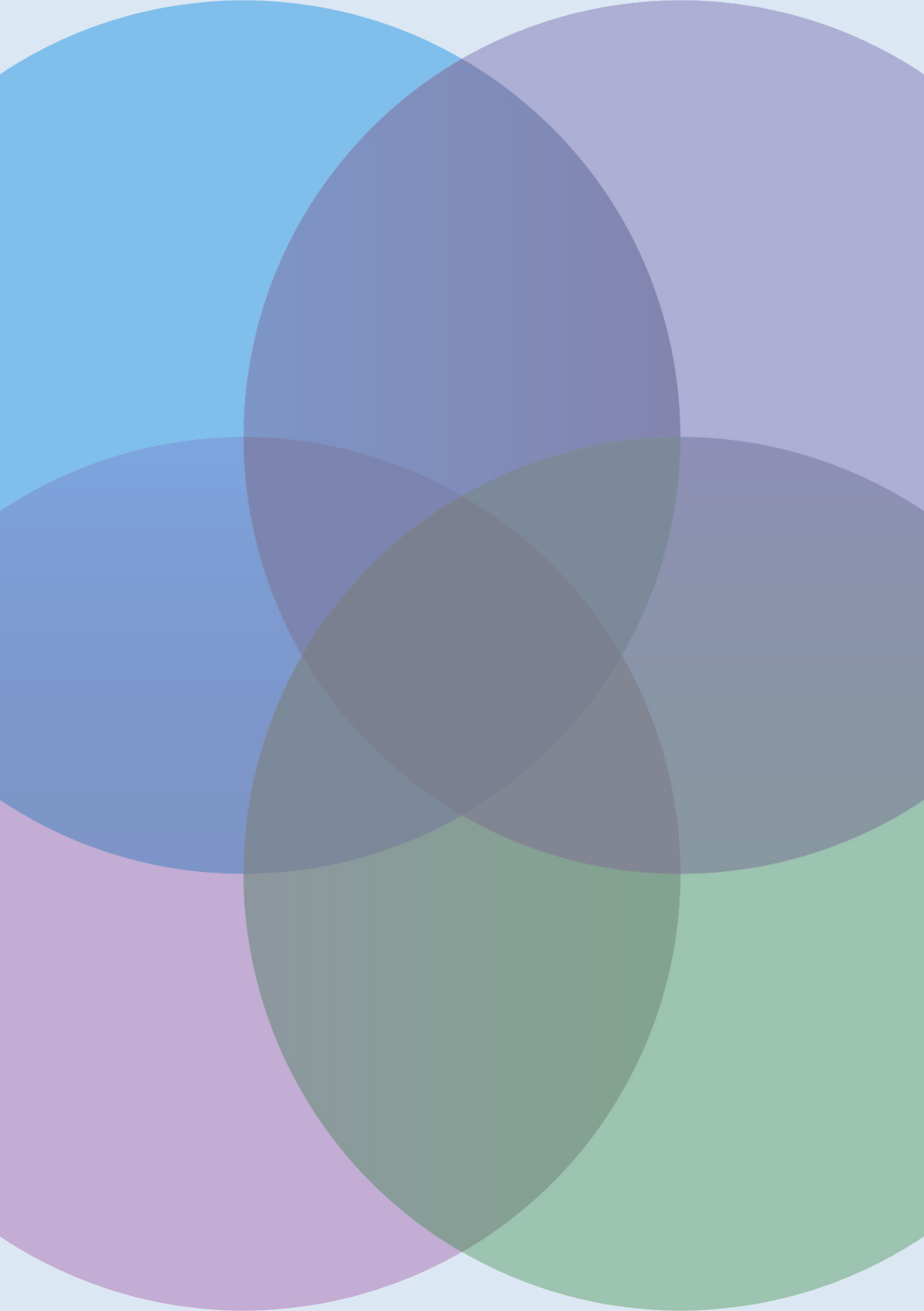




# **Mental Health and wellbeing fund**

**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.

At the end of 2021 GHIN launched a new a new mental health and wellbeing fund which is a partnership between the local NHS, Leicestershire County Council, Leicester City Council and Rutland County Council. It is being administered by Leicestershire & Rutland Community Foundation (LRCF), an organisation that strengthens local communities by giving thoughtful grants to local charities and voluntary groups, for all kinds of local needs.

In April 2021, the scheme announced the recipients of its first round of grants. Just under £800,000 has been awarded in round one to 28 local groups across the city and county to spend on their own projects, new or existing, to support people with their mental health and wellbeing.



# ADHAR

**Adhar Project** empowers people to manage their own mental health difficulties by offering a language specialist service, hoping to fill the current gap for vulnerable individuals and families within the BAME community in Leicestershire currently not accessing services due to language specialist services not being made available. This is leading to a lot of people missing out on receiving support and Adhar believe their service will help tackle on-going stigmas and barriers currently identified within the communities, with the option of language they can also help and build relationships within communities.

## **Adhar offers:**

- Therapeutic support using arts, social and cultural activities delivered as individual support and group sessions
- Advice, information and signposting to additional services
- Advocating on behalf of individuals and communities on mental health issues, ensuring they understand their rights
- Educating society on mental health issues, challenging stigma, and encouraging people to seek early intervention.
- Counselling support CBT / DBT and some low level weekend emotional support to service users

[www.adharproject.org](http://www.adharproject.org)



**Age UK Leicestershire & Rutland**

is a local charity that provides a wide range of services and support across Leicester, Leicestershire and Rutland.

We work in local communities to enable older people and informal carers to live happier, active, fulfilled and socially-engaged lives.

The Getting Help in Neighbourhoods Grant will enable us to continue providing a volunteer befriending service in Rutland.

The service provides regular low-level support to older people who are at risk of becoming chronically lonely and who have been disproportionately impacted by the pandemic in terms of increased levels of isolation, bereavement and loss of confidence.

[www.ageuk.org.uk/leics](http://www.ageuk.org.uk/leics)



**Better Outdoors:  
Wellbeing with Nature**

**CIC** is a small social enterprise supporting Mental Health and wellbeing from various sites in the National Forest area of Leicestershire.

They aim to connect people with the wider natural world, each other, and their own inner resources.

Better Outdoors: Wellbeing with Nature are grateful for the second year funding from Getting Help in Neighbourhoods.

This will help to provide resources and support throughout the year for our 6-week Wellbeing course for adult mental health, continuing fortnightly drop-in sessions that GHIN allowed us to pilot last year, as well as Forest

[www.betteroutdoors.org.uk](http://www.betteroutdoors.org.uk)





**b inspired** is a community anchor that works with and for, the people of Braunstone.

Its community services include a Befriending Service and Braunstone Foodshare that runs a weekly foodbank and pantry alongside debt and advice sessions.

Getting Help in Neighbourhoods enables b inspired to integrate support for reducing low mood, stress and anxiety and improving general wellbeing.

The second year of the Project, 'Get Connected-Stay Well', will have wellbeing activities and mindfulness taster sessions ('Slow Down & Relax') allowing local people to try new activities that will benefit their wellbeing.

As well as one-to-one support, there will further tailored mindfulness sessions and a weekly wellbeing group ('Chit & Chat')

[www.b-inspired.org.uk](http://www.b-inspired.org.uk)



# equality action

**Equality Action** offer advice, information and support on a range of matters. This includes welfare benefits, debt, housing, education, employment, immigration etc. Where specialist support is required, i.e. in cases of bankruptcy, repossession, domestic violence, they work closely with local partners and refer clients to those specialist organisations.

Equality Action continue to support their clients with making the appointments, attending with them if required to provide language and moral support. Most of their client speak very little to no English, have no or lower IT skills, or are unable to access mainstream

services directly so they work closely with them to ensure their needs are met.

The GHIN grant will allow Equality Action to support culturally appropriate befriending, locally meeting language needs across Charnwood, reaching out to isolated and lonely adults.

This opportunity is important to their work in the community as there are many people suffering with their mental health and wellbeing, especially with the COVID-19 pandemic.

This scheme will enable Equality Action to provide a more culturally appropriate be-friending option for those who face barriers of lack of English language.

[www.equalityaction.org.uk](http://www.equalityaction.org.uk)

Eyres Monsell Club For Young People

**EMCYP**

•Building A Brighter Future•

**Eyres Monsell Club for Young People**

provides a service that addresses mild to moderate mental health illness in adults in the local community including depression, anxiety, trauma related stress, bereavement, relationship breakdowns, and covid related mental health issues.

The project will be aimed at encouraging people to become emotionally and physically healthy, to promote physical activity, sport and exercise to create a feeling of physical, emotional and psychological wellness.

The project will help to develop a sense of wellbeing encouraging self confidence and self-esteem and allowing people to feel good about themselves through living a healthy lifestyle. It will

provide a hub on their doorstep in a place that they are already familiar with, with staff that they are already familiar with, to help prevent the extra anxiety and stress of perhaps getting on a bus and going into town for help.

**Other outcomes include:**

The local community becoming better educated on healthy lifestyles and enabled to make informed decisions and choices regarding their health.

Improved community spirit, community cohesion, and reduction in isolation through our community projects and working with different generations. Adults will have improved physical and emotional health and wellbeing through participation of activities in the Community Wellbeing Hub.

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



# Falcon

Homeless & Community Support

## **Falcon Support Services**

are grateful to have been chosen as part of the Getting Help in Neighbourhoods scheme.

With the funding provided from this scheme they aim to improve the mental health and wellbeing of those most vulnerable members of the community at such a time of uncertainty.

They aim to achieve this by securing and developing their Emotional and Wellbeing team.

This team work with their service users who have complex and often difficult mental health issues and this funding will secure more face to face sessions as well as phone and online appointments.

[www.falconsupportservices.org.uk](http://www.falconsupportservices.org.uk)

## Help the Homeless

**Help the Homeless**, a leading charity across Leicester provides holistic advocacy, support, and solutions to those hard to reach and disengaged.

Over the years they have worked with individuals that are homeless, at risk of homelessness, suffer from substance use, ex-offenders and more.

The funding will provide 3 workshop/drop in sessions per week. All sessions will include a meal, refreshments and any materials required to complete activities. The first session for all groups will be an informal introduction to the workshops and to each other as well as self-reflection on current mental health and wellbeing.

The final session will be an informal review, feedback and reflection of the sessions and status of mental health and wellbeing.

The activities in other sessions will be centred around specific shared interests such as crafts as well as self-care, motivation, self-help, coping mechanisms, emotional regulation, life skills, reducing isolation, positive community cohesion and social skills.

There will also be one advocacy hub session per week with attendees identified from the workshop/drop-in sessions, this will provide more individualised support to overcome any relevant barriers.

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



## Horizons

### **Home-Start Horizons**

delivers family support and services throughout Leicester/shire and Rutland.

Their unique, established, volunteer-led and peer-support service provides family support, both as 1-1s at home and group support for families with a child under 5.

This funding will provide four Mums in Mind (MIM's) courses (8 x weekly sessions to support mums suffering post-natal illness) plus wraparound home-

visiting and group support, to help mums and dads to improve family mental health and wellbeing and reduce isolation that occurs at this life-changing milestone.

Dads' or 'significant other', will also attend some sessions to understand their crucial role in communicating with their child and help to adopt strategies to cope with family fluctuating mental health.

[www.homestarthorizons.org.uk](http://www.homestarthorizons.org.uk)



## South Leicestershire

### **Home-Start South Leicestershire**

provides emotional and practical support to disadvantaged, vulnerable and isolated families in the Harborough District, with the aim of preventing family breakdown and helping parents to be the best parents they can be.

They have received funding to support families who are affected by post-natal illness, with the aim of aiding recovery, reducing feelings of isolation and improving parent-child relationships.

They will do this by delivering a bespoke combination of services to each family including:

A six week course for parents, helping them to understand and manage their illness, a weekly support group for parents and children and a home visiting service providing regular support through a trained volunteer peer mentor.

[www.home-startsouthleics.org.uk](http://www.home-startsouthleics.org.uk)

**Hospice Hope** works within North West Leicestershire to support individuals who have a condition that leads to a reduction in quality of life or who have been diagnosed with a life limiting condition, as well as offering support to their partner or carer.

They offer a variety of support services including counselling, befriending, drop-in support groups, online groups and activities, COVID recovery and a 'Way Back to Wellness' service.

The GHIN Grant will be used to run their vital counselling service, which offers face to face counselling at either Hope House, Griffydam or the

Marlene Reid Centre, Coalville. Sessions can also be provided by telephone or zoom at home and this is a popular option for many.

Counselling is about sharing what is troubling you, in a safe and confidential environment, with a professional who is experienced and qualified to listen and respond in a way that helps you to understand yourself and your situation better.

Feedback received from their previous counselling clients underlines just how valued this service is by the people of North West Leicestershire.

[www.hospicehope.org.uk](http://www.hospicehope.org.uk)

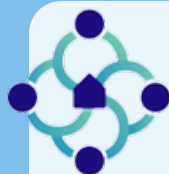


## Leicester Combat Academy

**Leicester Combat Academy** provides physical activity programmes.

They will be providing boxing, wrestling and fitness sessions to overcome the mental health issues that have transpired as result of the COVID-19 pandemic.

This project will give Leicester Combat Academy the ability to bring together 48 adults aged between 18-50 from different communities who are lonely, socially isolated, have low self-esteem, suffer from depression/anxiety and feel unwanted as result of the lockdown.



## Leicester Community Links CIC

From May 2022, **Leicester Community Links CIC**

will be delivering a 12 month wellbeing and activity program from a community hub in Belgrave.

This will be complimented by a community allotment project.

The community hub will deliver 2 weekly wellbeing and activity sessions, the community garden project will be a weekly session.

One session will be a regular wellbeing cafe/ information session with talks on long term health conditions including diabetes. The other will be an exercise session including yoga, tai chi and wellbeing walks.

The gardening sessions will particularly support those with low level mental health conditions and we will encourage capacity building for vulnerable individuals through volunteering opportunities.

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



### **Living Without Abuse**

support survivors of domestic abuse who, due to their circumstances, have significantly high rates of mental health needs.

The impact of domestic abuse on the mental health of survivors can make it particularly difficult for them to access help.

With this project they would co-locate two full-time specialist domestic abuse support workers within Leicestershire Police so that when a survivor of abuse is identified, the workers

can respond alongside the Police Officer, to offer additional support, information, and advice.

The Police-based Support Workers will provide one-to-one sessions at the survivor's home, LWA's counselling rooms or another appropriate, safe location.

Sessions will explore the survivor's practical and emotional support needs and together the survivor and worker will develop an action plan to help the survivor, and their family, to escape an abusive relationship and rebuild their lives.

[www.lwa.org.uk](http://www.lwa.org.uk)



**Skate Parlour, ran by Mama Skate CIC (MSC),** is Leicester's only indoor skate park. Offering a safe space for people of all walks of life and aiming to bring marginalised groups together to diversify skateboarding.

Founding members Yusra and Lily, both representing marginalised groups in skateboarding, run workshops, lessons and community events to over 1,000 members.

Since opening, they feel they have become a hub of skateboarding, art, culture, and social causes, all of which go hand in hand with the sport.

With their funding, MSC plan to run weekly, free two-hour skate sessions to those over 18-years-old suffering from mental health issues.

The sessions, ran by experienced skateboarders trained in dealing with and recognising poor mental health, allow participants to talk and be signposted to other services.

The sessions will focus on young men aged 18 - 34, giving them a safe, non-threatening and accessible space to open up, working closely with and inspired by the work of the Ben Raemers Foundation.

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



**New Life Community Church** run the

Loughborough Area Foodbank and a local Christians Against Poverty (CAP) Debt Centre. They support many people who are experiencing very difficult situations, from poverty and debt, unemployment, domestic abuse, homelessness and more.

These problems can cause all sorts of mental health and emotional issues. With the Getting Help in Neighbourhoods grant New Life Community Church have been able to

employ a Mental Health Support Worker. Their presence at foodbank sessions enables them to provide specialised support to those in need on a one-to-one basis.

They have also been able to set up well-being groups with a 12-week course. Topics covered include disappointment, loss, anxiety, anger, perfectionism, and shame. Attendance can help clients struggling with loneliness and isolation, as well as assist them in building confidence and resilience.

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



**Now Unlimited** have developed unique and transformational programmes to enhance people's mental wellbeing and resilience. They provide wellbeing solutions for Individuals, groups, and organisations both in the public and private sectors. Their two flagship programmes are 8-week Living Mindfully and 6-week Nurture Through Nature programme.

Their programmes are based on mindfulness research and is combined with their own specific research. They have range of mindfulness solution from Living with cancer and responding to pain, Building resilience in today's world, Stress & Anxiety all in the Mind and Building Resilience for Employment.

They secured GHIN funding to design and deliver two bespoke programmes for the BAME communities. These are two 8-week programmes: Resilience & Living Mindfully and Enhancing Resilience and Creating Empowerment through Mindfulness. Both are focused on supporting Asian women and elderly disabled Asian people.

The programmes are designed to be very interactive and experiential and are delivered in both Gujarati and English to encourage a wide audience. Each course will use Mindfulness to reduce stress and anxiety, change unhealthy behavioural patterns, build resilience, and sustain mindful living.

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



## THE NEW FUTURES PROJECT

### **The New Futures**

**Project** want to support young women using a trauma informed approach which recognises the multiple and complex forms of oppression they have and are experiencing.

Following assessment, each client will be allocated to a case worker and a counsellor. The case worker will work alongside the specialist trained counsellor to ensure that historic trauma is

addressed alongside present life experiences and difficulties.

The worker will provide practical support including how to access housing, benefits and other financial support, drug and alcohol counselling and treatment programmes, physical, sexual and mental health treatment, support with domestic violence and involvement with social services.

[www.new-futures.org.uk](http://www.new-futures.org.uk)



**Quetzal** supports women who have experienced any form of childhood sexual abuse, aged 16 and over living in Leicester, Leicestershire and Rutland.

They do this through the delivery of free counselling sessions, emotional support and outreach programmes to raise awareness across communities.

Their work enables survivors to transform their lives, giving them time and space to begin

to recover, helping them build stronger family and community links and improves their chances of future growth and development.

They applied to the fund to run a community-based awareness raising campaign and provide counselling for women living in Lutterworth, Market Harborough and the surrounding areas as these areas or currently underrepresented in our client base.

[www.quetzal.org.uk](http://www.quetzal.org.uk)





# shama

## **Shama Women's**

**Centre** was established in 1983 helping empower women to become active economically, educationally, socially and improve their health and wellbeing.

They do this through qualifications, training, help into work and mental health support.

This grant will help Shama Women's Centre to continue to provide culturally conducive mental health support to predominantly BAME women whose mental health has been adversely impacted by Covid-19.

## **Services include:**

-1-1 and group counselling to overcome bereavement, anxiety, depression and suicide ideation

-1-1 befriending with our Corona Comrades volunteers and interactive peer support workshops

-Help into work through job club, accredited qualifications in IT, ESOL and Textiles training. Access to onsite nursery and gym/ sauna to improve physical wellbeing.

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



**Somali Community Parents Association (SOCOPA)** provide support for the sizeable Somali population living in Leicester and help families to live more fulfilling lives.

The funding will cover drop-in sessions which will run two days a week

Support available will include:

- Applying for council tax relief/discretionary benefits.
- Reading and translating official letters and

providing 1:1 support with the client to respond appropriately.

- Aiding clients to apply for social housing.
- Debt management and budgeting.
- Accessing internet facilities, digital services, printing and scanning.

The social space will be on a bi-monthly basis and will include the following components:

- Anxiety management
- Coping with children's anxiety

[www.socopa.org.uk](http://www.socopa.org.uk)

# Sue Young CANCER SUPPORT

in Leicestershire  
and Rutland

## **Sue Young Cancer Support in Leicestershire and Rutland**

is a local, independent charity that provides emotional and practical support to anyone affected by cancer.

Support is available to family, friends, carers and the bereaved as well as the patient.

Services include, Counselling, Complementary Therapies, Activities such as gentle yoga and meditation classes, as well

as Support Groups. The grant from the Getting Help in Neighbourhoods scheme will help address the impact a diagnosis has on an individual's mental health particularly emphasised by the Covid-19 pandemic.

The project enables Sue Young Cancer Support to work with a more holistic approach addressing specific needs around physical and mental wellbeing.

[www.sueyoungcancersupport.org.uk](http://www.sueyoungcancersupport.org.uk)



**Team Hub CIC** is embedded in the New Parks Community and is run by local residents. The hub has developed into a place for the whole community, from the very young to the elderly and supports local residents with the issues and challenges they are facing daily.

Mental health has played a big part in the projects at Team Hub as this has been the biggest issue within the community. The community cafe is the heart of the hub and the starting place that the residents

felt comfortable to initially access, within the cafe they have been able to discuss challenges they are facing and how this is impacting on their wellbeing.

The Getting Help in Neighbourhoods funding will support Team Hub CIC to be open from 8am - 8pm, 5 days a week instead of 4 hours per day, and to provide additional group sessions to target the harder to reach residents, especially men and women from other ethnic backgrounds.

[www.new-parks-community-hub.jimdosite.com](http://www.new-parks-community-hub.jimdosite.com)



**The Bridge (East Midlands)** offers a range of advice, assistance and support services working together to prevent and overcome homelessness.

Our floating support service aims to work with the most vulnerable who are struggling to maintain their tenancies due to their individual needs.

The service provides free and confidential short and longer-term housing related support to individuals over 18 to positively manage their

accommodation, assist with tenancy sustainment and reduce the risk of future homelessness.

The funding we have received from the GHIN grant will allow The Bridge to provide a focus on mental health and benefit around 117 clients via face-to-face and telephone support as well as a drop-in service for one off needs.

[www.thebridge-eastmidlands.org.uk](http://www.thebridge-eastmidlands.org.uk)



## The Centre Project

*Reducing isolation  
Promoting wellbeing*

**The Centre Project** is a community hub, they provide a safe space for people at risk of loneliness and isolation to come and meet people and get support at a time of crisis or critical moment.

The funding will enable The Centre Project to provide an additional drop-in activity per week, offering an opportunity for people to meet, catch up and break isolation.

They aim to provide small group activities geared at promoting both physical and mental health.

The sessions will be organised around the '5 ways to wellbeing' – Connecting, Being Active, Taking Notice, Learning and Giving.

[www.centreproject.org](http://www.centreproject.org)



For when a child dies or is bereaved

### **The Laura Centre**

provides therapeutic support for Leicester, Leicestershire and Rutland, for parents bereaved of a child and for children bereaved by a parent, significant carer or a sibling. Also, for those who are in anticipatory grief.

They offer the same support to anyone bereaved by a Covid

death.

The Getting help in neighbourhoods grant will help them to provide:

One to one counselling for children and adults, couples counselling, family therapy, group work, drop in groups and an advice line.

[www.thelauracentre.org.uk](http://www.thelauracentre.org.uk)

# YMCA LEICESTERSHIRE

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## **YMCA Leicestershire**

provides supported housing to 104 young people aged 16 – 25.

They believe every young person deserves a safe place to call home and the support they need to create lasting change in their lives.

The complex needs service provides intensive, wraparound support to young people who have a range of co-occurring needs which can include homelessness, mental health difficulties, relational difficulties,

maladaptive coping mechanisms such as self-harming and substance abuse.

The GHIN funding will help develop this service by:

- Continuing to fund the complex needs worker posts
- Offering a range of training to their housing teams
- Piloting the use of team formulation to enhance service delivery and improve access to mental health services.

[www.ymcaleics.org.uk](http://www.ymcaleics.org.uk)







# With Out Walls

## **The 'Thrive Project' run by Without Walls,**

is again thrilled to receive grant funding which will provide essential resource, helping continue and expanding services to predominantly vulnerable, elderly people across Leicestershire, although the project is fully inclusive.

The weekly singing cafes provide a fun activity which is proven to have mental and physical benefits and also helps those who are feeling socially isolated. They are now also offering a seated exercise activity at some of the cafes, through partnership with the 'Love to Move' programme, developed by the British Gymnastics Foundation.

Without Walls continue to provide our monthly 'Lunch Parties' which have grown, giving people an event to look forward to with home visits in between if they need more support, and even if they just want someone to talk to.

Both activities have a proven track record or helping people with their overall health and wellbeing whilst helping them connect with others in a safe, supportive, community network which service users and carers can access as much or as little as they wish. Both arms of the project don't require any abilities, e.g. singing, so guests can participate at whatever level they are able.

[www.thrivewithus.org.uk](http://www.thrivewithus.org.uk)



Getting Help in Neighbourhoods is a partnership:



Leicester  
City Council



Leicestershire  
County Council



Rutland  
County Council



Community  
Foundation

LEICESTERSHIRE & RUTLAND



Leicester, Leicestershire  
and Rutland

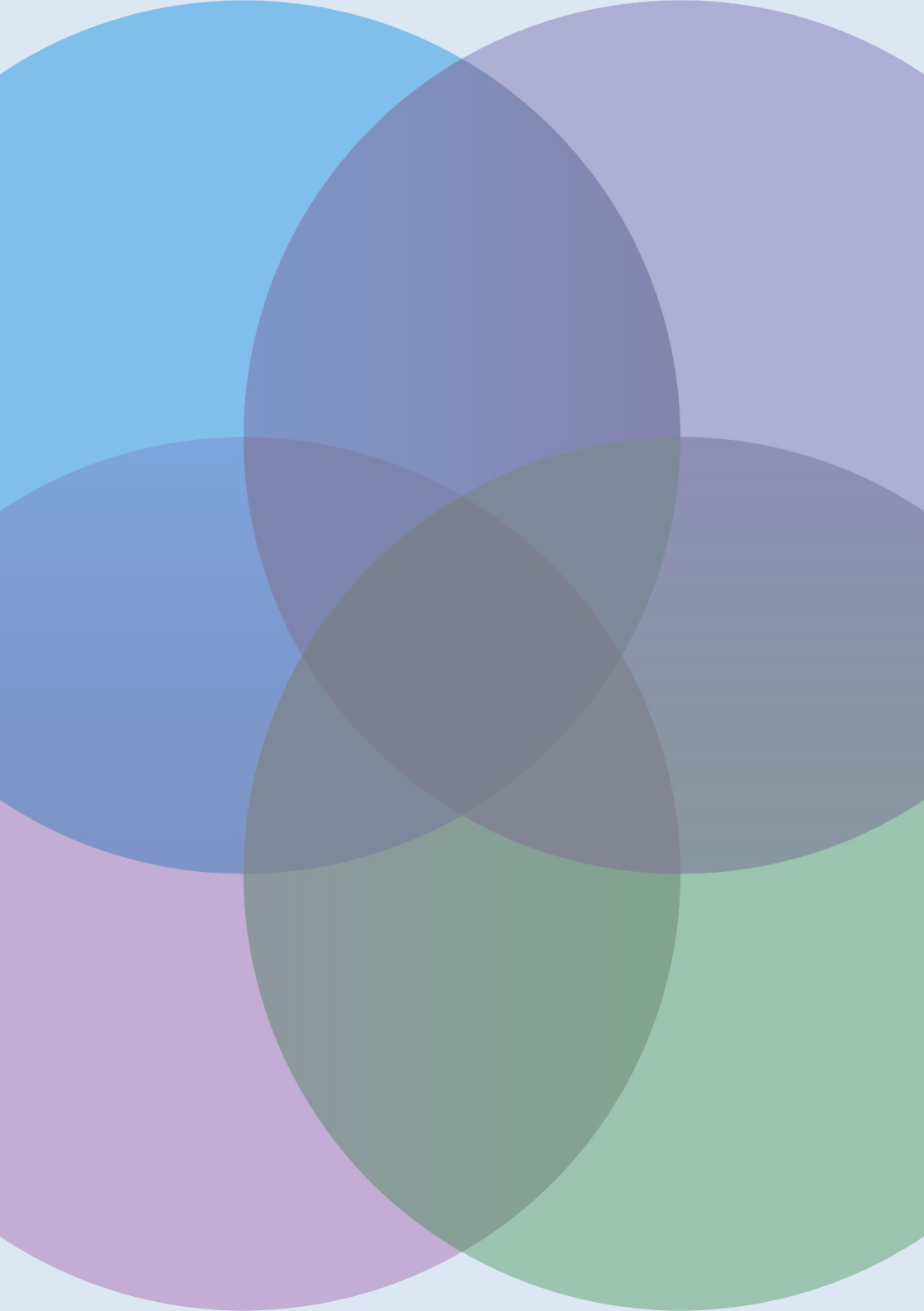


Leicestershire Partnership  
NHS Trust

On behalf of



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





For further details about  
the wellbeing fund, visit the  
Leicestershire and Rutland  
Community Foundation website:  
[www.bit.ly/3FWwZ1H](http://www.bit.ly/3FWwZ1H)