



**Mental Health and
wellbeing fund
2023**

Leicester, Leicestershire and Rutland

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Introduction

Getting Help in Neighbourhoods (GHIN) is part of our plans to transform mental health services across Leicester, Leicestershire and Rutland, known as Better Mental Health For All. Its aims are to provide more support for mental health and wellbeing, closer to home and relevant to local communities' needs.

A key part of the GHIN project is the grant scheme which aims to invest more into local voluntary and community sector partners (VCS) to deliver mental health and wellbeing projects. Funded by the NHS in partnership with Leicestershire County Council, Leicester City Council and Rutland County Council, this latest round has seen £500,000 awarded to 23 local VCS organisations. This builds on the 28 projects that received awards totalling £800,000 in the first round of funding in May 2022.

www.bit.ly/3CW8npQ



The Afro Innovation

Group aims to address the very specific needs of client groups (migrants, refugees and asylum seekers), who

face language, employment skills, and social/educational barriers to accessing employment/training to be able to live economically sustainable and integrative lives in the local community.



**AFRO
INNOVATION
GROUP**

Empowering Local Communities

Their project will work with refugees and asylum seekers in Leicester and Leicestershire, supporting their mental health and wellbeing to help them further settle into and engage with their local community. They will provide a range of support including:

- 1-1 and group mental health sessions
- Discussion and activity sessions to encourage engagement
- Raising awareness of mental health issues amongst the BAME community as well as help them to develop skills and techniques to help them manage better in the future

For more information, you can contact Afro Innovation Group by:

Phone: 0116 208 1341

Email: info@afroinno.org

www.afroinno.org

Covering Leicestershire and Leicester City

After18 works with asylum-seeking and refugee young people up to the age of 25 who are living in Leicester and the surrounding area. They were established in 2013 and are now working with over 200 young people every year.



Their aim is to be a consistent long-term point of reference and safe space, and to create a sense of belonging for young refugees. They seek to improve their educational opportunities, increase the skills, knowledge and understanding that will enable them to participate in daily life in the UK, improve their social support networks and build confidence in their own cultural identity. Led by the needs of the young people, After18 have evolved a broad programme of educational and wellbeing activities to enable them to deliver these outcomes.

The GHIN funding will support the operation of their weekly wellbeing group for young asylum-seeking or refugee women in Leicester City Centre. By facilitating mutual support and encouraging participation in a range of creative and wellbeing activities every week, they aim to increase confidence and reduce isolation among young women, including victims of trafficking, who have arrived in the UK without their families.

For more information, you can contact After18 by:

Phone: 07851 411 964

Email: mail@after18.org.uk

www.after18.org.uk

Covering Leicester City

Angels and Monsters are a small registered charity providing free services to young people and their families, including:



- A.I.M accredited courses
- On-site Ofsted registered childcare
- First aid
- Health and safety/basic food hygiene qualifications
- Workshops
- Support sessions
- In-house counselling
- Therapy and sexual health services.

Their ultimate aim is to encourage learners into more formal education, training and employment.

The grant will enable Angels and Monsters to provide much needed mental health services to young parents, including one to one sessions, group workshops and advice. It will also provide them with a further crèche staff member, enabling them to offer more places to local people, as well as covering the cost of staff training to enable them to fully support users.

For more information, you can contact Angels and Monsters by:

Phone: 0116 431 7123

Email: angelsandmonsters9@outlook.com

www.angelsandmonsters.org

Covering Leicester, Leicestershire and Rutland

BrightSparks Arts in Mental Health CIO

is a mental health service user led charity that works with professional artists to support people living with mental health conditions to build confidence, skills, self-esteem and social networks through creative activities.



Arts In Mental Health Group

BrightSparks delivers weekly workshops, performances, events, exhibitions and publications all aimed at developing opportunities for participants at all stages of recovery, while challenging stigma associated with mental health in their wider communities. They deliver programmes of music, creative writing, poetry, comedy and visual arts, and we collaborate with partners in the mental health, cultural and community sectors in Leicester, Leicestershire and beyond.

The GHIN grant will enable BrightSparks to extend their hugely successful programme, The Comedy Asylum into areas of Leicestershire in which people may not readily be able to access their programmes. The Comedy Wellbeing Hubs in Loughborough, Coalville, Newbold Verdon and Burbage will enable them to work with local partners to support people living with poor mental health and support their recovery & wellbeing through weekly workshops led by their team of comic poets, stand up performers and musicians.

For more information, you can contact BrightSparks by:

Phone: 07585 602 238

Email: office@brightsparksarts.uk

www.brightsparksarts.uk

Covering Leicester, Leicestershire and Rutland

Communities Food and Wellbeing Hub CIO's goal is to help individuals gain increased independence through professionally supported conversations tackling food insecurity, budgeting and social factors that lead to health inequalities.



The GHIN funding will enable Community Food and Wellbeing Hub to train volunteers working with experienced GP's and social prescribing professionals, to help individuals vulnerable to food and financial insecurity.

The five week programme will provide a series of weekly group educational opportunities to improve food security, diabetic and hypertension risks, self-esteem, healthy lifestyle and social activities for people vulnerable to food poverty.

This workshop series is facilitated by a GP, social prescriber and artist who provide activities to help with budgeting, nutrition and promotion of positive mental wellbeing.

For more information, you can contact Communities Food and Wellbeing Hub CIO by:

Email: info@cfwhub.org

www.cfwhub.org

Covering Loughborough

As the largest provider of specialist debt and social welfare advice in Leicester,

Community Advice and Law Service (CALS)

supports clients to address some of the practical issues

that may be impacting on their mental and physical health, such as debt, welfare benefits, housing and immigration matters. They work from their office in Leicester City Centre and at outreach venues across Leicester City in order to reach clients most in need of their help.



Community
advice and law service

However, poor mental health can sometimes act as a barrier to clients accessing and staying engaged with CALS' support, making it harder for them to resolve their problems.

CALS will be using the GHIN funding to employ a specialist worker to support people through the advice process in a holistic manner, helping their most vulnerable clients to stay engaged, prepare for appointments effectively and follow through on agreed actions. They will also be providing training for all of our front-line staff in order to enable them to support clients with mental health difficulties more confidently and effectively.

For more information, you can contact CALS by:

Phone: 0116 242 1120

Email: enquiries@advice-cals.org.uk

www.cals.uk.net

Covering Leicester City

Leicester, Leicestershire and Rutland (LLR) Mind is dedicated to supporting the mental health and wellbeing of people across LLR. The organisation is currently operating as a project under Coventry and Warwickshire Mind, but it is hoped that LLR Mind will become a separate, independent organisation in 2023.



Their **vision** is of a society that promotes good mental health for all. Their **purpose** is to provide quality support that promotes positive mental health and wellbeing, and campaign to raise awareness, reduce stigma and address the issues that cause poor mental health.

Their **values** are at the heart of everything they do: inclusive, empowering, collaborative, innovative, sustainable.

The Getting Help in Neighbourhoods grant will enable Mind to deliver their Active Monitoring service to residents across North-West Leicestershire. Active Monitoring is a tried and tested early intervention service, developed by Mind and designed to improve the mental health and wellbeing of adults. It is a guided self-help programme facilitated by trained and supervised Mental Health Practitioners. The service aims to support people to improve their lives by developing key skills and strategies to manage their own health and wellbeing.

For more information, you can contact LLR Mind by:

Email: info@llrmind.org

www.llrmind.org

Covering Leicester, Leicestershire and Rutland

Diabetes Self-Help Group

was set up in January 2012 in Belgrave, to offer help and support to people with diabetes in taking control of their sugar level and to self-manage, as well as people who are socially and emotionally isolated.



Diabetes Self-Help Group®

Diabetes Self-Help Group is open for non-diabetic individuals who have High Blood Pressure, Heart conditions or are living alone or socially isolated

Aims include:

- Share feelings, anxiety and experiences
- Promote a healthy lifestyle
- Improve mental and physical wellbeing
- Understand the condition better by attending talk and workshops

The GHIN funding will be used to offer further sessions twice a week which includes activities such as: walking, yoga, laughing yoga, seated exercises, meditation, breathing techniques, Thai Chi, upper body movement, arts and crafts, healthy lifestyle, juice therapy, gardening and pampering sessions.

For more information, you can contact Diabetes Self-Help Group by:

Phone: 07921565385

Email: dgleicester@gmail.com

www.diabetesselfhelpgroup.co.uk

Covering Belgrave, Abbey and Rushey mead

Enrych supports adults living with disability, including those experiencing poor mental health, to enable them to live independently and achieve their individual goals and aspirations. They do this through a variety of initiatives including:



- One to one support
- Work coaching
- Social activities
- A range of wellbeing and mindfulness initiatives

Enrych will deliver a programme of activities in the community including a range of wellbeing initiatives and engaging those who would like to work on a structured programme of employability. They will provide support with digital inclusion to help individuals access mindfulness apps and online support. They work collaboratively to ensure that they take a person-centred approach by engaging participants in other additional projects which may be appropriate to improve mental health and address wellbeing.

For more information, you can contact Enrych by:

Phone: 01530 832 926

Email: hello@enrych.org.uk

www.enrych.org.uk

Covering Melton Mowbray, Ashby-de-la-Zouch, Hinckley & Bosworth and Market Harborough initially (already delivering across Coalville)

Headstrong Wellbeing CIC are a therapeutic and wellbeing centre.

The GHIN funding is for the provision of therapeutic support for domestic violence and sexual assault survivors, who would otherwise struggle to find and fund therapy appropriate to their needs.



This includes offering individual and group sessions, face to face or online. Clients can access psychotherapeutic sessions which utilise a range of therapy approaches, including holistic approaches to mental health to develop self-efficacy and enable clients to better manage their own mental health in the long term.

Alongside this, Headstrong will be offering a number of client workshops on managing mental health and training sessions for professionals, relating to trauma

For more information, you can contact Headstrong by:

Phone: 0116 376 1067

Mobile: 0753 972 2930

www.headstrong.org.uk

Covering Leicestershire and Rutland

The Leicester Counselling Centre provides affordable, long-term counselling to adults who are experiencing disadvantage caused



The Leicester Counselling Centre

Supporting the people of Leicester,
Leicestershire and Rutland since 1981

by mental health, social and emotional distress that disrupts their daily living. Its service reaches individuals across Leicester, Leicestershire and Rutland, making it one of the largest general counselling providers in Leicestershire. The Centre provides a comfortable and confidential environment on the edge of Victoria Park and its large team of dedicated volunteer counsellors offer a non-judgemental space in which clients can explore the difficulties they may be facing.

The GHIN grant will enable to Leicester Counselling Centre to reach more individuals, providing necessary long-term support to significantly improve its client's mental health and wellbeing. It will also enable a separate remote service stream, to engage marginalised and harder-to-reach individuals and communities to access the support they need via online or telephone counselling.

For more information, you can contact The Leicester Counselling Centre by:

Phone: 0116 255 8801

Email: admin@leicscounselling.co.uk

www.leicestercounsellingcentre.co.uk

Covering Leicester, Leicestershire and Rutland

**Leicester Lesbian
Gay Bisexual
and Transgender
Centre** is a voluntary
organisation, established in 1976.

the CENTRE
LESBIAN GAY BI & TRANS

They continue to work closely with a range of statutory, voluntary and private organisations to work towards the eradication of discrimination and prejudice as well as providing direct social and support services to LGBT+ communities.

The Getting Help in Neighbourhoods grant will fund three main areas of work for LGBT+ communities, including a weekly drop-in, 1-1 support, social activities and counselling services.

For more information, you can contact The Leicester LGBT Centre by:

Phone: 0116 254 7412

Email: info@leicesterlgbtcentre.org

www.leicesterlgbtcentre.org

Covering Leicester, Leicestershire and Rutland

At **Pepper's - A Safe Place**, they offer drop-in sessions and therapeutic activity workshops for any adults struggling with their mental health or loneliness.



Locals are invited to come and take some time out to reconnect with the community and chat to the wonderful team of listening volunteers. Peppers have centres in Oakham and Melton Mowbray.

The GHIN grant will fund the role of the Melton Centre Manager to expand and develop the running of weekly drop-in sessions and activity groups. The Centre Manager will ensure resources needed, or preferable for each session, are available and that the appropriate number of volunteers attend each session. The Melton Centre Manager's role is to listen and respond to the needs and suggestions of members. It is the Melton Centre Manager's role to promote our services to locals through appropriate means and network with local community groups, as well as assisting in the organising of events as a means to raise awareness.

The funding will also provide training planned for volunteers, including Mental Health First Aid and Safeguarding.

For more information, you can contact Peppers by:

Phone: 07714 503 556

Email: info@peppersasafeplace.co.uk

www.peppersasafeplace.co.uk

Covering Oakham and Melton

The Peter Le Marchant Trust is the longest serving and busiest canal boat charity in the UK.



Their primary aim is to provide services to people, of all ages, living with physical and mental disabilities by offering an opportunity to reap the proven health and wellbeing benefits derived from their serene and tranquil local waterways.

The GHIN grant will enable them to:

- Expand their portfolio of positive and proven health and wellbeing projects
- Run bespoke and stimulating canal boat trips
- Offer positive and attractive volunteering opportunities
- Innovate and develop new companionship and creative projects at their accessible base including award winning gardens, sensory garden and community hub
- Pilot a range of innovative Special Days of Interest and Shared Interest Groups to expand their health and wellbeing offering

For more information, you can contact The Peter Le Marchant Trust by:

Phone: 01509 265 590

Email: info@peterlemarchanttrust.co.uk

www.peterlemarchanttrust.co.uk

Covering Charnwood and Leicester

Pink Lizard is a youth and community development organisation created in 2011, based in Saffron Lane and Eyres Monsell, two deprived areas of Leicester City. They are a locally trusted organisation with years of experience of working with both the older and younger people in their two areas.



Their goal is to support, develop and educate people living in their communities. They create self-belief, confidence, and a positive outlook in lives of young and older people who need their support/services the most - NEET young people, single parents and elderly people and people suffering from mental illness and other health issues brought about from isolation. Pink Lizard offer new experiences, delivering a range of activities to use as a tool to support their participants into further education, employment and voluntary work.

The GHIN funding will help Pink Lizard to deliver the Esteem Team Project. This non-judgemental project will allow the community to come together and take part in a hub of activities to engage, develop, up-skill and educate the people across Saffron Lane and the Eyres Monsell. The project will also help signpost people to the relevant support organisation in the

For more information, you can contact Pink Lizard by:

Phone: 0794 036 0397

Email: thepinklizardcompany@yahoo.co.uk

www.pinklizard.org

Covering Saffron Lane and Eyres Monsell

Root-and-Branch Out

CIC work with all ages to 'nurture the community through nature' and use a variety of different outdoor spaces to enable people to engage with the environment: planting, growing, exploring, investigating and harvesting - for the strengthening of wellbeing and for enjoyment.



The GHIN funding will enable Root-and-Branch Out to offer a certificated gardening course running throughout 2023, based in their community allotment in Oakham, offering outdoor skills and stress management techniques together for those with any form of anxiety, depression and other mental health issues.

They can provide transport and travel buddies to enable all to attend. Root-and-Branch Out work in partnership with other agencies and groups in the area, and also will signpost the users of their community fridges towards this new project.

For more information, you can contact Root-and-Branch Out CIC by:

Phone: 0792 998 9432

Email: rootandbranchout@gmail.com

www.rootandbranchout.co.uk

Covering Rutland and Melton

The Rural Community Council

(RCC) is a charity providing outreach and support services to tackle disadvantage in rural Leicestershire and Rutland.

Funded by this grant, Little Cup of Joy will be based around their high-profile mobile barista van.



They will travel to rural communities across Leicestershire and Rutland and pip up a safe and welcoming informal cafe space for people to enjoy a hot drink, chat and build connections with their community.

Through Little Cup of Joy, the RCC want to keep everyone connected with their community, ensuring those at risk of loneliness or poor mental health are supported, and anyone suffering connects with someone who can help. They believe that by keeping things simple and working together with communities, they can make a big impact on combating loneliness. Their tried and tested approach is based around three C's: Coffee, Conversation and Community. By combining these basic elements, they build connections, confidence and help people overcome loneliness and other mental wellbeing challenges. They will also use this as a platform to raise awareness of other mental health issues and suicide.

For more information, you can contact The RCC by:

Email: info@ruralcc.org.uk

www.ruralcc.org.uk

Covering Leicestershire and Rutland

Alongside providing meaningful volunteering opportunities, **Saffron Acres** run therapeutic gardening sessions and activities for people with disabilities and poor mental health.



The GHIN funding will enable Saffron Acres to:

- Expand the programme they offer
- Increase the number of sessions and activities they run
- Increase the level of support they are able to provide for people with poor mental health who engage with the project

They will be running multiple weekly sessions, including quieter sessions as well as social sessions on busier days.

Saffron Acres is based in the city (LE2) - but welcome anyone from across Leicester, Leicestershire and Rutland.

For more information, you can contact Saffron Acres by:

Phone: 0116 283 7212

Email: saffronacres@srcentre.org.uk

www.srcentre.org.uk/our-projects/saffron-acres

Covering Leicester, Leicestershire and Rutland

Somali Development Services

(SDS) was established in Leicester in 2001 to support the growing Somali community and other ethnic minorities to ensure that disadvantaged people were able to participate in the city's economic, social and community life and to safeguard their wellbeing and human rights.



The GHIN grant funding will provide advice and guidance sessions. These sessions will cover issues such as housing, personal finance and benefits support. There will also be bi-weekly drop in personal wellbeing support group sessions. Each session will have a particular theme e.g. healthy eating, the benefits of exercise and how to reduce stress and ESOL lessons.

SDS will provide 1-1 intervention sessions with service users suffering from mental illness such as depression, anxiety, stress, low self-esteem. They will work with service users to create an action plan on how to support themselves which takes into account their own cultural-religious preferences. SDS will also raise awareness of mental health amongst their service users and highlight the importance of positive mental health through seminars. They will be providing a referral service with partner agencies.

For more information, you can contact SDS by:

Phone: 0116 285 5888

Email: admin@somdev-services.com

www.somdev-services.com

Open to all - a specific scope on Leicester City/Highfields and surrounding areas

Spring Educational Society (SES)

aims to promote general charitable purposes for the benefit of the public, in particular but not exclusively to the Turkish speaking community in the UK.



Some of the objectives of Spring Educational Society are:

- The advancement of education
- The relief of poverty
- The promotion of racial harmony
- The preservation of public order
- To develop the skill and capacity of the socially and economically disadvantaged community members

SES aims to support asylum-seekers and refugees to cope with the difficulties and stress they have met in healthy ways, achieve sustainable well-being, and integrate into their new lives in the post-migration process. With the GHIN funding, this short-term project will help to raise awareness and develop self-help skills.

For more information, you can contact SES by:

Email: fundings@springeducation.org.uk

www.springeducation.org.uk

Covering Leicester, Leicestershire and Rutland

The Carers

Centre Leicester,
Leicestershire and
Rutland provides
a range of services



The Carers Centre
LEICESTERSHIRE & RUTLAND
at the heart of caring

for anyone who is supporting someone who couldn't manage without their help due to their disability, physical or mental illness, frailty, addiction or long term conditions (unpaid carers).

Services include information and advice, respite/ social activities, mental health and wellbeing support, self-advocacy groups and training for carers and professionals.

Their new project 'Caring for Carers' will provide dedicated support for any carer who is struggling with their mental health and wellbeing. Offering local 1-2-1 support and group activities, the project will help carers to focus on their own mental health and wellbeing needs whilst caring for someone else.

Caring for Carers is open to any unpaid carer who is living in Leicester City or Rutland or caring for someone who has mental health needs that lives in Leicester City or Rutland.

For more information, you can contact The Carers Centre by:

Phone: 0116 251 0999

Email: enquiries@thecarerscentre.org.uk

www.claspthecarerscentre.org.uk

Covering Leicester City and Rutland

The Way of the Horse is a multi-award-winning equine facilitated learning (EFL) centre dedicated to helping children and adults with emotional, behavioural and mental health difficulties. Many of those they help are from disadvantaged backgrounds and/or have experienced significant trauma.

THE WAY
OF THE
HORSE
DISCOVERY CENTRE



The grant will fund the Recovery Ranch project, a one-year mental health programme providing eight courses of mental health and trauma recovery support. Six to eight people struggling with their mental health/unresolved trauma will be given places on each course. The Recovery Ranch programme will have three main objectives:

- To improve the mental wellbeing of people suffering with mental health issues with a focus on reducing the symptoms of depression, anxiety and stress
- To increase the participant's self-esteem and resilience to mental health challenges ensuring that they have strategies to maintain their mental health in the future
- To improve emotional intelligence, including providing tools for emotional awareness, regulation and agility

For more information, you can contact The Way of the Horse by:

Phone: 07714 269 218

Email: thewayofthehorse2015@gmail.com

www.thewayofthehorse.co.uk

Covering Leicestershire

Women 4 Change was founded by a group of mothers from St Matthews and the surrounding area to support, educate and empower women and young people but not exclusively.



Women 4 Change

This funding will help Women 4 Change to host 12 bi-monthly group sessions with a counsellor. They also plan to run fortnightly face to face and zoom sessions in Somali language hosted by a health professional to inform the local community about mental health and raise awareness such as noticing signs, asking for help and benefits of counselling. Their project will help and support the ethnic minority communities who have not engaged due to language and cultural barriers. They want to remove this stigma in the community and help individuals understand the effects of mental health, reduce isolation and reduce health inequalities.

Women 4 Change also aim to help the elderly by connecting them with others in their area so they can share their perspective and relay their struggles. Finally, the funding will help to educate people on the effects of drugs and alcohol abuse and its links with mental health, such as self-medicating on account of mental illness. They want to remove the taboo of speaking on these issues so they can isolate the root causes of the problem and provide support where needed.

For more information, you can contact Women 4 Change by:

Phone: 07568 059 078

Email: w4cleicester@gmail.com

www.women4change.co.uk

Covering Leicester City

For further details about
the wellbeing fund, visit the
Leicestershire and Rutland
Community Foundation website:

www.bit.ly/3FWwZ1H

Getting Help in Neighbourhoods is a partnership:



LEICESTERSHIRE & RUTLAND



Leicester, Leicestershire
and Rutland



Leicestershire Partnership
NHS Trust



Leicestershire
County Council



Leicester
City Council



Rutland
County Council

On behalf of



Transforming mental health services and outcomes for
people living in Leicester, Leicestershire and Rutland.