therapy service offers free emotional support to the families of those affected by a lifechanging diagnosis or bereavement across Lincolnshire. The charity has a six bedded unit in Boston providing respite care, pain management, and end-of-life care. We provide home cooking 12 hours a day, 7 days a week to patients and families. Additional services include reflexology, dog therapy, and art therapy, all provided in a safe environment by trained professionals.

### PROJECT HEADLINES

180  
  
BENEFICIARIES  
SUPPORTED

SIGNPOSTED TO  
  
ORGANISATIONS

### PROJECT OVERVIEW

Butterfly Therapy provides compassionate and personal support to people affected by the challenge of a life-limiting illness or bereavement. They recognise that it can be difficult to share emotions, thoughts, and feelings with those closest to us and offer personalised therapy where you can receive professional one to one support and explore the challenges you are facing. Their person-centred support was delivered face to face in a safe, calm, and secure environment, or by phone, or video. Therapists were trained to listen, offer emotional support, and explore various coping strategies based on the individual, recognising the uniqueness of each situation.

### PROJECT WINS

- Supported **50% more** participants than our original objectives.
- The majority of participants have seen an improvement in their mental health.



### IMPACT OF FUNDING

The funding enabled us to drive the service into the next phase of development and increase the number of people we were able to support. It also gave us the opportunity to connect with a wider circle of supporters, raising awareness of the charity, and has improved our connections with the PCN, and other local health agencies.  
[The Butterfly Hospice](#)

### Case Study

#### The Challenge

The client's father was in the hospice dying from cancer. Her mother was in hospital following a fall. They family lived away from the area, and they had been under a great deal of stress and pressure visiting and then trying to arrange for mum to get back home whilst dealing with the imminent death of the father. They daughter and son-in-law were extremely stressed, and fatigued with everything, and were struggling to cope with their emotions.

#### The Action

One-to-one support was given to the daughter and son-in-law, allowing them to express their feelings, and exploring coping strategies to deal with their stress and fatigue, whilst offering signposting opportunities for ongoing support for the mother. They were supported for 6 and 7 sessions respectively, and then offered some telephone support once they moved back home to Hull. Much of the sessions were built around then finding residence to prepare them for the forthcoming death.

#### The Outcome

Stress and anxiety decreased for both, sleep improved, and they felt much more ready for the death. Following their loss, we supported them to prepare for the funeral. "The empathetic nature of the counsellor who had listening skills in abundance helped me enormously. Listening skills in abundance and great advice re effective coping mechanisms. In my opinion there is no need for any improvement in the service, which is efficient, effective, and first class. Thank you."





THE STOREHOUSE - THE RESTORE CENTRE

### ORGANISATION OVERVIEW

Part of the Storehouse's aims and objectives are to love people and make a difference. We want to provide a safe place for people to come to, to be listened to and to be helped in whatever way is best for them.

Currently the Storehouse is open Monday to Friday between 9am and 4pm. On Mondays we offer a free three course meal once a month and Wellbeing Hub Drop-in. On Tuesdays we have Splash of Gold art club, Friendship group and Maverick Warriors cancer support group. On Wednesday it is Alcoholics Anonymous. On Thursday we have renew wellbeing crafts and social and Eve which is a women's wellbeing group and on Friday we have Bro Pro UK which is a mental health support group and wellbeing hub drop-in. In addition to the above we run Skegness Foodbank Monday to Friday 10am until 12pm and Café Y.O.U which provides employment experience and skills training for young people who are struggling to break into the world of work.

### PROJECT HEADLINES

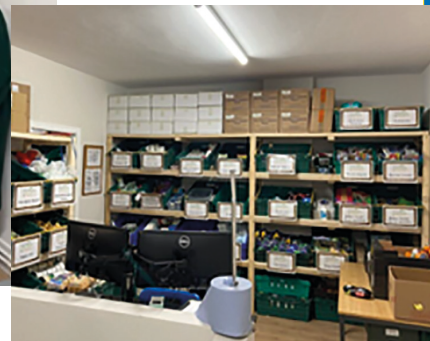


### PROJECT OVERVIEW

The Restore Centre offered hot food for homeless people within the community as well as those without cooking facilities. Showering and clothes washing facilities were also available. Drop-ins with various organisations occur throughout the week dealing with issues such as homelessness, mental health support, housing and more. In addition to these we have a drop-in group which is a safe and warm space for homeless individuals to meet, socialise and play games. The Skegness Foodbank which helps between 400-500 people per month is also located in the Centre.

### PROJECT WINS

- 1,369 referrals made.
- 291 meals served.
- 75 showers and 73 laundry services provided.
- 221 total wellbeing/drop-in visits.



### IMPACT OF FUNDING

The funding benefited our organisation because we were not previously in a position where it would have been possible to achieve opening a homeless centre. With the funding in place we had a kick start to the project in the form of the capital to get it going in full swing straight away. We were able to pay for someone to manage the centre, for the bills to be paid to support the project as well as the cost of the food and refreshments. The project was able to be opened and rolled out in such a way that a quality product was able to be provided to the community, rather than a make-do approach giving out what we can get hold of.

The Storehouse

### Case Study

#### The Challenge

A new client arrived at the Foodbank and expressed they were feeling suicidal after being released from modern slavery but currently homeless and being hunted by his previous 'boss' who had taken his Portugese passprt from him..

#### The Action

Despite connecting the client with ELDC Rough Sleeping team, accommodation could not be found for him that day. He left expressing suicidal intentions therefore an ambulance was called and he was convinced to stay in the coffee shop whilst we waited. He was taken to Pilgrim Hospital Crisis Team.

#### The Outcome

The client has been back to Skegness since and has been able to get hold of a replacement passport. He has been offered a route to get back to Portugal and his family there. ELDC Rough Sleeping team have been able to temporarily house him. He is now more positive.

**THE RESTORE CENTRE**  
THE STOREHOUSE, NORTH PARADE, SKEGNESS, PE15 1EP

The Restore Centre is a safe place for homeless people to access hot food at lunchtimes, showers and laundry facilities.

We also host the Reach for Wellbeing group which is a great place for friendships to be built. At the group we watch movies, play XBOX, table tennis, and board games whilst catching up over tea, coffee and biscuits. All in a safe warm environment.

Drop-ins are also available from the ELDC Rough Sleeping Team, We Are With You, Double Impact and Salvation Army, along with the Community Connector for passports. Hair cuts from our on site barber are also available on a drop-in basis.

For access to hot food, showers and laundry facilities, a referral from ELDC Rough Sleeping team or Community Connector is essential.









THRESHOLD CHURCH - RENEW @ THE HUB, NOCTON

### ORGANISATION OVERVIEW

**Threshold aims to see transformation of the people and communities of rural Lincolnshire.**

This transformation we see in terms of body, mind, spirit, and relationships. In addition to the usual worship, community, and pastoral activities of our church, we are involved in engaging people outside the church who live in our local, rural communities. We invite people to attend activities, which are open to all, whether they are Christian, another faith, or have no faith. We aim to promote wellbeing and build community through a variety of means including the arts (based in Faldingworth) a coffee shop/community hub (Barney), chaplaincy to underprivileged sectors (Lincoln), work with young people and families (we employ a full-time worker for this in a variety of locations), wellbeing activities (Sanctuary at the Hub, Nettleham and Renew @ the Hub, Nocton). Members are also involved in activities that contribute to their sense of purpose and wellbeing as they support charitable work in the UK and overseas e.g.: Project Cornerstone (supporting vulnerable teenage girls in Ghana and orphan children in Thailand), Hope for Justice (anti-trafficking organisation) etc.

### PROJECT HEADLINES



### PROJECT OVERVIEW

**Renew @ The Hub, Nocton** is a shared community wellbeing space where it's ok not to be ok. Participants could pop into our bright, accessible Hub, Thursday anytime between 9.30am and 12 noon, where a warm welcome awaits. Participants could bring a hobby, share skills, join a game of dominoes, choose from an array of board games & jigsaws, or select another activity/craft/workshop. Activities were based round the 5 ways to wellbeing: Connect, Learn, Be Active, Take Notice & Give. Of course, participants could just come and relax, have a chat, reflect, read, or pray in our quiet area. There was plenty of wellbeing information to browse and/or take away. Have a brew or 2 and some cake/biscuits/ fresh fruit. It was all free (wi-fi too), with easy parking, and bus stops outside.

### PROJECT WINS

- The Renew community currently regularly attracts people from 5 different villages, who would not necessarily see each other regularly otherwise.
- Participants speak of how welcoming, inviting, and friendly Renew is.
- Some participants have joined the LRC workshops/discussions on topics such as stress, sleep, self-care which has helped them feel more empowered.



### IMPACT OF FUNDING

Practically, funding has made a huge difference to help Renew become more established, and able to operate a weekly daytime mental health and wellbeing café-style quiet space in the following ways:

- It covered the cost of hiring the space, and we were able to purchase necessary equipment to provide quality refreshments, up-to-date signposting information, arts and crafts supplies, games, puzzles etc.
- We were able to offer Lincs Recovery College a space to regularly run their educational courses, which have in turn given people from further afield the opportunity to experience all that Renew can offer them in addition to this.

**Threshold Church**

### Case Study

#### The Challenge

*S is in their 30s and has been a regular participant in Renew for over 18 months. S has kept their Asperger's quiet and has navigated their social interactions without disclosing their unique challenges. S's primary challenge was the difficulty in forming connections and engaging with others in the group. Unrecognised by others, S struggled with social communication barriers. The challenge was to help S build connections and enhance their social participation within the group without explicitly disclosing their diagnosis.*

#### The Action

*As we began to understand S's strengths, interests and areas for development, opportunities were given to engage in subtle one-to-one activities, which provided encouragement and guidance without drawing attention. When group craft activities were planned they were intentionally inclusive and diverse, allowing everyone to contribute based on their comfort levels. S was also encouraged to (and did) enrol in some RC courses held at Renew.*

#### The Outcome

*S has shown a noticeable increase in social comfort within the group. They express their thoughts and opinions during discussions with others. S's journey with the Renew Wellbeing group shows the power of subtle, inclusive strategies in facilitating social integration.*





TONIC HEALTH - SOCIABLES

**ORGANISATION OVERVIEW**

**Vision:** To develop an all-inclusive community hub embracing all forms of health and well-being provision for Spalding and South Lincolnshire.

**Aims:**

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

**PROJECT HEADLINES**



**PROJECT OVERVIEW**

**SociABLES** was a fully inclusive support group for adults with special educational needs and autism, providing access to a digital den, arts and craft facilities, a sensory garden, and a wide range of sporting activities. From designing and printing mugs, t-shirts, and bags to playing football, indoor cricket and soft archery in our sports hall, there are activities to suit everyone. For those who prefer more traditional games there was a pool table and board games. Our digital den had a full gaming suite including VR headsets. The group had full access to and could participate in designing and caring for a sensory garden that had an outdoor seating area where people could sit and enjoy the garden and see the fruits of their labour.

**PROJECT WINS**

- By adapting the 5 ways to wellbeing to meet the specific needs of adults with special educational needs we have created a group that promotes mental and physical health.
- Clients have made friendships and keep in touch with each other outside of the group.



**IMPACT OF FUNDING**

Without the funding the project would not have continued. **SociABLES** has been the jewel in the Tonic Health crown with the biggest attendances and new starter across all our projects.

Tonic Health

**Case Study**

**The Challenge**

It was identified that there was limited options for socialisation for the visually impaired, within the local community and surrounding areas.

**The Action**

After meeting with the group at the blind society fortnightly get together, a safe and non-judgemental space was opened up within SociABLES for them to be able to engage with other participants at their own pace, also allowing space for the guide dogs.

We ensured there was no obstacles that could cause a trip hazard, and knowledge of where items were kept for them to maintain their independence.

**The Outcome**

Over the last couple of weeks, we have seen the visually impairment group move into the main room with the other participants and engaged with all ages. We have had feedback saying that this had improved their lives with new insight and friends and for one participant a chance to volunteer for sociable and help reach others - Simon stated that this has given him a new purpose in life and happiness.







VINE COMMUNITY CHURCH (ASSIST)  
- WELLBEING SPACE & 1-2-1 SUPPORT

### ORGANISATION OVERVIEW

Assist is a community-based project of The Vine Community Church providing practical and emotional support to people affected by mental ill-health, people who are lonely or isolated and those struggling with a broad range of life challenges.

Assist's goal is to make a significant impact in the community by enabling and empowering vulnerable people to achieve positive change in their lives by providing the following services or signposting them to alternative support.



### PROJECT HEADLINES

110  
  
BENEFICIARIES  
SUPPORTED

SIGNPOSTED TO  
  
16  
ORGANISATIONS

### PROJECT OVERVIEW

**Wellbeing Space** - a weekly space in Cherry Willingham with free refreshments where people could drop by for company and social interaction whilst playing games, enjoying shared hobbies, or taking part in arranged activities, such as singing, arts and crafts, exercise. Thus, allowing individuals to recharge and focus on themselves and improving their wellbeing.

**1-to-1 Service** - practical and emotional support for people affected by mental ill-health, loneliness, and isolation, as well as those struggling with a broad range of life challenges. Our volunteers were able to get alongside people who needed encouragement, friendship, or advice, providing people with both informal befriending services and formal mentoring, either in person or on the telephone.

### PROJECT WINS

- Participants say that they enjoy our group and those having one to one support are very complementary about their volunteer visitors.
- A member of LPFT who recently bought a client to the Gathering place said, 'we are the friendliest group she had ever been to.'
- A few group members offered to lead sessions. These were usually craft sessions and were really enjoyable.



### IMPACT OF FUNDING

The grant has benefitted our organisation by funding the The funding has enabled us to offer these sessions which has proven to be very beneficial. Not only has it broadened our reach, but it has also allowed us to bring on more volunteers than we would have been able to before. It has also given us the evidence we need to secure further funding.

The Vine Community Chuch

### Case Study

#### The Challenge

*I have a bi-polar condition which means "mood swings" and the like. Hobbies i've had in the past I don't pusue now. Also writing poetry. I have no problemm meeting members of the public.*

#### The Action

*With my wife, I started attending the wellbeing sessions. This is a weekly meeting that clearly encourages other attendees as well as ourselves.*

#### The Outcome

*I have had the opportunity to head up a poetry workshop for all. In addition I enjoy board games, normally with the menfolk. We have many laughs and my wellbeing has definitely been helped.*

#### The Challenge

*Lewis has a mental health problem that was impacted by a break to the knee. It is very painful and affected his ability to socialise and knocked his confidence.*

#### The Action

*We started by meeting up in coffee shops, short walks and the out on a bike Lewis has shown great determination to use and stretch his broken knee. He always turns up on time and keeps in touch by text.*

#### The Outcome

*Lewis is now back at college and will soon start on his dream course - dog grooming. Lewis' knee is much better. He tries very hard and joins in with two other lads on weekly bike rides. His confidence has grown and he's learning to drive.*





## ORGANISATION OVERVIEW

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

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



## PROJECT HEADLINES

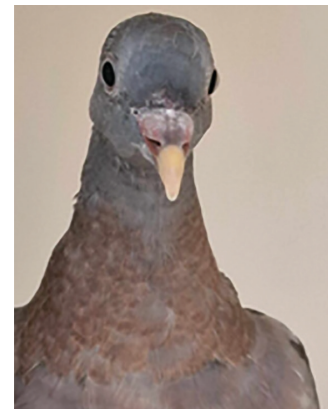


## PROJECT OVERVIEW

Animal Interaction Sessions were held two days a week. These days were split into two three-hour sessions, enabling individuals to either spend three or six hours with us, depending on their preference. Participants were encouraged to help with day-to-day tasks around the charity such as the cleaning out and feeding of animals within our care.

## PROJECT WINS

- 100% of participants felt improved general wellbeing and mental health.
- 100% of participants learnt new coping mechanisms and skills.
- 100% of participants felt a reduction in social isolation.
- 100% of participants improved connections with others.



## IMPACT OF FUNDING

The funding has enabled us to offer these sessions which has proven to be very beneficial. Not only has it broadened our reach, but it has also allowed us to bring on more volunteers than we would have been able to before. It has also given us the evidence we need to secure further funding.  
[Wild Things Rescue](#)

### Damien's Story

#### The Challenge

Damien has been diagnosed with autism and lives in supported living. He comes to the sessions once a fortnight with his support workers. Damien has always enjoyed being around animals. Damien has found it difficult to connect with people in his living environment which has made him feel lonely.

#### The Action

We worked with Damien and his support team to ensure the sessions were held in a way he felt comfortable. Damien got on with the activities but found it difficult to talk to others. He needed encouragement from his support team to come back again. On his second visit Damien found something in common with 'James' whose confidence rubbed off on Damien and he became the life and soul of the session. He grew to like releasing birds into the wild.

#### Damien's words:

"I was scared when I first went to Wild Things because I didn't know anyone and wasn't sure if people would like me. I was really happy when James liked the same things as me and then I found out that I had things in common with some of the other people who come. I want to keep going to Wild Things because I enjoy being able to chat and learning about wildlife. It gives me something to look forward to and I'd like to come more often if we can."







WILLOW FARM EQUINE ASSISTED THERAPY CIC - SATURDAY SOCIALS

### ORGANISATION OVERVIEW

Willow Farm Equine Assisted Therapy, (EAT) work face to face with people and provide innovative therapeutic activity's that use horses as the medium to facilitate transformational change in human beings.

#### Aims & Objectives:

- To operate a quick available service, to prevent crisis escalation.
- To provide unique support, in a very rural area, where there are no other opportunities to access group equine assisted therapy.
- To provide equine facilitated therapy sessions to people to support; mental health recovery, promote positive mental health and resilience, and contribute to improved health and wellbeing.
- To equip people with techniques and methods which support them to manage their own mental health and wellbeing.
- To provide a safe space within the local community within the county of Lincolnshire where people struggling with a variety of emotional difficulties can seek support and assistance in processing their emotions.
- To benefit members of the community with mental health issues.
- To benefit the community by providing a social space to enable people to make new social connections, develop support networks and reduce loneliness & isolation.

### PROJECT HEADLINES



BENEFICIARIES SUPPORTED

### PROJECT OVERVIEW

Saturday Socials allowed attendees to participate as part of a small group in structured, professionally lead, therapeutic activities that are centred around horses. Participants developed a tool kit of self-help techniques during their time here. All the support staff are facilitating listeners and are all people with lived experience; between them they cover a wide range of sensitive topics with understanding. Willow Farm Equine Facilitated Therapy CIC Is based on a small, rural, relaxed, horse ranch in the SKDC district of Lincolnshire. This alternative type of therapy offered a safe, non-judgmental, non-clinical space, where anyone who is struggling mental ill health, or experiencing difficulties with wellbeing, can seek support.

### PROJECT WINS

- 13 participants demonstrated reduction in level of depression and anxiety as recognised in clinical scales PHQ9 and GAD7, respectively.
- 100% of 13 participants completing the survey, said they had made connections with people.
- 100% of 13 participants completing the survey, said they had learnt new skills such as resilience.



### IMPACT OF FUNDING

The sustainability funding has not benefited the organisation in terms of any of the money being spent on capital investment. The funding has all gone on expenses, delivery, operational costs.

Willow Farm Equine Assisted Therapy CIC

#### KT's Story

##### The Challenge

On visiting Saturday Socials KT disclosed having thoughts of suicide.

##### The Action

KT was taken to a quiet, safe, private space and with 1-2-1 active listening discussed and created a safety plan.

##### The Outcome

KT felt better, felt listened to and left with a safety plan and people to contact outside of the group. KT attended every session and said that she found it valuable.

#### NW's Story

##### The Challenge

NW arrived emotionally distraught and really couldn't participate in the planned activity. Although she did try she emotionally and physically could not engage with the structured horse activities.

##### The Action

NW was given 1-2-1 support and accompanied to sit with a horse and just be. Another horse then joined the group session.

##### The Outcome

The following week NW returned to Willow Farm to do an extra session, repeating what they had missed the week before. This time NW was able to engage in the exercise.





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

These initiatives did more than save lives; they empowered individuals and bolstered community strength. The funding has nurtured collaboration among grassroots organisations throughout the county and cultivated stronger ties between statutory and third-sector provisions. The innovation fund has given the opportunity to challenge how the support of health and wellbeing looks and the sustainability fund is providing the opportunity for communities to continue their work into the future. This has paved the way for the establishment of a 'No wrong door' approach to mental health care in Lincolnshire.

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



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

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