



Shine
Lincolnshire
ANNUAL
IMPACT
REPORT
2023-2024

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A SHINE WELCOME

Welcome to the Shine Team,

It is with great pride and immense gratitude that I present to you the Impact Report for Shine Lincolnshire for 2023-2024. Over the past year, our charity has made remarkable strides in advancing the mental health and well-being of our community. This report encapsulates the hard work, dedication, and collaborative efforts of our team, volunteers, partners, and supporters.

At Shine Lincolnshire, we believe everyone deserves a life of value, enabling them to Shine- this mission underpins everything we do within the charity. Our commitment is to create, connect, and deliver services that are accessible to all and as we move forward, we are committed to continuing to do this by expanding our reach and enhancing our services.

We will continue to explore innovative ways to support mental health in Lincolnshire, connect and support communities and the services they provide, and work to support individuals of all ages across the county and beyond.

Rachel Wright, CEO.

Our Board of Trustees

Barry Earnshaw Chair of the Board

Paul Jackman Vice Chair

Blake Caldwell

Rachel Redgrave

Sally Emerton

Our Executive Team

Rachel Wright
Chief Executive Officer

Belinda Butlin-Hodgson Chief Operating Officer

Senior Management Team

Kerry StocksOperations Manager

Lucy Goodchild Communication and Engagement Manager

Ian Tomlinson
Training and Development
Manager

Gail Scrutton Community Connector Partnership Lead



ABOUT US





Shine Lincolnshire believes everyone deserves a life of value, enabling them to Shine.

We work to achieve this by working closely with communities across Lincolnshire to create, connect, and deliver services that are accessible to all. Supporting personal choice and offering opportunities that promote positive health & wellbeing

Who Are We?

In 2011, an event called 'Great Expectations' was organised where mental health organisations across Lincolnshire came together to see what they wanted, how they could help and what they could contribute to a new organisation.

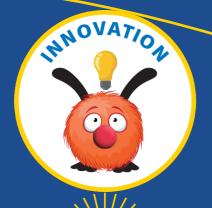
Many of the organisations wanted more collaborative working and a network of services available and from this, Shine was created.

Since 2011 we have continued to grow and expand, cementing ourselves as a leading infrastructure support organisation in Lincolnshire, working to support individuals and community organisations large and small.

We have been resilient to change and have seen rapid expansion, working within the health and wellbeing sphere for both adults and children.

Our dedicated team of over 30 staff are responsive to change and ensure we are able to grow and develop while maintaining Shine's mission of delivering services that are accessible to all at the heart of everything we do.







What We Do

Our mission is to work with individuals of all ages across Lincolnshire to ensure access to opportunities that positively impact their mental wellbeing.

We deliver a range of services to ensure we are able to achieve this, including: Grant administration, Peer Support, Information sharing and Community infrastructure support and Training and Development. We are lucky to represent the third sector across strategic platforms in Lincolnshire including the Mental Health, Learning Disability and Autism Executive Alliance-which aims to set the strategic direction for support in Lincolnshire.

Through all our programmes of work, we engage the public, organisations and stakeholders to drive change and strive to continually improve the health and wellbeing of our county.

Grant Administration

On Behalf of The Lincolnshire Integrated Care Board (ICB) and Lincolnshire County Council (LCC), we administer funding that allows local community support to grow and thrive.

Peer Support

Working in partnership with Lincolnshire Partnership Foundation Trust (LPFT) we employ Peer Support Workers across Lincolnshire, who deliver experience informed care to support others.

Information sharing and Infrastructure Support

Local Organisations know their communities best, we work to develop their support and spread the word so those who need the services most can assess them.

Training and Development

Mental health, physical and suicide first aid course are delivered throughout Lincolnshire to ensure our communities are equipped to support each other.









Just under £1,000,000 Turnover for 2023/24



7,439

Individuals supported through Shine managed Projects



Over 200

Individuals supported through Peer **Support**



595

Individuals Trained across Mental, Physical and Suicide First Aid.



Members of Staff at Shine Lincolnshire



SHINE MANAGED **COMMUNITY FUNDING**

An overview of funding
Since 2021, Shine Lincolnshire has managed funding on Behalf of Lincolnshire ICB and Lincolnshire County Council, the funding allows local organisations, who know their communities best to provide tailored and specific support to those most in need.



Working in collaboration with LCC and the ICB, Shine works to identify organisations with intimate knowledge of their communities to access the funds. This allows these organisations to provide vital community based mental health interventions and prevent crisis escalations. The approach not only empowers communities but also fosters greater community cohesion and resilience.

Across the 2023/24 financial year, we successfully administered The Mental Health and Wellbeing Community Investment Fund and The Suicide Prevention Investment Fund.











THE MENTAL HEALTH AND WELLBEING **COMMUNITY INVESTMENT FUND**

In 2022, the Mental Health & Wellbeing Community Investment Fund was launched in partnership with Lincolnshire, as part of the Community Mental Health Transformation Programme. Available to third sector and VCSE organisations, the fund aimed to:

Support the growth and innovation of VCSE organisations to benefit those with mental health or wellbeing needs.

Help smaller grassroots organisations test innovative ideas based on local needs.

Foster the growth and sustainability of partner organisations for a mental health, learning disability, and autism-informed societu.

Ensure funding aligned with clear objectives, demonstrated impact, and avoided duplicating other funding sources.

The fund was divided into two parts: Innovation and Sustainability.

The Sustainability Fund opened annually, with funding for each project decreasing over three years. The Innovation Fund offered smaller grants for up to 12 months to pilot new ideas, with the potential to apply for the Sustainability Fund later.

Innovation **Projects**

Innovation Beneficiaries £9,499.95 Average award

Sustainability **Projects**

Sustainability **Beneficiaries**

Average award

THE SUICIDE PREVENTION INVESTMENT FUND

October 2020 saw the publication of Lincolnshire County Council's suicide prevention strategy. This has been developed on a multiagency basis and co-produced alongside people with lived experience to reach out and save lives.

The vision is to recognise and support the aim that Lincolnshire is a place where suicide is not considered as an option and people will continue to have hope through access to intervention and prevention support.

Beneficiaries

Following on from the success of Wave one and two of the funding, Wave three was launched in autumn of 2022 for projects to begin in the 2023/24 financial year. This Programme is not age or gender specific and had a focus on supporting people 18+ and being innovative and creative with ideas and developments that promote

Average award

Our Support and Engagement Team

healthy lifestyles, reduces self-harm, suicides, and raises awareness.

Project Visits

Community Meetings

Our Support and Engagement Team worked tirelessly to support funded projects across Lincolnshire, ensuring these organisations thrived and stayed connected to their local communities.

The team also works hard to provide 360 degree infrastructure support to community organisations across Lincolnshire, not receiving funding to support in developing a resilient and robust community offer.



The Impact:

The Challenge

A project contacted with an urgent support request- the lead of their project had left with immediate effect. The organisation was concerned that they would need to end the funded project and return future funding.

The Action

A teams meeting to provide support was offered, each issue was explored and an action plan was created.

The organisation were connected with Shine's Data Officer to produce an online accessible MBR to ensure all staff could upload to sharepoint.

The contact details for the project were amended and follow up support was offered.

The Outcome

Following this the project felt able to

"Hello Donna, You have been so very helpful – thank you...and some 'early' thanks to Christopher, for supporting with the 'SharePoint' idea, which I think will work perfectly for us. Thank you once again for your support, it is so appreciated..."





TRAINING AND DEVELOPMENT

This year, our Training and Development Team has worked across Lincolnshire to deliver training that enhances understanding of wellbeing, equips individuals and communities to support each other, and promotes positive wellbeing.

Our courses included offerings from Mental Health First Aid England (MHFAE), such as Mental Health First Aid, Mental Health First Aid Refresher, Mental Health Awareness, Mental Health Skills for Managers, and Mental Health Champion training.

Additionally, we introduced Suicide First Aid through the National Centre for Suicide Prevention, Education, and Training (NCSPET).

We have also worked to provide a range of Adult and Paediatric Physical First Aid courses accredited by Qualsafe Awards.

Across the year we have worked tirelessly to deliver training across the county and have trained individuals across 64 courses across five sectors.

Courses Delivered Mental Health Courses

26
Suicide First
Aid Courses

Physical First Aid Courses



Private Businesses Third Sector organisations

27 Education settings

Local Authorities

Local services

CYP Suicide First Aid Training

Over the past year, Shine have had the privilege to have delivered a new training course from the National Centre for Suicide Prevention Education and Training. (NCSPET) through funding from Lincolnshire County Council.

The course is a one day face to face training session to a targeted Children and Young People's (CYP) workforce within Education (Secondary Schools), Health and Social Care. Each session teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting.

This is such a vital addition to the tool kit/knowledge of those who support CYP who are vulnerable to suicide. It has been fantastic to see the difference the course is making to those who work with our most vulnerable.

Training Impact:

'The course and tutor were very good. Ian was able to set the tone so that we all felt safe and secure in sharing experiences within the group which will help me going forward knowing that mental health issues are a lot more common than most people imagine.'

'The course has given me more confidence to approach people and quietly persist in asking people if they are OK when alarm bells have been rung.'

'An excellent course which I would not hesitate in recommending to others. Everyone should have some basic knowledge of this along the lines of physical first aid.'

- Anonymous training feedback.



ENGAGING WITH OUR

COMMUNITIES

At Shine, our primary focus is on the people of Lincolnshire. Ensuring their well-being and providing county-wide support while connecting with communities on a personal level are fundamental to achieving our goals.

Understanding the unique characteristics of each community and individual, we engage through diverse methods including social media platforms and email newsletters, distributing printed magazines across key community hubs, and actively participating in local events. Through this individualised approach, we are able to deliver tailored support that resonates with each community.

Our community based, quarterly Shine Connect magazine saw expansion from 32 pages to 64 pages with a directory of over 400 local support services. The editions contained article submissions from staff, schools, the community organisations and individuals and contained advice, guidance, games and stories of hope. It became a vital lifeline for those in Lincolnshire who are unable or unwilling to access online resources and remains something that has been at the core of Shine since our inception over 10 years ago.



Physical copies and many more digital

addresses

Events

Connecting with communities, professionals, schools, and individuals is crucial to our mission. For this reason, Our dedicated staff team travels across Lincolnshire, actively participating in various events. In the 2023/24 period, this encompassed 39 conferences, community events, shows, and fairs.

Long Covid Events



Beyond attending events organized by other organizations, we also host our own events aimed at fostering connections within Lincolnshire. This year, we organised 23 roadshow and dropin events focused on supporting individuals with long Covid, addressing crucial needs in our community.

In a milestone achievement, we hosted our inaugural Celebrating our Communities event, attended by over 300 people working in the community and voluntary sector, the event was filled with performances, presentations, information and even featured an ice-cream van! The day aimed to highlight our appreciation for the voluntary organizations dedicated to enhancing health and wellbeing. It was our way of expressing gratitude to those who tirelessly support others without seeking recognition.

Fundraising

Fundraising is indispensable to our success as a charity. Each donation significantly impacts our ability to carry out our vital work and make a tangible difference in the lives of those we serve.

In 23/24 we were lucky to have the general public, businesses and organisations supporting us and are pleased to share that their tireless fundraising and generous donations raised over £10,000 for Shine Lincolnshire.



We had a team of dedicated staff take on the Yorkshire Three Peaks - a circular 24.5 mile walk which encompasses three major peaks in the Yorkshire Dales. Pen-Y-Ghent, Whernside, and Ingleborough, the bestknown hills in the area. The team pushed hard and completed it in under 12 hours.

Finally, we owe our gratitude to businesses such as Wright Way Sports, who worked hard to organise The Shine Cup- a community football match, and SPOKE, a business networking group with a difference, who chose Shine to be their 23/24 charity of the year.



Social Media

In a continually evolving technological landscape, we recognise the pivotal role of social media in communicating with our audiences. This year, we maintained consistent and engaging posts, reaching and interacting with thousands of individuals like you.

500 posts and 98 stories

On Facebook and Instagram

94.8K reach On Facebook

> 670 Tweets On Twitter

> 6.2K reach A month on Twitter

13,868 Views On TikTok



WORKING WITH CHILDREN AND YOUNG PEOPLE

In late 2023, Shine Lincolnshire broadened its mission to support everyone in leading a life of value, regardless of age. We initiated efforts to assist children and young people across Lincolnshire and promote positive mental health and wellbeing.

This work has included collaborating with statutory partners such as Lincolnshire County Council (LCC) and Lincolnshire Partnership NHS Foundation Trust (LPFT) to review and drive changes in children's services, map current provisions across the county, and take a hands-on approach to supporting the youth of our community.

The Tuesday Youth Club

Our most significant project supporting this new aim was a collaboration with Wright Way Sports and Benjamin Adlard Primary School, located in one of the most deprived areas of Lincolnshire and the country—the southwest ward of Gainsborough. Together, we launched The Tuesday Night Youth Club, a free, inclusive program open to all children, regardless of their school affiliation.

The Tuesday Night Youth Club is designed to be a safe and inviting space, with sessions

led by the attendees based on their interests. Activities range from ball sports on the MUGA and soft ball games indoors to creative pursuits like drawing, painting, colouring, and playing board games.

Since its inception on January 23, 2024, the Group has grown significantly. By the end of the financial year, we welcomed 84 unique Attendees who have benefited from a safe space to connect and build relationships to support their wellbeing, all while having fun!





Schools and events

In addition to our efforts in Gainsborough, we have been actively engaging with youth across Lincolnshire. We hosted a Christmas party for children in Skegness in partnership with Platform Housing and The Storehouse Church, bringing festive cheer to the community.

Furthermore, Bert made seven school School Visits Visits during the 2023/24 period, Spreading joy and providing valuable Information on health and wellbeing to support children and young people in their growth and development.



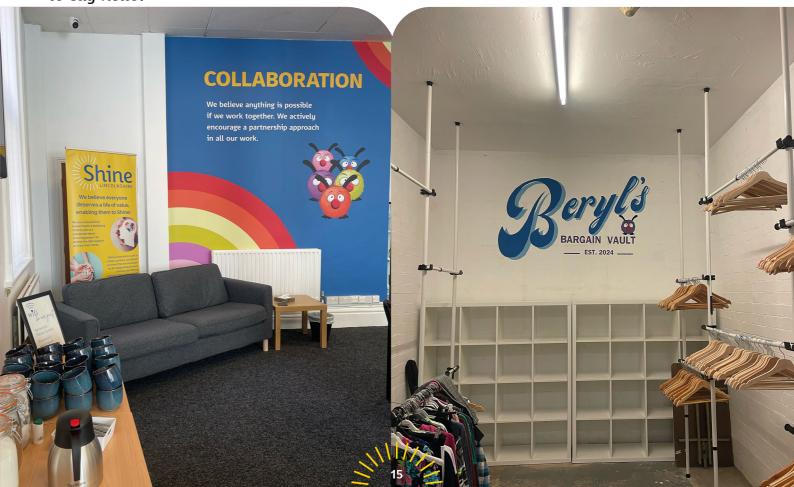
MOVING INTO BERT HOUSE

Back in late 2023, after some careful consideration, Shine decided to take the leap and move out of their offices in the heart of Lincoln and find a home more suited to their mission and purpose. Shine CEO, Rachel Wright had a vision - a communal hub near the East coast that could perform as a place of safety and support; as a space for collaboration, learning, and health and wellbeing advocacy; as well as practically for the day-to-day running of the charity.

The Answer to this vision, came in Bert House-located in the centre of Horncastle. Over the course of two months, Shine's team worked tirelessly, tackling everything from funding applications and design planning to the hands-on work of lifting tiles, fitting carpets, and wiring electrics.

The result was a welcoming and functional space adorned with Shines values and Bert and his friends. Highlights included a free book library, public computer areas, large meeting rooms, private 1-2-1 spaces with comfortable chairs, a pool table for socializing, and friendly wall art featuring the charity's mascot, Bert. A creative touch was given to the bank vault, which had been turned into "Beryl's Bargain Vault" charity shop.

Since opening, Bert House has become a focal point of Horncastle, bustling with community activity. The building offers a safe space to connect with others over a cuppa and provides support groups where individuals can receive informal peer support. We are excited to see how it will continue to grow over 2024/25 and hope you will pop in to say hello!



COMMUNITY PEER SUPPORT

What is a Peer Support Worker?

Mental Health Peer Support Workers (PSW's) give support, companionship and encouragement to people experiencing mental health difficulties.

A quality that makes them stand out from other staff is that PSW's draw directly on their own lived experiences of mental health difficulties or caring for someone else who is experiencing such difficulties and 'their skill in using their own experience to work collaboratively with someone facing similar mental health difficulties, is a unique one' (The Competence Framework for Mental Health Peer Support Workers, NHS Health Education England (October 2020)).

A PSW can:

Take a relational approach; not give advice or direction, but listen and explore. Help people find their own solutions that work for them. Respect individuals' rights and self-determination. Respect confidentiality.

Support with wellness plans.

Shine Lincolnshire is fortunate to employ 15 Peer Support Workers across the region, each bringing unique skills to support community members. Over the past year, they have worked tirelessly in community-based settings, facilitating individuals into accessing groups and creating individualised support plans. Together, they have positively impacted the lives of over 200 individuals.





The Impact of Our PSW's

My peer support worker has helped me see my own self worth. One of the most important things is that I have always felt listened to, never felt judged and felt like what I was saying was not being pushed aside. This journey has helped change my outlook on my life and to understand that there will always be times that I may not feel OK and I may feel low but that's OK, it's only temporary and everyone experiences this. I now have the tools to be able to recognise this and work through these feelings

- Anonymous, service user feedback

WORKING IN THE COMMUNITY

Who works in the community?

As part of mental health transformation, Shine Lincolnshire employ the Grantham and Rural and Four Counties Community Connectors along with the Community Connector Partnership lead.

There are 18 community connectors working across Lincolnshire, including several who specifically cover the more rural areas. Including Shine, there are eight organisations that host the connectors, ensuring they are all well-embedded in their communities with the local connections and knowledge that those organisations bring. The CCPL works with each of these connectors to support them in their roles.

What is the impact of the role?

Since the role was introduced in October 2023, the CCPL has introduced monthly catchups for the community connectors to come together and share good practice and update each other as to developments in their localities. The community connectors are all involved in their local mental health partnership boards (of which there are now ten), and information from these partnerships feeds into a highlight report that the CCPL produces for the countywide Mental Health and Wellbeing Partnerships group to showcase the work that is going on with the various stakeholders across the county.

The CCPL advocated for all community connectors to receive the full two-day Mental Health First Aid training, which Shine kindly donated to ensure it was available to all, regardless of which organisation they are hosted by. The CCPL role offers an extra source of support and guidance to the community connectors, acts as a link between connectors and their host organisations when issues arise, provides a conduit to/from the Adult MH Transformation Programme, introduces various stakeholders to the connectors to help expand on relationships with the partnerships across the county, and supports with reporting and individual pieces of work.

The Impact:

"What can I say about Shine that most don't already know? We have had a long-standing relationship with the organisation that goes back many years. Over the last few years however, this relationship has development and blossomed. We are so grateful for the use of their facilities for Bro Pro UK (men's mental health) as well as providing a safe space for our placement counsellors to meet.

The training Shine have provided for our team too has been invaluable.

We cannot wait to see what the future will bring to Shine and hope that our partnership will only continue to grow."

- Skegness and Rural Community Connector



OUR STAFF

At Shine, our dedicated and passionate staff are the driving force behind every achievement and positive impact we make in the community. Their unwavering commitment, creativity, and hard work form the foundation of our success. This report highlights not only the outcomes of our initiatives but also the incredible people who make it all possible. Our team's collective effort ensures that Shine continues to thrive and serve those in need, making a lasting difference in countless lives.

Our team is composed of individuals with diverse backgrounds, skills, and experiences, led by our Executive team of CEO and COO and supported by our dynamic Senior Management Team.

Our core staff excel in roles in program management, fundraising, communications, and community outreach, while our peer support workers and Community connectors work locally to support on the ground across Lincolnshire in a trauma informed way.

Each staff member is driven by a shared commitment to making a tangible difference. Our team includes individuals with years of experience in the non-profit sector, as well as those who bring fresh perspectives from fields like education, healthcare, social work, and those who have entered the sector due to their own lived experience. Many of our staff have first-hand knowledge of the challenges our communities face, allowing them to connect on a deeper level and offer unique insights. Together, this diverse and well-rounded team is equipped to tackle complex issues with innovative, compassionate solutions that truly resonate with the people we serve.

This year, we prioritised staff development, offering training in areas such as traumainformed care, equity and inclusion, and leadership and teamwork development. These opportunities have allowed our staff to grow professionally while also improving the quality of service we provide to our beneficiaries. We believe that investing in our team directly translates into better outcomes for the communities we support.

Throughout 2023/24, Shine employed an average of 30 staff members working across the county to support, connect, and develop communities. Without their hard work, Shine would not have achieved all that it did during the financial year.

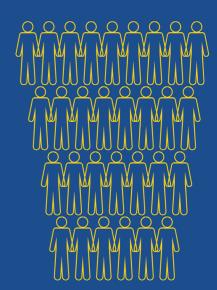


Our Staff In Detail





Since 2021, our staff team has grown from 1 to 30!











16% of staff have a caring responsibility



Our staff range in age from 17- 64.

Over 60,000

Miles across Lincolnshire
That's over 2.5 times round the
world!

Over 250

Courses and CPD Activities



Over 39,000Hours



That's that same as 4.45 years!





OUR 2023/2024 FINANCES

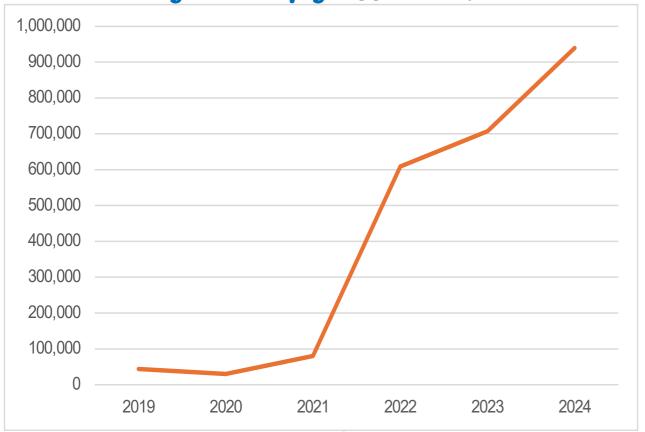
Over the past four years, Shine Lincolnshire has experienced extraordinary growth, evolving from a small community-focused organisation into a leading figure in the mental health and wellbeing sector. This growth has been driven by the charity's ability to secure increased funding and expand its services, allowing it to reach more individuals and communities in need.

From managing significant government contracts to increasing its outreach across Lincolnshire, Shine has made a tangible impact—offering support, training, and vital resources to those who need it most. This expansion has not only strengthened the charity but also fostered greater community resilience, empowering individuals and organisations to work together in creating positive change.

The 2023/24 financial year marks a period of significant growth for Shine Lincolnshire. With a total income of £939,536, the charity saw a marked increase in funding across all areas of income. This increase enabled Shine to broaden its services, establish a community hub, expanding its staff and delivering more impactful community programs and vital support across Lincolnshire. While expenditure grew in line with the charity's expansion, it reflects Shine's dedication to strengthening its community-based initiatives and meeting the growing demand for mental health and wellbeing services.

Looking ahead, Shine is well-positioned to continue its mission, with increased financial stability and a solid foundation for future growth. The charity's ability to secure such significant funding demonstrates its growing influence and commitment to making a lasting difference in the lives of individuals and communities.

Growth of Gross income



OUR POSITION

Shine Lincolnshire is incredibly proud of its influential role within the health and wellbeing sector across Lincolnshire.

As an organisation, we serve as a strong voice for the third sector, representing our community on a number of key strategic boards. This includes our active involvement in the Mental Health, Learning Disability, and Autism Alliance (MHDLDA), which works to "promote wellbeing for all and enable people with mental illness, dementia, learning disabilities, or autism to live independent, safe, and fulfilled lives in their local communities."

Additionally, we play a pivotal role in the transformation of children and young people's mental health services, serving as a third-sector representative in efforts to redesign the delivery of mental health support for young people. This strategic input is helping to shape a more responsive, effective system that prioritises the needs of the younger population.

As a key infrastructure support organisation in Lincolnshire, we provide comprehensive, 360-degree support to local community-based organisations, enabling them to thrive and focus on preventing crisis escalation. Our work is essential in building capacity across the sector, empowering smaller organisations to make a bigger impact and supporting them to sustain their operations over time.

Our position as a key player in the third sector is further strengthened by our close collaboration with statutory partners, including the Lincolnshire Integrated Care Board, Lincolnshire County Council, and Lincolnshire Partnership Foundation Trust. Together, we are committed to developing provisions that support health and wellbeing across the county, through the application of community funding to create impactful, grassroots solutions.

Shine's ongoing partnerships and leadership across these initiatives are critical to our mission, as we continue to champion positive health outcomes for all and drive meaningful change within the sector.



LOOKING FORWARD TO THE FUTURE

As we reflect on the past year, we are immensely proud of what Shine has accomplished. Our dedicated team, supportive partners, and generous donors have all played crucial roles in helping us reach our goals and make a meaningful impact on the lives of those we serve. From launching new programs to expanding our reach, every step forward has been a testament to our collective effort and shared vision. We remain deeply committed to fostering community, providing support, and advocating for all, ensuring that every individual—from children and young people to older adults and those at risk of dementia—has the opportunity to thrive.

Looking toward the future, we are excited to embrace new opportunities for growth and sustainability. We are focused on building self-sufficiency by generating income through our community hub at Bert House and exploring innovative fundraising avenues. At the same time, we will continue our philanthropic endeavours and remain dedicated to working closely with the family unit, ensuring that our support reaches across generations.

Our plans include expanding services to improve mental health and well-being throughout the county, strengthening collaborations with organizations across Lincolnshire and beyond, and further developing our Children and Young Persons support programs. With the continued dedication of our staff, volunteers, and supporters, Shine is poised to make an even greater impact in the years ahead.

Together, we look forward to a future filled with hope, progress, and lasting change. We hope to see you with us on this journey in 2024/25!



Thank you for taking the time to read our Impact.

There are many ways you can support us to impact Lincolnshire further over the next year, we hope to see you soon.







Shin





