



# The Suicide Prevention Fund

Wave 3 Evaluation (2023-2024)

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## Suicide Prevention Fund Wave 3

**In line with the recommendations from the Suicide Prevention Strategy for England, Public Health Lincolnshire created and published the Lincolnshire Suicide Prevention Strategy 2020-2023, outlining the county's commitment to reducing suicide rates and suicidal behaviours.**

The annual suicide audit supports this strategy by providing timely, relevant intelligence, helping to identify high-risk groups in Lincolnshire and guiding the development of focused support services.

Based on the audit findings, Lincolnshire County Council, Lincolnshire ICB, and Shine Lincolnshire partnered to establish the Lincolnshire Community Suicide Prevention Innovation Fund Grant Programme. This initiative aimed to fund community organisations working directly with males, the group most at risk of suicide in the county.

The funding approach was multi-agency and co-designed with individuals who have lived experience, with the goal of preventing suicide and promoting hope. The vision is to make Lincolnshire a place where suicide is no longer seen as an option.

NHS England provided Suicide Prevention Investment Funding, and in autumn 2021, Shine Lincolnshire launched the first wave of funding. This initial phase allocated £130,000, offering grants of up to £10,000 to community organisations supporting men's mental health and suicide prevention.

Following the success of the first wave, a second wave was launched in late 2021. This round was not limited by age or gender but focused on supporting individuals aged 18 and older, encouraging innovative approaches to promoting healthy lifestyles, reducing self-harm, and raising awareness around suicide prevention. A third wave followed in autumn 2022, continuing with the same format.

**“ Each project has enabled individuals to access community-based mental health and wellbeing services. Each initiative has offered distinct forms of support, playing a crucial role in promoting mental health throughout Lincolnshire and sparking important conversations about suicide prevention. ”**

Kerry Stocks, Operations Manager, Shine Lincolnshire

### 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 Suicide Prevention 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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CENTREPOINT OUTREACH - ALONG WITH US

### ORGANISATION OVERVIEW

**Centrepoint Outreach is a Christian charity which supports homeless and vulnerable people in the Boston area.**

Our daily morning drop-in support and advice sessions are mainly concerned with meeting people's basic needs. We provide a hot snack and anyone who is homeless can use our shower facility. We also wash clothing for individuals taking showers and can provide replacement clothing when necessary. We also provide other services for homeless people such as phone-charging and use of our premises as a care of address. At our morning sessions our project workers are on hand to assist with general queries and to provide emotional support. On weekday afternoons we provide a daily activity session aimed at people who are socially isolated, giving them the opportunity to increase their social networks as well as to learn new skills and grow in confidence.

We work closely with partner agencies to whom we refer clients requiring more specialist help.

Our aim through all we do is to empower people to improve their circumstances and achieve their full potential.

### PROJECT HEADLINES

107  
BENEFICIARIES SUPPORTED

SUPPORTED BY  
12  
volunteers & 3 staff

### PROJECT OVERVIEW

**Along With Us** enabled beneficiaries to choose from 6 free activity sessions per week based around cooking, art and craft and playing board games/bingo/ music. All the activities took place in small groups in a friendly, non-judgmental, supportive environment and were ideal for anyone facing mental health challenges that would have benefited from the opportunity to meet and chat to new people, learn new skills and take part in group activities. Registration was required and regular attendees at the cooking sessions had the opportunity to undertake an accredited Food Safety course. The cooking sessions took place at Centenary Methodist Church in Boston and the other activities took place at Belmont House.

### PROJECT WINS

- Over time we were able to gear the activity sessions to a more client-led approach
- It was inspiring to see the different nationalities come together in each activity session
- We saw some participants housed, move into volunteering roles or paid employment.



**Centrepoint Outreach Weekly Timetable**

DAY	TIME	MORNING	AFTERNOON
MONDAY	10:00	Morning Drop-in - Belmont House	1:00
	11:00		Create Along with Us - Belmont House
TUESDAY	10:00	Morning Drop-in - Belmont House	1:00
	11:00	Cook Along with Us - Centenary Church	Chill Along with Us - Belmont House
WEDNESDAY	10:00	Morning Drop-in - Belmont House	1:00
	11:00		Chill Along with Us - Belmont House
THURSDAY	10:00	Morning Drop-in - Belmont House	1:00
	11:00		Cook Along with Us - Centenary Church
FRIDAY	10:00	Morning Drop-in - Belmont House	1:00
	11:00		Create Along with Us - Belmont House
SATURDAY	10:00	Morning Drop-in - Belmont House	CLOSED
SUNDAY		CLOSED	CLOSED



### IMPACT OF FUNDING

The funding enabled the staff members to focus on the planning, delivering, and implementing the activity sessions. The funding has increased the Charity's awareness within the community, through sign posting, networking events, and receiving referrals from different organisations, groups, and charities within Boston.

Staff awareness of mental health and suicide has increased and developed, as a result of the funding. All members of relevant staff and a volunteer have completed either a Mental Health Awareness, Mental Health First Aid, Suicide Lite or Suicide First Aid Course.

### Centrepoint Outreach

### Case Study – Paul's Story

#### The Challenge

Paul had been street homeless on and off for just over 6 months since being asked to leave his accommodation. Paul was used to working but was unable to find work at the time. He was sofa surfing and wanted something to do with his time.

#### The Action

We encouraged Paul to attend the afternoon activity sessions to keep busy and to take his mind off his situation of being homeless. We discussed different volunteer opportunities that may be of interest to Paul within Boston, to help keep him engaged and to build his CV.

#### The Outcome

Paul enjoys attending the 'Cook Along' sessions and is learning new skills and recipes that he can cook when he gets accommodation. He takes great care and pride in the cooking process, working with precision as he was an engineer before becoming homeless. Paul also attends the 'Create Along' and 'Chill Along' activity sessions and has started volunteering in assisting van drivers with furniture collections for the Centrepoint Outreach charity shop.

Paul says: "I enjoy working on the van, I do not feel useless. The sessions help with my mental health and anxiety."







CITIZENS ADVICE MID LINCOLNSHIRE (CAML) - POINT FORWARD

### 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

137  
BENEFICIARIES SUPPORTED

3,271  
137 clients helped with 3,271 issues

£49.5K  
£49,6330.98 financial support gained for clients

### PROJECT OVERVIEW

Point Forward focused on providing support to those struggling with their mental health and provided early intervention to address issues that are known to cause 'mental health dips' which could lead to suicide. Participants were assisted via a holistic, person-led approach, ensuring that the most vulnerable were assisted to resolve immediate money worries via budgeting, income maximisation and financial capability support. Participants were able to live a better life, as the pressures associated with money management were significantly reduced.

### PROJECT WINS

- Participants were assisted via a holistic, person-led approach, ensuring that the most vulnerable were assisted to resolve immediate money worries via budgeting, income maximisation and financial capability support.
- The workshops and the drop-ins helped to reduce feelings of anxiety through financial capability sessions, budgeting support and empowered the most vulnerable to feel more financially resilient and better able to take action when things go wrong.

**Point Forward Project:**  
Supporting those struggling with mental health & preventing suicide

**Our 'Point Forward' project aims to support & empower clients through:**

- Benefits applications & challenging unsuccessful ones
- Money Advice, financial capability sessions & budgeting support
- Enhanced knowledge of beneficial local services
- Encourage people to seek help
- Support development of safety plans and coping strategies that enables a person to be proactive in their own care
- Encourage physical and social activity, healthy eating, sleep, avoiding alcohol & substances
- Providing a safe, supportive environment for clients to talk and express their feelings.

**Unique aspects of this project is that clients will be assisted by one advisor who will address all enquiry areas.**

**The project aims to ensure that clients are better able to manage, allowing them to have more control and take responsibility for their day to day lives.**

**To get in touch:**

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Visit our website: [www.pointforward.org.uk](http://www.pointforward.org.uk)

Visit a Drop In Session:  
 Boston: Tues & Thurs 9.30-12.30  
 Lincoln: Mon & Wed 9.30-12.30

Mid Lincolnshire  
 Lincolnshire Partnership NHS Foundation Trust  
 Shine  
 Lincolnshire Partnership NHS Foundation Trust



### IMPACT OF FUNDING

The funding has allowed CAML to continue to help the most vulnerable of clients in this extremely challenging time. Thank you for your support. The 'Point Forward' project started in February, with the primary focus to provide support to those struggling with their mental health and provide early intervention to address issues that are known to cause 'mental health dips' which could lead to suicide. 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. The current economic hurdles have heightened the financial vulnerability of numerous households, particularly those with lower incomes.

Citizens Advice Mid Lincolnshire

### Case Study

#### The Challenge

Client contacted CAML for help with their rent arrears. Client was unable to work following a work related accident that resulted in head injuries affecting their daily activities. This along with a relationship breakdown had impacted their mental health. The clients benefits were not covering rent payments.

#### The Action

The Point Forward advisor helped the client fill out a Discretionary Housing Payment (DHP) form to help the client pay rent arrears and forward payment. DWP suggests that DHP can help prevent a household from becoming homeless or help someone access employment, education or training. The length of time a DHP is paid is dependant on the claimants circumstances and is decided by the local authority.

#### The Outcome

Client left the appointment feeling a lot more positive about the situation and will return to see the advisor once the application has been outcomed. The client will then be helped with managing debt issues and PIP eligibility.





COMMUNITY WORKING IN PARTNERSHIP  
(CLIP) - LOOK AFTER YOURSELF

### 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



### PROJECT OVERVIEW

Delivered in Mablethorpe this new 'Look after yourself' course was designed for individuals struggling with their mental health, who would benefit from a helping hand in taking time to focus on themselves. The course comprised of three activities each week - a physical activity in the form of a short walk, Pilates or exercise video; a relaxation activity such as mindfulness or yoga; and a social activity with icebreakers and team building. Participants connected with others who may have experienced similar challenges, and the project helped participants build resilience, develop coping strategies and receive signposting if further support was required.

### PROJECT WINS

- Participants visiting the cafés have created a social group supporting each other, offering advice and guidance.
- Participants have increased in confidence and are now attending additional groups either closer to their home addresses or at the centre, this has reduced the social isolation.
- Volunteers supporting participants have moved into employment, this has supported general wellbeing within the community.



### IMPACT OF FUNDING

Currently on HAY Lincolnshire, community market stall, promoted weekly on What's On, posters in local GP surgeries, library and CLIP offices. CLIP website and promoted via CLIP social media as part of our ongoing marketing campaigns and added to Adult Care online.

CLIP

### Case Study

#### The Challenge

*Sam is in his mid-thirties who was referred to the Mablethorpe Wellbeing Hub by his work coach at the DWP. He had recently separated from his wife, and after a period of sofa-surfing with friends and relatives had just been offered temporary accommodation. Sam is not currently employed and is experiencing severe anxiety and depression.*

#### The Action

*The first time Sam came to the Hub was on an open day and there was a lot of people so he took an opportunity to talk quietly 1-2-1. He was offered information and signposting. Initially, Sam came back to Bro-Pro and the breakfast club sessions before being offered a place on the 'Look After Yourself Programme'. It was a way of helping him map out the different aspects of his life and to identify short term goals. Sam agreed to commit to at least 3 wellbeing activities a week for the next 6 weeks.*

#### The Outcome

*Towards the end of the six-week period Sam took up the offer of a place on a peace walk along the Irish border, his excitement was palpable. He was motivated to raise funds, plan his travel and ensure his benefits and accommodation would be secure whilst he was away. His trip resulted in much more confidence and increased self-esteem. On an end of programme review Sam felt better prepared to make decisions on his personal life but felt he would like to remain in the programme as the support continues to help him.*





## Darkside Rising CIC

Women's Health Organisation

### DARKSIDE RISING CIC- THE DIVERGENT 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 Divergent Project welcomed neurodivergent people across Lincolnshire into a programme of strength training and online support to empower confidence and self-acceptance. Led by lived experience, we encouraged participants to explore their authentic neurodivergent self, develop new friendship groups and improve their mental and physical health. Participants could choose from women only strength training groups in our gym in Lincoln, or mixed gender online group classes for exercise, cooking, journaling or peer support, via Zoom. Neurodivergence is a broad umbrella of neurotypes that includes autism, ADHD, dyslexia and mental health. We are LGBTQI+ friendly and we supported people with a range of complex health conditions.

#### PROJECT WINS

- **100%** of participants reported improved physical health and full-body strength.
- **100%** of participants symptoms of depression and anxiety decreased quantitatively demonstrated through the HAD Scale.
- **100%** of participants shared experience and empowerment of neurodivergence.

DARKSIDE RISING CIC WELCOMES YOU TO THE  
**DIVERGENT PROJECT**

Neurodivergence is a broad umbrella of neurotypes that includes autism, ADHD, dyslexia and mental health

Unit 9, Newporte Business Park, Bishops Road, off Outer Circle Road, Lincoln, LN2 4SY

Offering funded in-person and online sessions to support your physical and mental health.

27th March - 5th November 2023

Please contact: Shantelle Svarc darkside.risingcic@gmail.com darksiderising.co.uk @DarksideRisingCIC

Suggested donation £10 / month £5 / month online-only

**Strength training classes at the gym (women only):**  
Tuesday 10.30am  
Sunday 10.45am, 12pm or 1.15pm

**A range of classes online via Zoom (mixed gender):**  
Monday 1pm: Art Journaling  
Monday 2pm: Peer Support  
Thursday 1.30pm: Pelvic Floor Strength  
Sunday 4.30pm: Cooking

**Formal diagnosis of divergence not required**



#### IMPACT OF FUNDING

This funding has supported Suicide First Aid training for 3 of our staff members, supported our coaches' professional practice and mental health through counselling sessions, and enabled us to provide much-needed support to neurodivergent women.

Darkside Rising CIC

#### Case Study

##### The Challenge

*Difficulty accepting autistic identity.*

*"After my diagnosis, I thought I'd feel relief but I've struggled so much with what it means to be autistic. It's like I don't know who I am anymore,"*

##### The Action

*Weekly attendance on the Divergent Project in a strength training class.*

*"This project has saved my life as it has given me consistency and a routine where I can be strong in everything I do. The coaches are a great support network and something I couldn't do without. It's awesome, such a friendly place where you can be you."*

##### The Outcome

*Developing a sense of identity and self-worth, greater independence and involvement in the community.*

*"I have learned to accept being autistic. It has allowed me to be strong not only physically but mentally and be more resilient whilst maintaining a routine with the classes. I have learned to drive and am more independent."*





DESIRE CHANGE CIC - BLACK BARN  
MENTAL HEALTH FOR MEN

### 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 a 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



### PROJECT OVERVIEW

Desire Change was aimed at men 18 years and based on our Care Farm Site in Old Bolingbroke. Access information and support around positive mental health. Regular drop-in sessions and themed activity programme of sessions available for men to access. Men's mental health information packs were available detailing local help and support available, with hints and tips for staying mentally well.

### PROJECT WINS

- A relaxed environment was created, and this allowed open conversation and trust to be built between regular attenders.
- The project has also allowed sessions form drop-ins so people can come along, have a relaxing time and find out more about local health and wellbeing support and services.
- Producing 500 men's mental wellbeing information packs and giving them out across our area has been a big motivator to group members.



### IMPACT OF FUNDING

This project, targeting men, has increased our awareness as an organisation of the issues facing men with regards to mental health. It has allowed us to provide training and awareness sessions for our staff and volunteers, giving them a greater awareness and the confidence to support and signpost men and their carers/family members. It has also helped us build a bank of information regarding men's mental health which will go forward to other services that we provide.

Desire Change CIC

### Case study

#### The Challenge

Male X is a man who has an aquired brain injury and suffers with anxiety. He does not like mixing in groups of lots of people but would like to make friends and keep himself busy.

#### The Action

Male X joined the core group which is a small group of men that have devised the project. The task is to develop mental wellbeing packs which will be distributed to men. Male X is attending regular sessions in order to develop relationships with others and support own mental wellbeing.

#### The Outcome

Male X joined the core group who monitor and evaluate the project and have developed their own peer support group. Male X has been a part of the group planning the packs for men. Male X has been attending regularly in a small group and is currently building the confidence to join larger groups.







GREEN SYNERGY - GREEN SHOOTS OF WELLNESS

### 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 Shoots of Wellness** project aimed to support men at risk of suicide with the opportunity to take part in social and therapeutic horticulture activities with an empathic and person-centred approach. The participants had the chance to be outside, connecting with nature and accessing a safe space, building skills, resilience and friendships and encouraged to use a new wellness tools identified by the participants themselves. Green Shoots of Wellness aimed to support and grow shoots of wellness and confidence to improve individual's wellbeing, support coping strategies and gives the opportunity for individual and group support to promote positive lifestyles and reduce the risk of self-harm and suicide.

### PROJECT WINS

- **80%** of 10 participants increased knowledge of where to access help.
- **80%** of 10 participants increased both personal and green skills.
- **70%** of 10 participants felt safer in their community.
- **70%** of 10 participants felt more confident in responding to their own triggers for deteriorating mental health.
- **Two** of the participants are undergoing induction so that they become Green Nature Buddies.



### IMPACT OF FUNDING

The funding supported us to expand our scope of work to understanding the WRAP (Wellness Recovery Action Plan) methodology which has been a proven methodology in supporting participants to discover simple, safe and effective tools to create and maintain wellness, develop a daily maintenance plan and identify how to stay on track with their life goals and wellness, even during crisis.

It's enabled us to foster positive partnerships with social prescribers and other health and mental health professionals, statutory services, charities, and faith-based and academic organisations.

**A key benefit from is that it has enabled us to reflect and refine some of the approaches and methodologies such as in the referral process, planning and implementation of activities and in developing person-centred approaches and techniques in session design and delivery.**

### Green Synergy

#### Janny's Story

*Janny (name changed) joined the Men's Wellness Project in June 2023. The circumstances for joining were that Janny suffered from anxiety and loneliness as he had just moved to Lincoln and did not have any friends. Also, since Janny was autistic, he suffered a lot of bullying in school. This led to depression and affected his self-esteem.*

*Since joining the Green Shoots of Wellness Group, Janny has been able to acquire gardening skills and social skills. According to Janny: "the garden has given me an opportunity to go out of the house, socialise and acquire skills".*

*As a result of the skills Janny has learnt, he felt confident to look for employment and is on a pathway to becoming a volunteer for Green Synergy. Recently, he was also invited for an interview for the position of Maintenance Assistant at a care home in Lincoln. Janny used the skills from the garden to showcase his abilities and knowledge during the interview.*





HEADWAY LINCOLNSHIRE - MAKING HEADWAY

### ORGANISATION OVERVIEW

Headway Lincolnshire is a registered charity established to provide support and understanding to those affected by brain injury and their carers in Lincolnshire.

We currently provide :

- Funded 1:1 counselling for carers and family members.
- Publications relating to practical aspects of brain injury.
- Training courses and conferences to improve knowledge and understanding among professionals.
- 6 weekly education groups for brain injury survivors to better understand their brain injury and its effects.
- Peer support groups across the county for brain injury survivors and their families to meet other families in similar situations.
- Assessments in the home/hospital/prison, to provide a person-centred support and signposting and referring to services if required.
- Ad-hoc social activities, zoom activities to connect people across Lincolnshire.
- Monthly activity packs sent through the post to help people keep active and engaged.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Making Headway provided support, understanding, and meaningful activities to individuals with an acquired brain injury at risk of self-harm and suicide in Lincolnshire. Support and activities included 1:1 counselling sessions and peer support groups. We also provide therapies, either group or individual to help manage emotions including music therapy, laughter therapy, and art therapy all delivered by qualified therapists experienced in mental health.

### PROJECT WINS

- 90% of participants reported reduced visits to healthcare settings.
- 65% of participants reported reduced self-harm and suicidal thoughts.
- 91% of participants reported accessing support and services in a more timely way.



### IMPACT OF FUNDING

The funding enabled us to engage with more brain injury survivors by providing the different therapies. The majority of these were not known to Headway Lincolnshire prior to the project and hadn't engaged with the other services and support that we have been able to provide. During and after the sessions every single participant engaged with Headway Lincolnshire in other ways e.g. home visit, assessments, coffee mornings, support groups, day trips, meals out etc. **Headway Lincolnshire**

### Participant Feedback

*"I have been receiving a series of 'Wellbeing Packs'. They have been great as there is lots to do and they really help to keep my mind active in a fun way. There are pictures to colour in (I even got the colouring pencils in the first pack), quizzes to do, word searches to search and in the first pack I also got a gardening experience. Mum and I went out into the greenhouse to pot the seeds which was a great way to get outside with a purpose.*

*"The next Wellbeing Pack had more great pictures to colour – I might not be able to get out to see much but I can have plenty of colour in my room. They are really soothing to do, and they work at my pace so if I'm having a bad day and need to go slowly the picture don't argue with that, they just wait for me. In the second Pack there were two different 'teabags' that each make up a big cold drink. The third Pack had more pictures, quizzes etc. and a great small bag with a teabag, sachet of coffee, one of sugar and best of all a BISCUIT!*

*"The packs make me feel the someone actually gives a damn about how hard it is for head injured people's mental health. The Packs lighten my mood even if it is only for a little while. I spread out the 'things to do' so they last longer and this means I have lots to more cheerful moments."*







YMCA LINCOLNSHIRE

LINCOLNSHIRE YMCA - GET HAPI

### 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

Get HAPI (Homes, Activities, Peers and Interventions) supported people experiencing homelessness with accessible, effective ways of understanding, managing and improving mental wellbeing. With four strands, they had the freedom to choose what works for them from the following: professionally led therapeutic interventions, resident-led group support, professionally co-ordinated meaningful activities, and independently self-managed positive change. While there was a particular focus on residents who we know are at greater risk of suicide (from context, or responsively as risk increases – e.g. those on our Suicide Prevention Plans) we ensured Get HAPI could be accessed by all those facing significant mental health challenges – the majority of people in our housing.

### PROJECT WINS

- 80% of participants reported building confidence.
- 70% of participants reported improved mental health.
- 40% of participants reported building independence.



### IMPACT OF FUNDING

The funding has greatly enhanced our residents' lives either through activities and engagement. Without this much needed funding we would not be able to offer the resident the array of therapeutic activities as we are currently able to do. Hostel environments can often be viewed as accommodation that people do not choose but come to us as a result of homelessness – being able to offer such positive support which allows residents to learn, grow and laugh with what we are able to provide is priceless.

YMCA Lincolnshire

### T's Story

#### The Challenge

T is a YMCA resident and has been diagnosed with schizoaffective disorder and has regular psychotic episodes which can be difficult to manage. T will isolate himself to his room and he will smash his belongings and became extremely paranoid.

#### The Action

T and I, alongside a number of other residents were joined Development Plus on a community cycle ride. It had been decided that we would cycle out along the Brayford and along the Fosdyke canal past the Pye Wipe pub out to Skellingthorpe along the National Cycle Route (NCR) 64.

There was a group of about 12 people and T fitted in well and chatted and laughed with the others. The cycle route is off road and is very scenic at this time of the year with many wildflowers out and the trees all in leaf. It initially goes alongside the canal, then over a bridge into the countryside, passing by a Poppy memorial and hedges and small woodlands. All sorts of wildlife can be spotted from the vantage point of a bike.

#### The Outcome

T was able to go on this bike ride alongside others at a time he was struggling to manage his mental health. This provided a positive distraction for T and it assisted in altering his mood. This has also helped T in the longer term to learn coping strategies for his mental health.





MINDSPACE - GROW TOGETHER

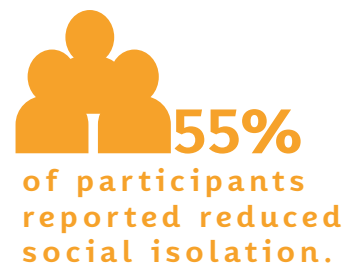
### ORGANISATION OVERVIEW

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

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

Everything MindSpace does is working to achieve more people adopting the NHS 5 Ways to well-being into their daily lives, improving and maintaining positive mental wellbeing, more people in Stamford playing a role in community building and providing a community hub where individuals and organisations are connecting, and more services are being delivered in the community.

### PROJECT HEADLINES



### PROJECT OVERVIEW

Grow Together was a project centred around being outdoors, connecting, learning new skills and achieving a sense of accomplishment having cultivated your own patch of Garden. Participants were supported to grow their own plants and vegetables within their own dedicated patch of growing space. They were supported by a Coordinator who will brought knowledge and experience of gardening and teaching others and who was funded to undertake Thrive Training to develop an awareness of Social Therapeutic Horticulture. To enable as many people to benefit as possible, this project enabled open access sessions and workshops as well as targeted, socially prescribed interventions.

### PROJECT WINS

- 55% of participants reported improved mental health through a sense of purpose and achievement.
- 55% of participants felt the opportunity to connect with others - reducing feelings of isolation or exclusion.



### IMPACT OF FUNDING

The funding allowed for us to confidently recruit a Garden Lead, which put some consistency down at the garden on a weekly basis. Kay, our garden lead was then able to create a warm welcoming environment, with refreshments being available at every session, which we hadn't previously been able to do. Having a knowledgeable garden lead in place who is supported by MindSpace People & Operations Lead, and Garden Trustee, we have been able to start to deliver our vision of the space being for community, with Kay guiding beneficiaries to confidently put forwards ideas as to what they would like to see within the garden space. Having Kay in place, has also enabled us to build stronger relationships with local businesses who are now in a position to offer ongoing support, following successful facilitation of volunteer days within the garden.

Mindspace

### T's Story

#### The Challenge

Tim struggled with acute anxiety and had become lonely and isolated as a result of his poor mental health. He described himself as being 'inexperienced with socialising' and until recently, spent most of his time alone with few friends or connections. Tim had been avoiding trying something new as he shied away from situations that meant he would be in close proximity to others and under pressure to have interactions.

#### The Action

Following 3 months of attending Grow Together project activities, and having his own growing space, the MindSpace Team, and Volunteers could see a real difference in Tim. He was starting to build relationships with other garden users who he saw regularly, and was more comfortable talking to, and confiding in the volunteers at times chatting animatedly about his plants and plans for future planting.

#### The Outcome

Since August, Tims journey has continued positively, and as the weather declined Tim started to look for other MindSpace groups to become a part of, joining in Tea & Chat, Night Light Cafes, MindSpace Makers and Expressive Journalling.





**This document, along with the number of beneficiaries supported in the third wave of funding, highlights its significant impact on mental health and wellbeing across Lincolnshire. However, the true effect of this funding goes beyond the numbers. Each individual who has benefited from it creates a ripple effect, offering crucial support, reassurance, and comfort to their loved ones.**

These initiatives have not only saved lives but have also built resilience in individuals and strengthened the fabric of communities. Additionally, the funding has fostered greater collaboration between third-sector and statutory organisations. This partnership ensures a smooth transition between services for individuals, embracing a 'no wrong door' approach that allows them to access various forms of support within their communities.

This coordinated effort across Lincolnshire helps prevent people from reaching crisis points, allowing them to stay in their homes while receiving community-based interventions, thereby reducing the risk of suicide throughout the county.



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

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