**Updated list of all awards from the Coronavirus Mental Health Response Fund**

**Large Awards**

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| **Project information** | **Project Description** |
| **Panel 1** | |
| Organisation: Ambitious About Autism  Project title: Mental health and well-being support for autistic young people and those who support them during Covid19  Amount awarded: £43,726 | Before the pandemic, four out of five autistic young people were struggling with their mental health (Know your Normal, AAA research). Indeed, out of 700,000 autistic people in the UK, 71% of have depression, anxiety or obsessive-compulsive disorder.   During Covid19, we want to provide:  •Free emergency peer support that draws on young autistic people’s lived experience to empower others to experience positive mental health and well-being. Each week we will offer four moderated online peer support sessions. Each session comprises 10 autistic young people and allows them to share their fears within a safe space. Our service provides immediate, youth-led support not available elsewhere, addressing the significant mental health needs of young autistic people during this crisis.   •A free Know your Normal course, to support youth and healthcare settings to understand the unique challenges that autistic people are facing. During this pandemic we have witnessed an escalation of need around mental health amongst autistic people. Autistic young people are disproportionately likely to access the healthcare system through crisis or emergency. Skilling up professionals who work with them to see their care through an ‘autism lens’, provide appropriately adapted support and stop the escalation of their mental health.   Course content will be guided by our award-winning Know your Normal research toolkit. Co-created with autistic young people, our course build the skills and empathy that professionals need to support autistic clients, by understanding the barriers that they face. Our approach capitalises on the fact that people are working from home and want to continue their professional development. Webinars will be streamed biweekly, over 6 months, reaching 40 professionals at each session. Know your Normal will be promoted via partner networks, including NHS. Autistic people will benefit from a change in attitudes and approach, resulting in cost-savings by reducing unnecessary intervention or escalation. |
| Organisation: Bath Mind  Project title: Live, Learn, Share’  Amount awarded: £50,000 | The ‘Live, Learn, Share’ project will sustain us to be at the helm of providing responsive critical & crisis mental health services across B&NES. Over the next 3 months we shall prioritise our one to one intensive support in the community for those in, or approaching crisis, and our debt advice and welfare service in partnership with Citizens Advice.   We shall work in collaboration with CABaNES at the Hub, re-deploying a team of six experts to work together to provide initial debt and benefits advice and ongoing emotional support to individuals experiencing acute stress & symptoms of mental ill health due to their financial situation and increasing isolation.  The team will work a rota across seven days creating a link to the triage team. The service will be for any resident in BaNES aged 16+. The service will align to our evening safe space - Breathing Space - which is operational every evening from 5.30pm-midnight.  The team will work closely with our one to one community support service, supporting (through phone and face to face) the most isolated & vulnerable in their own homes. These will include new referral via the Hub team.  The team will not only provide initial advice and support, they will oversee the training, support and coordination of community connectors - volunteers who are working across the BaNES community providing practical solutions and creating links with relevant services. There are 2500 volunteer connectors, 20 of whom are actively involved in supporting vulnerable residents.  The team based at the Hub will enable the facilitation and coordination of a multi-agency service and ensure an effective crisis and recovery pathway, from initial triage, to the relevant service support Pod, to PCN’s , mental health trusts, third sector organisations and community and peer led groups. |
| Organisation: Bluebell Care Trust  Project title: Bluebell - Support for Perinatal Mental Health  Amount awarded: £42,000 | Bluebell’s role in the community and our dedication to supporting the mental health of families, which is particularly difficult during these times of social isolation, has been fully adapted so we can continue to support hundreds of parents with perinatal mental health difficulties and we want families to know that we are still here for them and they are not alone at this time.   Our team of 14 dedicated, trained and experienced Bluebell Buddies are now providing an increased daily support service on the phone for hundreds of parents and will continue to take new referrals and provide ongoing weekly support calls. This is a life-line for mothers who are experiencing anxiety and depression, as the Buddies are able to listen, support, signpost and liaise with other professionals involved in a mothers' care. We continue to also provide our 1:1 support via Dads in Mind and our counselling services, over the phone.  In addition, we will be running nine, 12-week group programmes for over 80 mothers, through virtual therapeutic support groups, led by our experienced group leaders, who will be able to hold these groups for mothers and enable them to still connect with each other and form safe, supportive, social networks.   In the longer term, we are anticipating an increase in perinatal mental health referrals; either as the situation remains uncertain or once the isolation and quarantine periods are over. We know this period has been particularly hard for those with mental health difficulties, particularly in pregnancy and so our services will continue to be in higher demand at this time, when parents will need to process the impact.   We are determined that we must continue to provide the same levels of support, not only during the current crisis but long into the future as well. |
| Organisation: Campaign Against Living Miserably (CALM)  Project title: Helpline and webchat efficiency and capacity improvement  Amount awarded: £69,81 | CALM’s helpline and webchat is seeing unprecedented demand in the wake of the Covid-19 pandemic. We have more people contacting us, with more serious and complex mental health problems. We have become a support network for people who have never experienced the anxiety and loneliness they are now faced with on a daily basis. People are increasingly struggling with day to day life and, with no clear end in sight, people are losing hope.    CALM needs to ensure we can help as many people as possible during this time. We provide lifesaving intervention and practical support and it is needed more now than ever before.    With the introduction of Helpline channel managers, we can improve our efficiency and capacity to help more people who need us. Equally, our helpline and webchat staff are under more pressure than ever before. They are also impacted by Covid-19, but have to put that aside to help others in crisis. These two new posts will ensure that the wellbeing of staff is kept at the high level we have always maintained, despite the increasing pressure, demand and personal stresses faced by these staff. |
| Organisation: Changing Faces  Project title: Adapting Changing Faces psychosocial support for people with visible differences  Amount awarded: £48,797 | Over May – July we would refine, adapt and deliver our range of online psychosocial interventions for people experiencing appearance-related mental health issues, to better meet their evolving needs during and after the Coronavirus crisis.  Based on the THRIVE model used by CAMHS, and co-developed with people with visible differences, our ‘Wellbeing’ services are a tiered set of psychosocial interventions.  Currently, clients are presenting with specific pandemic-related needs such as generalised anxiety, relationship difficulties and stress. Some are at increased risk from suicidal feelings, self-harm or domestic violence. When lockdown lifts, we expect to see a large rise in social anxiety, with clients fearing re-entering the world again.  To adapt our ‘low intensity’ interventions for those coping but wanting information, we will: • Create specific coronavirus self-help content •  Produce 10 pandemic-related blogs / vlogs by people with visible differences •Promote our Support and Information Line; scoping web chat delivery to roll out in the second half of the year • Promote our Online Support Forum, building specific coronavirus threads.  Clients also tell us they would like increased access to peer support and online self-directed support. For those with mild to moderate health needs, we will: • Adapt our face to face counselling to be delivered by telephone or videocall • Pilot and rollout a new online facilitated Peer Group Chat for adults • Promote FaceIT@home, a self-guided CBT tool for adults. We would map our referral pathways and develop creative marketing plans for these services – ensuring more people who need us are aware of and can be sign-posted to our services. By July, your support would be directly helping 2,950 people and their families access online psycho-social support, alongside building our organisational capacity to better meet the needs of people with visible differences now and into future. |
| Organisation: Daisy Chain Project Teesside  Project title: ASD Embrace My Happy  Amount awarded: £49,836 | ASD Embrace My Happy is a targeted mental health Covid-19 supportive intervention programme. The service will work with YP and adults with ASD or neurodevelopmental disorders whose mental health is severely compromised by COVID-19. Support will be provided by specialist ASD trained wellbeing careworker’s over the telephone and face to face via video call. In order to meet the support needs we will implement a two-tier targeted approach:  Tier 1: Self-Referrals and referrals from trusted partners. Offering well-being and mental health support accessed via telephone: •Sourcing, sharing and sending resource packs relating to specific support needs •Creating and sending bespoke resources and visuals •Understanding their diagnosis and the impact lockdown may be having on mental health •Sharing practical tips and supporting with coping mechanisms for those who are struggling  Tier 2: Referrals identified as having complex and higher level mental health needs requiring specialized support delivered by DC Well-Being Expert: •Crisis management support •Implementing de-escalation strategies aimed at reducing high levels of anxiety  •Creation of individual care plans and development of bespoke interventions •Person centered activities aimed at building confidence and working towards improved mental health and well-being of the beneficiary  •Holistic support inclusive of partner referrals and signposting where applicable to ensure the best outcome for each case.   Within months 1-3 this project support will be given via telephone. The focus will be on implementing the tiered support system and ensuring we support those in need across the Tees Valley. Post lockdown, tier 1 support will continue to be accessed via telephone. We will look to introduce face to face support for tier 2 support from Daisy Chain’s day centre in Norton. Zoom video calls will be utilized for those living remotely or unable to leave their homes/access our site. |
| Organisation: Islington Mind  Project title: Get2getherCovidSpace@Mind – Breaking social isolation @ (Covid-19) social distancing times  Amount awarded: £49,702 | The Islington Mind Get2getherCovidSpace@Mind project will aim to reduce the risk of social exclusion of vulnerable people with ongoing, complex mental health problems during the coronavirus crisis. It will focus on people who are most vulnerable to the virus as well as to the pandemic’s social distancing mitigation measures, reconnecting them with each other within a supportive, supervised virtual environment. It will provide a space for people to communicate, share experiences, regain positive social interaction, develop a sense of belonging and solidarity to build collective and personal resilience.   Get2getherCovidSpace@Mind will offer:  1.an Initial assessment facilitated by the Get2getherCovidSpace@Mind support worker(s) – a mental health professional, to help:  •identify service users’ (SU) needs, goals and chosen level of involvement; SUs will be offered volunteering opportunities. •assess participants’ IT equipment and skills/knowledge gaps.  •record social inclusion and wellbeing scores as a baseline for measuring individuals’ wellbeing outcomes.  2.lockdown virtual community support provision, including:  •smartphones and/or data will be offered to people in need  •remote basic ICT training in one-to-one and group settings will be offered by Islington Mind’s administrator •daily 2-hour remote (e.g. Zoom/Webex) socialising/drop-in sessions, facilitated and supported by the project support worker/s  •a weekly program of activities such as art/crafts, yoga, creative writing, baking, etc., facilitated by (supervised and supported) community and SU volunteers  •peer support groups such as; women-only groups, a refugee group, an LGBTQ+ Group a carer group •group support/discussion sessions, provided by Islington Mind’s staff and trainee therapists around issues such as trauma and bereavement  3.post-lockdown virtual socialising opportunities, activities and groups, supporting most 'at risk' individuals (e.g. shielding) to maintain social connection. We are aware that, when lockdown measures are relaxed/lifted, social distancing measures may be prolonged for many of our service users owing to their health, age, and consequent vulnerability (see below). |
| Organisation: Mind in Tower Hamlets and Newham  Project title: Connecting Communities - Rapid response to Covid-19 Crisis  Amount awarded: £49,505 | We wish to expand the Connecting Communities Service within Tower Hamlets and Newham. This service offers local residents with a First Point of Access for community mental health services. We have a small team offering initial assessment of need as well as signposting and navigation services so that people can access the Right Service at the Right Time. We also have a benefits advice service supporting people to access their full benefit entitlement.  We wish to expand this service by:  a) Increasing the Welfare Advice support to enable us to support people who are facing a traumatic bereavement - providing practical support on arranging a funeral, organising the death certificate, accessing financial support to pay for funeral costs  b) Extend our navigation service to enable us to offer short term 1:1 support for clients who are struggling to cope with the isolation, loneliness and fear.  c) Expand our telephone support line until 20.00 every evening when clients feel most at risk and isolated.  Over the next three months:  \* We will expand our team by 1 advice worker (full time)  \* Employ 2 additional support workers (part time) offering 42 hours of one to one support  \* Extend our telephone/reception service to extend the telephone support out of hours. .  \* We will create an easy to read summary for clients who are having to cope with a bereavement of a family member, build our information resources online as well as promote a 'Wellbeing Telephone support' line out of hours.  Our Connecting Community Service will triage clients who wish to access face to face support, longer term support (both delivered by partner organisations) as well as triage clients being discharged from the statutory services (CMHT, home treatment, Primary Enhanced Psychiatric services) providing vital support for the statutory services. |
| Organisation: National Schizophrenia Fellowship  Project title: Rethink Advice and Information Service (RAIS)  Amount awarded: £100,000 | We will expand the existing Rethink Advice and Information Service (RAIS), through the recruitment of two new Advice and Information Officers (AIOs). The new AIOs will increase the reach of the service by supporting 1,950 people with mental illness and their carers though phone, email and webchat and contribute to reaching 3.1 million people through our information resources over the life of the project.  RAIS provides free, confidential, independent advice and information. Our advice is practical and solution focussed. It covers a wide range of topics including the Mental Health Act, Care Act, Equality Act and welfare rights. We prevent our clients’ needs escalating by providing clear advice about their rights and a clear plan of action about how they can manage their mental health needs, independently or with the appropriate support of statutory and other services.  Our highly-trained AIOs are informed by our Information Lead, responsible for keeping our 119 information resources up to date. Our paid staff are ably assisted by volunteers who also answer enquiries, providing information where possible and triaging queries to paid staff where appropriate.  In the first three months of our project we will recruit and train the new AIOs - existing staff will continue to deliver the service.  During this period, we will train the new AIOs in the in-depth knowledge required in the wide range of subjects we advise on. During this training period, the new staff members will begin answering emails from our clients; senior staff will check their responses. During the lockdown period, we will be recruiting, training and supporting staff the new AIOs utilising video conferencing.  Our Information Lead will ensure our information resources respond to the needs of our audience by keeping them up to date in line with the latest Coronavirus-related developments. |
| Organisation: Rugby League Cares  Project title: Rugby League United  Amount awarded: £31,720 | Through this application, RLCares will expand provision to deliver these three programmes to individuals at risk of, or suffering from, mental health challenges across deprived Rugby League communities.   1)We will expand the ‘Rugby League United’ campaign to reach all professional and amateur Rugby League players, fans and families. Rugby League United will provide powerful, effective mental health literacy content to hundreds of thousands of people; who haven’t previously struggled with mental ill-health but are finding the pandemic extremely challenging. This content will encourage people to embed the necessarily tools/skills to remain mentally fit during lockdown to prevent an escalation of need. Messages will be delivered through recognisable Rugby League faces with lived experience and hosted on a new online platform which will be shared through the sports partners, reaching >3.5million people.  2)Since the postponement of face-to-face Offload workshops, RLCares has been broadcasting a weekly live, interactive session so participants can still access peer-to-peer support. However, many men have been unable to access this due to oversubscription/time-pressures. Therefore, RLCares will expand our online offer to include a large array of downloadable Workshops and Podcasts which effectively teach practical self-care tools. Workshops/Podcasts will be led by the highest profile Rugby League personalities (e.g. Sam Burgess/Shaun Wayne). We anticipate >400new participants will engage and complete evaluation measures (e.g. WEMWBS).  3)Finally, we have identified a cohort of participants in need of more specialist 121 mental health support due to coronavirus. These vulnerable men are unable access statutory services quickly and have reached out to RLCares for help. RLCares has access to mental health practitioners who ordinarily would be working with professional players but are currently furloughed by SuperLeague. RLCares will employ these practitioners short-term to provide 121 mental health support. We will support <​50 participants this way through this fund. |
| Organisation: Shama Womens Centre  Project title: Covid -19 Mental health support service  Amount awarded; £33,143 | This service will provide the first point of contact by telephone for women and their families in Leicester/shire who are at risk of or suffering poor mental health due to isolation or bereavement due to the Covid -19 pandemic. The service will cater for the diverse needs of Leicester/shire's population particularly women from BME communities who are at risk of subject to domestic violence, live in poverty and the elderly. Our multi-lingual (BACP) qualified counsellors; will provide emotional support to those suffering poor mental health such as depression or anxiety or bereavement loss through helplines, with video initial assessments and regular video phone consultations. We will work with care homes, NHS providers, GP’s and other agencies, who we have strong partnership working with through our bereavement to achievement plus project to gain referrals; in addition to social media and community networks.  We will also provide a virtual support resources for vulnerable individuals through our network of trained volunteers: ‘Corona Comrades’ through a separate telephone line. These comrades will provide regular contact by telephone to the individual providing a friendly befriending service but also practical support. For those who need additional support such as food drops, medical supplies , welfare, help with funeral arrangements, benefits and domestic violence we will signpost them our network of support agencies. To help overcome isolation we will signpost these clients to a number of our online social workshops such as cooking; baking, arts & crafts, yoga, mindfulness and more. When the lockdown ends we will continue to provide a distance service but use a phased approach in providing small localised peer- support groups in addition to 1-1 counselling support. |
| Organisation: Suffolk Rape Crisis  Project title: Online@SRC  Amount awarded: £50,000 | The ‘SRC Online’ project will expand and adapt our existing outreach support to ensure it better meets the needs of women and girls during the pandemic and beyond. SRC’s Online outreach service will ensure that women and girls who are unable to access support and counselling due to the impact of the pandemic on their lives (or because of other barriers) are able to get the support that they need when they need it.   One dedicated online outreach worker will provide emotional and practical support to women and girls aged 14 and over who have experienced any form of sexual violence, at any point in their lives. The project will work towards the following 3 outcomes:   Women and girls who have experienced sexual violence have improved mental health   * Women and girls who have experienced sexual violence feel less isolated * Women and girls who have experienced sexual violence feel more informed and empowered   In the initial 3 months of the project it will:   * Provide specialist emotional and practical support to women and girls online and text service * Adapt and develop current face-to-face tools and resources so that they are appropriate and user friendly online * Lead 4 needs-led online groups/regular events for women and girls * Develop an evidence base for ongoing services and a best practice model for online support of this kind * Expand and develop SRC’s Community@SRC Facebook group, ensuring that women are able to socialise, learn and share with other survivors * Share good practice on delivering online support throughout SRC and the wider Rape crisis network   Support will be needs-led and flexible to meet the differing needs and experiences of diverse women during this pandemic. |
| Organisation: Support After Rape and Sexual Violence (SARSVL)  Project title: SARSVL ISVA  Amount awarded: £40,847 | "I found your service incredible. At times I thought I didn't deserve to be there because other people have it worse, but I was made to feel like somebody" Advocacy Service User. We want to send a clear message to women and girls that help is still available in these unprecedented times when risk will be heightened and help cant always be accessed; and crucially we want to be closer to being back to full capacity when restrictions are lifted when we expect another surge in demand.  We want to provide further access to counselling for women and girls whilst on Lockdown providing the volunteer workforce with the technological capacity to continue to support women and girls under new circumstances. Women waiting for counselling will be offered 8 weeks of counselling working on grounding techniques, stabilising techniques and coping mechanisms. Our counselling is humanistic and based on building strength through empowerment supporting women and girls who have suffered complex trauma. We provide counselling to any women that wants it regardless of whether they have reported the crime committed against them.   If women and girls do report we provide an Advocacy Service through a full-time Senior ISVA. She is the only member of staff offering specialist advocacy in Leeds where the reports of serious sexual violent crimes are the highest in West Yorkshire. She has a live caseload which exceeds recommended practices. Recruiting another ISVA for 28 hours per week, was already identified as an operational priority for SARSVL prior to COVID-19 but we don’t currently have the funding for this. With the pandemic impacting on court cases and delaying criminal justice proceedings, we anticipate our ISVA clients may have increased need of emotional support through the current period and an increase in demand when courts re-open and trials start. |
| Organisation: Take Off  Project title: Helpline and Virtual groups  Amount awarded: £40,477 | Our peer workers have a unique understanding of the anxiety around developing and living with mental health problems and how to cope with them through examples from their own experience. Due to the needs of the community we need to offer more time during the week to book 1-to-1 sessions and increase the availability of our open phone line where anyone can phone in with no booking needed.   Because of the increase in need we would like to increase the number of 1-to-1 sessions for an extra 3 hours per day, including an extra hour for an open phone line per day. Three peer workers will be working for these sessions so in total there will be 9 additional hours per day to support new people. With this we will be able to offer support for over 40 people per week and they can choose the frequency of conversation.  We would like to increase the number of our online sessions to include more activity groups for people to have something to look forward to. This increases the ability to keep a routine which is invaluable to maintain our mental health. Our attendees have requested a music group, book group, gaming group and hearing voices/hallucinations group. We will continue to ask people what groups they would like to attend and start new groups in relation to the need.   Our groups are facilitated by two experienced peer workers who have been trained in peer support, suicide prevention, safeguarding and other programs and we also conduct a DBS check. The groups last for 2 hours. |
| Organisation: The What? Centre  Project title: What? Covid Project  Amount awarded: £50,000 | We need to increase the numbers of sessional counsellors we have to cope with the increased referrals of clients and with the symptoms that are worsening for clients who are already on the waiting list who have been affected by Covid-19 and this has either affected their mental health and well-being or they may have been coping with bereavement from Covid or members of the family or indeed with the 18-25's are working in frontline services such as nursing, care-workers, supermarkets, and other frontline services. We have already had nurses and care-workers who have experienced horrific challenges. The counselling will happen online or by telephone. We have always offered an amount of advice and support but we have no advice worker at this time and this responsibility has laid with the management team so we would like to increase this capacity. We would like to set up an extra phone line and to staff this for people within the age groups we work with and also their families to provide them with advice and support and to signpost them where necessary. We hold a plethora of information about services within the Borough and nationally which can be of great relief to them.  We would like to increase the counselling provision to 200 sessions per week. |
| Organisation: Tower Hamlets Friends and Neighbours  Project title: (Tele)befriending service  Amount awarded: £18,045 | We are looking for funding to continue and scale up our new tele befriending service using paid staff and volunteers to make regular calls to lonely and socially isolated older people in Tower Hamlets who have no other family or friends close by, and are self-isolating, and unable to receive visitors.  Our telebefriending service will also:  •Reducing anxiety – most of our clients live alone and have no social contact with anybody other than a carer. Through our calls, not only do we provide a friendly voice at the end of the telephone we are also helping to reduce their stress and anxiety, which most of our clients experience;  •Welfare issues – we check to ensure carers are visiting, there is enough food for them, and utilities are in order etc  •Health issues - checking that they are following Public Health guidelines around shielding, washing hands, going out, what to do if unwell etc  •Family Support - Support for families of older people who do not live locally – acting as a go between for the families and providing them with support and help; Many of these are not close by and many live abroad. We are playing an important role, in supporting these family members who are often anxious and worried about their loved ones in Tower Hamlets;  It is unclear how long the lockdown will continue however as most of are clients will require shielding on a long term basis many of these will require our tele befriending service until sucf a time we can begin visiting them. |
| Organisation: YoungMinds  Project title: Parents Helpline Plus  Amount awarded: £99,847 | YoungMinds’ Parents Helpline is a lifeline to those who have nowhere else to turn when supporting their child’s mental health. We support thousands of families every year with free, confidential advice. Providing fast access to professional support for parents and carers, we’re filling a desperately unmet need among families struggling to find help for their children. It is a unique, two-tier service for parents and carers who are worried about the mental health and emotional wellbeing, or behaviour, of their child. When a parent calls our Helpline, they are listened to and advised by our compassionate staff and volunteer team, who are parents themselves and have their own experiences, some from GP, counselling or teaching backgrounds, which can help other parents going through difficult times. However, whilst this service continues to be a lifeline to many, during the current pandemic and lockdown measures, parents are finding it harder to pick up the phone and call us. Therefore, we want to take steps to ensure every family who turns to us gets the help they need. To achieve this, we are seeking to adapt our support and deliver a new web chat channel to help more parents and carers get the support they need. We will draw expertise from our Parents Services and Digital Content Team to develop an e-chat, integrate into our website, and trial and deliver the service.  Additionally, our digital and helpline teams will work together to create trusted digital resources that any parent or carer can access.   Increased accessibility to our vital practical support for parents is essential to helping us prevent escalation of need, as well as enabling us to respond to the increased need among parents and carers as a result of this pandemic. |
| **Panel 2** | |
| Organisation: African Caribbean Comunity Initaitive (ACCI)  Project title: ACCI Connecting People, Lives, and Communities  Amount awarded: £49,957 | "1. Expand delivery of a cooked Caribbean meal home delivery service from 60 to 90 meals 3 times per week. This allows us to reach an additional 30 vulnerable members (60 in total), who will not cope or eat well during Covid-19 lockdown.  Delivering cooked meals ensures members will sustain already established healthy eating habits adopted through accessing our wellbeing centre meal service.  Staff equipped with personal protective equipment, compliant with social distancing, can maintain regular communication and contact with members through conducting wellbeing checks and social chats; and, ensuring essential food shopping items and medication are delivered to their homes.  2. Adapt existing face-to-face social, welfare, and vocational wellbeing activities into on-line digitalised programmes. By training staff in how to develop, implement, and deliver on-line vocational training, counselling, mediation, relaxation, and physical fitness (Yoga, Pilates, and gentle floor exercises) activities, more members will feel calmer, and more supported through virtually socially connecting with staff, volunteers and peers whilst remaining safe at home.  3. Introduce an on-line live D.J’s music social group activity. Members, carers, and family members will be able to access a Skype on-line link to listen to music, engage in on-line chat with resident D.J, and post messages to each other.  4. Train volunteers with lived mental health experience to become telephone befrienders. Members keen to make a new virtual friend is matched with a volunteer. Regular social and wellbeing conversations take place via telephone or mobile app video calling in the comfort their own homes.  Telephone and virtual on-line services will support our members to sustain human voice, visual, and personal connectedness and contact with another living person. During covid-19 this will help to reduce the risk of our members not coping well, and starting to feel stressful, anxious, distressed and depressed whilst self-isolating." |
| Organisation: Bipolar UK  Project title: Virtual Peer Support Groups  Amount awarded: £50,000 | "The project will adapt our existing face to face support groups and put them online using video-conferencing platform Zoom.  The groups will be set up and run by train co-facilitators with lived experience of the condition and prior experience of running face to face groups. Like the face to face groups they will adhere to an amended code of conduct that enables members to share self-management techniques and provide emotional support to other.  The groups will be backed up by staff who will respond to any safeguarding incidents, notifying relevant support agencies and providing follow up calls and email to participants who are at particular risk of suicide or mania.  Each group will have a maximum of 12 participants. They will last an hour and be run either fortnightly, or once a month, depending on the availability of the co-facilitator and the desire of the group. We hope to establish 20 groups over the next three months and sustain them for 12 months, supporting an average of 300 people a month. These would be based on the pre-existing groups though where gaps exists, groups maybe merged on a regional / sub-regional basis, to ensure everyone can attend a group if they wish." |
| Organisation: Changes Bristol Ltd  Project title: Online Peer Support Group Project and Befriending Phone Project  Amount awarded: £28,672 | "We will be running at least 8 online support groups at the same time and day each week, run along the same lines as our physical support groups with some adaptation for the online setting so that they are safe, non-judgemental, confidential and empathetic. New groups are added as new needs are identified.  In addition we will be doing 1 to 1 phone calls with the most vulnerable members that will last up to 30 minutes each. This includes members who are unable to deal with the technical challenges of the online support.  We will be carrying out training sessions for our existing volunteers to adapt their current skill set to deal with the technical challenges of the online format so that these support groups can be operated successfully and safely.  We will have up to 15 people per session. The sessions will last for 2 hours and each person will have a chance to share without interruption and peer support can be provided in a non-prescriptive manner following each persons share.  Each session will be run by 2 trained volunteers with lived experience.  Peer support sessions and regular ongoing development training will continue online for the volunteers and further training will be arranged for new volunteers after the initial 3 months.  Every week new links with the necessary security passwords will be released to the members via email. All new members complete an online form and are phoned by members of staff to talk through how the meetings work and how the meetings can help before being able to join the online meetings. This is both for the safety of the group and so people get the most out of the meetings.  The format has been adapted from our physical support meetings that have been ongoing since 2003." |
| Organisation: CPSL Mind  Project title: Lifeline Plus  Amount awarded: £49,886 | "Lifeline Plus is a multi-agency helpline service which seeks to support the mild to moderate mental wellbeing needs of the adult population of Cambridgeshire and Peterborough (C&P) during the Covid-19 (coronavirus) crisis. Those supporting this work include C&P CCG and Foundation Trust, including local voluntary and user-led organisations.  This new service is not a crisis service but will work alongside - and relieve pressure from - the NHS First Response Service (111, Option 2 /Sanctuary Services) and Primary Care Services, by providing non clinical listening support, guided self-help and wellbeing/safety plans to those who need a ‘listening ear’ or whose distress is related specifically to the Covid-19 crisis or social factors.  Any calls to Lifeline Plus from individuals in crisis or clearly needing higher level intervention will be linked directly to FRS (via agreed process). Individuals not in crisis but seeking specialist mental health support will be linked directly to CPFT, again via an agreed process.  Lifeline Plus call handlers will also provide ‘warm handovers’ to other community organisations, including those specialising in areas such as debt, homelessness, domestic abuse, bereavement, drugs and alcohol, learning disabilities and carer support. In addition, it will seek to link any callers identifying as being NHS and Social Care staff/volunteers to the focused support available for that cohort.  The purpose of bringing multiple agencies together in this way is to maximise the resources available across the system. Unfortunately, we all have to accept that our current capacity as individual organisations may reduce during the crisis due to staff and volunteer sickness. By coming together, we can ensure that whatever capacity there is across the system is used in the most effective way possible. Wherever possible, the service will also link with activity that is also being developed for children, young people and parents/guardians." |
| Organisation: East Sussex Recovery Alliance  Project title: ADAPT - Access Digital Action Plan Tools  Amount awarded: £42,259 | "Coastal Wellbeing/ESRA will work in partnership to provide mental health support to the recovery community to respond to the Coronavirus pandemic and beyond. Coastal Wellbeing will provide group facilitation, one-to-one support using Wellness Recovery Action Planning WRAP as the guiding framework, along with their trauma-informed counselling experience. We will start with video conferencing and move to in-person if/when it is safe to do so.  WRAP is a short term intervention that leads to sustainable outcomes. Attending an online course offers participants a confidential/supportive space where their experiences are recognised, valued and heard. WRAP provides people with the opportunity to:  • create action plans to respond to the impact of the Coronavirus pandemic  • explore ways of managing their mental health and wellbeing  • discuss existing and new wellness tools to support their mental health  • identify stressors, early warning signs and signs things are breaking down  • create action plans to respond to challenging events, thoughts, feelings and behaviours  • explore crisis planning  • take personal responsibility for their wellbeing  • develop self-awareness and resilience  • share experience and learn from others  • build a supportive network and reduce isolation  The course explores all of the Recovery Concepts that underpin WRAP and the seven sections of WRAP itself. We provide handouts via email or post to support online learning.  We anticipate the focus of any online WRAP course deliveredduring this lockdown period will be on the current coronavirus situation given how it has changed and impacted people’s lives.  One participant in a past WRAP for Recovery group said, “the more tools we can have to deal with the difficult journey through addiction the better. WRAP gives a very structured framework. Being with others who are on the same journey is especially helpful as we can share our learning and experience.”" |
| Organisation: Gendered Intelligence  Project title: Coronavirus Crisis Support - Mental Health Support to the Transgender Community  Amount awarded: £49,892 | "MENTAL HEALTH SUPPORT FOR THE TRANSGENDER COMMUNITY  We have experienced a significant increase in demand for our services in light of the current  crisis.  We have adapted existing services so that we can continue to provide mental health support to people who are transgender or are questioning their gender. We are also supporting a number of new beneficiaries. They have come to us through professional referrals; our helpline; support groups; word of mouth; online seraches or social media. People often learn about one of our services (eg. Mentoring or Support Groups) and go on to access additional services.  SUPPORT GROUPS  We run 12 Support Groups for different ages (Under 12’s, Under 16’s, 18 to 30’s) BAME Colours group; trans femme group; Parent’s group etc. These have all moved online. We are using Habbo Hotel and Zoom.  MENTORING  We are providing one to one Mentoring online. This is referred through schools and colleges who have identified an at risk student.  HELPLINE  We have partnered with two NHS Gender Identity Clinics - NHS Nottingham Centre for Transgender Health and NHS Sheffield Porterbrook Clinic to deliver a helpline service for people on waiting lists. This is a very stressful time for people who have unresolved questions about their gender identity and treatment options. It is common present with mental health issues. We have extended our helpline to 5 days a week. We are currently taking up to 10 calls each day.  ONLINE OUTREACH  We are reaching out to people online. Our website contains a Covid 19 Resources section offering Trans specific support on a wide range of topics including Partying (at a distance); Self Care; Helping Others; Emotional Support; Chill and Relax; Useful Resources and Information." |
| Organisation: Health Psychology Management Organisation Services (HP-MOS)  Project title: upport for communities with mental health during the coronavirus pandemic  Amount awarded: £16,500 | The description of our proposed project approach is to offer telephone (traditional phone calls), telephone (messaging / whatsapp), digitally (video call), digitally (forum) and digitally (e-mail or instant messenger) support to 150 clients with mental health problems during this lockdown pandemic. We need funding to increase capacity for three sessional staff with associated project cost. Each sessional staff will support 50 clients for three months (5 days per week) through any of the means stated above. The need for this service is to keep our clients protected from stress and anxiety to have a better capacity for quality of life during these difficult COVID-19 locked down. The telephone support will last for approximately three months. We engaged in consultation from our database with our clients with mental health from London through telephone calls to make sure that people are aware of the support available. We then used all the information and concerns that we gathered as a learning curve to shape the project in ways to respond to people in the event of the pandemic. This project is a direct response to The Covid-19 pandemic as something new to ensure that our clients with mental health can access the telephone support they need. As increasingly, stringent measures to keep people apart are put in place to slow the spread of the coronavirus, our clients are losing everyday social connections that comes with psychological costs. Moreover, those costs could go up the longer such measures drag on without telephone support. |
| Organisation: Isle of Wight Youth Trust  Project title: A dapting services in responce of Covid-19 to suppot Young Islanders.  Amount awarded: £47,200 | "We will adapt and deliver one-to-one counselling for young people, in particular 18-25 year olds (where there is a recognised funding gap) who have been/will be impacted by the COVID-19 pandemic. Additionally, we will update our website/social media, including developing ‘Taskforce Talk’ and provide webinars in Youth Mental Health Aware training for parents/carers.  This funding will support the delivery of an additional 500 one-to-one counselling sessions- digitally or face to face (as restrictions lift post lockdown). With the considerable trauma of the current situation and the closure of many statutory services’ waiting lists, as the NHS diverts services to the COVID-19 response, we anticipate a significant increase in the need for our services over the coming year.  Over the next three months the grant will enable us to co-design additional support services specific to COVID-19 with our Youth Taskforce. This work is currently focusing on developing advice and support communications, ‘Taskforce Talk’, and we envisage will expand to explore different initiatives which will form part of our exit strategy. These include:  - An online drop-in service,  - Wellbeing support services, delivered through our wellbeing hub,  - Training and resilience building tools, including Mental Health Aware Webinars for Parents and Carers.  Outcomes include:  - Increased resilience and coping mechanisms for young people affected by COVID-19.  - Access to youth led support and advice to reach more young islanders.  - Increased support for young people from parents and carers whist access to other trusted adults is limited.  The Grant will provide much needed stability for our young people as we continue to adapt our services to meet their changing needs and access to support. It will provide flexibility to respond to young Islanders mental health concerns as the situation progresses and the emotional and social impacts of COVID-19 are fully realised." |
| Organisation: Midaye Somali Development Network  Project title: SOUL Community Wellbeing project  Amount awarded: £35,812 | "We will deliver work to improve emotional well-being in the COVID19 crisis – providing multilingual online 1:1 and group work for BME migrants struggling with bereavement, fear, and family relationships.  Service users are currently presenting with complex enquiries on practical problems, but on further discussion there are often underlying emotional well-being problems leading towards serious mental health crises. Within our communities there is huge stigma around mental health, and most are unwilling to access support. Midaye’s local reputation for delivering useful services in a culturally appropriate manner is widespread. We use community languages, peer led activities, and wrap around support that includes practical help, which is underpinned by peer support and qualified counselling. Our tailored service supports people at the level appropriate to their needs; for some this is through peer support, but for others 1:1 support is needed before that is possible.  We will provide:  - 2 Peer support groups for 12 clients each, meeting weekly  - Counselling for 15 clients x 6 sessions each  - In depth support to help digitally excluded community members take part, including data bundles and digital access guidance leaflets presented in a community-friendly way, in community languages.  - 1:1 emotional well-being support (4-6 sessions per client) for those most in need. These support sessions will include tailored practical help on finances, housing, domestic violence, and other crisis areas, alongside emotional support, and will signpost to counselling or other help where necessary.  We will build on our work in emotional well-being within the BME migrant community, to  - Improve emotional resilience in challenging circumstances  - Improve social support networks  - Help participants feel better supported through bereavement, fear and anxiety resulting from COVID-19  - Improve knowledge about and access to mental health and services  - Improve digital inclusion." |
| Organisation: Mind in the City Hackney and Waltham Forest  Project title: Pride in London  Amount awarded: £49,865 | "Hackney and East London has the greatest proportion of people living in the most deprived areas in England and the community has been particularly affected by the COVID-19 pandemic.  This programme will upscale Mind in the City Hackney and Waltham Forest's 'Rainbow Mind' (LGBT) and 'IRIE Mind' (African Caribbean) services and peer support to provide greater support for people who are struggling with their mental health and who have been disproportionally impacted by the pandemic.  To upscale our IRIE Mind service:  Increase hours of telephone support (currently 10am-1pm) to 10am-6pm and facilitate a tele-befriending service;  Increase 'IRIE Mind On the Couch Drop-In' tele/online-sessions so that they are available every day at lunchtimes from 2.30pm -4.00pm.  Offer our daily 'Social Distance In Action Drop-in' – to new as well as existing clients- giving opportunities for people to connect and socialise safely and talk about Life during the pandemic  Offer Resilience Training online to enable people to make their lives more balanced/ enjoyable by connecting with their values.  Offer counselling sessions for 10 clients per week  Offer online/telephone 1-1 sessions of peer support from Peer Leadership volunteers  Launch an online exercise class  Offer 'Nyam and Go' cooking sessions via Zoom  To upscale our Rainbow Mind service to:  Help LGBT individuals struggling with depression by upscaling our compassion-focused therapy programme of group-based interventions to enhance self-compassion skills, that will be helpful at this time  Offer counselling for 10 clients a week  Introduce daily telephone/video support sessions  By upscaling resources, delivery and access to specialist support, we will reach and help more people in greatest need.  Embedded peer support and resilience approaches will bolster connections for people in the longer-term and aid post traumatic growth.  These impacts will be long-lasting as our approach will go towards building sustainable networks when the pandemic is past" |
| Organisation: My Sisters Place  Project title: Sisters Online  Amount awarded: £40,678 | "Over the next 3 months we would like to embed some of the early learning and mobilise rapid support for women who have or are experiencing domestic abuse and whose mental health is impacted by the coronavirus pandemic. We want to increase the effectiveness of services in meeting the changing needs of women as we move in and out of the various stages of lockdown and social distancing measures. The project will establish an offer of support which aims to prevent an escalation of need in terms of the impact of this crisis with regards to domestic abuse and mental health.  To achieve this the project will adapt our existing support and therapeutic approaches to provide;  Online therapy and face to face support through audio, text based and video conferencing platforms.  Expand our digital resources in keeping with our TIME Model (Trauma Informed Model of Empowerment) which would include more online interactive resources for both clients and professionals via a member’s area on our website to enable inclusivity. This would include more audio content.  Purchase and provide on a 'loan out' basis, tablets for therapeutic sessions to increase accessibility for clients without access to technology to participate in video conferencing by providing them with a temporary resource which can also be utilised in service should social distancing measures remain in place.  Support for our practitioners across the service in their development to increase the provision of online support.  Provision of group work: continuation of the provision of group work via video platforms.  Moving some of our psychoeducation group content on-line which could may include healthy relationships, managing stress and a freedom programme webinar and other information relevant to recovery from abuse and the impacts of COVID-19  Developing on-line resources packs for women to access during and post covid." |
| Organisation: New Dawn New Day  Project title: Reaching Out  Amount awarded: £37,116 | "We will deploy a senior support worker and recruit 10 volunteers to provide additional support to women with the greatest complexity, e.g. diagnoses of complex PTSD or personality disorders, women experiencing abuse or substance misuse, who have become unable to access our general services because of high levels of distress.  Women we work with are extremely vulnerable and have often disengaged with other services before they reach us, generally through criminal justice system referrals. We expect that most will need 3-6 months intensive support, including clients referred to us through normal routes, and those contacting us because they’ve seen our social media or through word-of-mouth.  Calls will be made to women proactively as well as enabling them to call us. For some women having someone to talk to may be enough. Others may need additional casework support and referral to specialist services.  Over time we will develop new online activities. Women have told us how beneficial peer support is; they like hearing others’ experiences, and feel a sense of purpose from supporting others. We need extra resource for this, online peer support is more time-intensive: it requires smaller groups than our face-to-face work because connecting over video is more difficult and greater consideration of safety is necessary, so we need to double-up staff and volunteers. We will deliver programmes in consultation with women according to need, e.g. understanding trauma, emotional management, or healthy eating, and run, for example, creative writing or crafting activities, or dance and yoga.  Women will:  -be better able to manage their mental and emotional health.  -increase coping strategies designed for the current situation.  -increase social connections and reduce loneliness.  -be able to give and receive peer support, increasing self-esteem and self-efficacy.  -be supported to access other services, reducing self-harm, substance misuse, and the risk of crises." |
| Organisation: OCD-UK  Project title: COVID-19/OCD Virtual Support Groups Project  Amount awarded: £34,358 | "We know only too well the demands and perplexities of the condition and the haunting nature of the unwanted intrusive thoughts. One of the frequent comments our service-users make is “it’s so nice to speak to someone that understands”.  As widely reported across the media, the COVID-19 pandemic has brought a unique set of challenges for many people affected by OCD. Lockdown has contributed to the isolation felt by many with OCD.  Therefore, to meet the need for unique new ways to bring hundreds of service-users together in the absence of traditional support groups, we plan to use virtual technology to launch ‘virtual OCD support groups’.  The virtual support groups will have three objectives and mirror our traditional groups in being recovery focussed:  • Offer support in living with OCD during COVID-19  • Offer community for those feeling isolated and lonely during COVID-19  • Offer guided recovery focussed OCD discussions post COVID-19  These groups will run three times a week during the project and will alternate between being open to all and offering meetings for those with specific OCD needs/groups.  The first three months of the project will involve fast track recruitment, training and delivery of the first steps of the project. The first virtual group will be launched within 2-3 weeks following recruitment.  The new groups will require more facilitation and administration time than traditional meetings and therefore we will recruit a project lead to immediately develop the service and train volunteers to ensure the project is sustainable once funding concludes.  The groups will have two sets of beneficiaries:  - Those seeking support; helping them feel less isolated and better able to cope with the anxiety that COVID-19 brings  - The volunteers. Past volunteering experiences also shows us that volunteering frequently helps that individual maintain their own OCD recovery." |
| Organisation: Our Place Support  Project title: Our Place Mentoring Scheme  Amount awarded: £33,465 | "Over the next 3 months we propose to provide additional 1-2-1 mentoring support for children via zoom/telephone to support emotional ad mental wellbeing. This will include  - Continue mentoring children that were due for exit from our service to support their mental wellbeing, this is because these children are already vulnerable to mental health issues and will need support and encouragement to continue using the strategies they have learnt through mentoring so far.  - Supporting children throughout August - this is a time when our service usually breaks as children are not in school but this is now a time when children need routine and ongoing mental health support.  - Begin to support children being identified as having increasing mental health challenges as a result of covid-19 and children identified to have new mental health issues as a result of covid-19.  The impact of this work:  - Children currently accessing mentoring will be able to build on and embed strategies to maintain positive progress in addressing their mental health challenges. This will reduce the number of children that need to return to mentoring as mental health issues have returned or are unmanageable.  - Children with emotional and mental health challenges will have access regular positive support session with a trained Mentor during a time where they are experiencing a lot of uncertainty.  - Children will have access to a range of activities and strategies to support mental health and wellbeing  - Children with new emotional or mental health issues which have arisen as a result of Covid-19 and children that have experienced loss due to Covid-19 will have access to 1-2-1 mentoring support and access to resources and strategies to support their needs." |
| Organisation: Red Rose Recovery  Project title: Lancashire Hope and Beyond  Amount awarded: £47,875 | "RRR will provide a peer support service across Lancashire to engage with people identified as vulnerable through delivering the following:    Virtual Peer Led Support Programme - Online groups delivered to ensure that people across the County are able to continue to engage in a meaningful way to reduce social isolation and minimise the risk of harm in terms of suicide prevention/deteriorating mental health.  In order for the project to be successful (particularly as face to face recruitment is not possible), commissioners and RRR will ask partners to identify suitable referrals for engagement, ensuring we work with those most in need.  Groups will be delivered with a focus on mental health and wellbeing which will:  • Improve patient wellbeing  • Promote community-based virtual connections  • Support the efforts to minimise avoidable admissions during the pandemic  • Support quicker post admission discharge where support can be provided  Core modules of the RRR Behaviour Change Programme will be delivered as above, including but not exhaustively:  • 5 Ways to Wellbeing  • Good Lives Wheel  • Individual Goal Setting  • ABCD (Asset Based Community Development)  • Iceberg (Mentalisation of feelings and what is underneath the surface causing these feelings)  • Mindfulness  • Positive Emotions  • Informal positive topic-based discussions  One to one telephone-based support- will be provided for people who either do not have access to the internet or who do not feel able to access a group setting at this time. This will follow the programme above, but is likely to be more personalised, 1:1 support for the most vulnerable clients.  This service will scale up the winter pressures models which have been highly successful in parts of East Lancashire. We will utilise this funding to expand across the remainder of the ICS Lancashire footprint." |
| Organisation: Redcar and Cleveland Mind  Project title: HEROES  Amount awarded: £34,748 | "HEROES is a project looking after volunteers connecting with our most vulnerable on a day-to-day basis, reaching isolated, at risk people in this period of crisis and beyond.    HEROES will build Hope, Efficacy, Resilience and Optimism (HERO) in individuals. We will focus on the power of “meaningful human connection”, working together to help people thrive in this challenging time.    HEROES will invest in the mental health, resilience and wellbeing of people living and volunteering in rural East Cleveland, an area with high levels of deprivation and poverty, higher than average numbers of elderly residents, many living with illness and disability, and many living alone.    We will deliver 3 areas of work:    1. Ongoing coaching/training for COVID-19 response volunteers in how to best support and interact with people by phone or on the doorstep (socially distanced). We will give them continuing mentoring and debrief as they deal with tricky situations. This is our HEROES Toolkit.  2. Fast track referral into R&C Mind services for people in distress, struggling or bereaved as identified by community volunteers.  3. Establish a network of volunteer-led mini HERO groups to provide a safe space to talk, share and connect.  Many people are volunteering right now: delivering food and prescriptions, cooking meals, making phone-calls to keep in touch, growing sunflowers to bring joy to our back streets. Those same volunteers are increasingly finding themselves facing unexpected interactions with people in distress, through isolation and bereavement.  We will help volunteers to feel safe, supported, well-informed and give them somewhere to come when they may struggle. Volunteers are the human connection to the outside world for people self-isolating/shielded. Their continued work will be key in bringing us back together. Our skilled staff will provide the added layer of wellbeing support needed that is missing for them right now." |
| Organisation: RNIB  Project title: Counselling for Sight Loss  Amount awarded: £49,753 | "We propose utilising the skill and expertise of trained counsellors who have completed our specialist Counselling for Sight Loss course but are not yet accredited. At present, on completion of the two day course, students are asked to submit a reflective piece demonstrating their learning and outlining future steps to support clients with sight loss. Successful completion of this leads towards a Counselling for Sight Loss Accreditation qualification, which is endorsed by Vision UK and RNIB. The aim of the accreditation qualification is to increase capacity of research informed counsellors who are specifically trained to work with clients with sight loss in the UK. However, with additional funding we would be able to accelerate people's progression to accreditation whilst providing a vital increase in resource and capacity within our Counselling team.  We currently have 10 counsellors who each have a caseload of 10 clients. In the past 4 weeks we have had a request for 31 Emergency Mental Health sessions from new referrals to the service, alongside a fourfold increase in demand from existing clients who have found their usual coping mechanisms of friends, family, neighbours and local sight loss face to face services taken away abruptly. As one person said ""I am worried and quite anxious about everything because when you can’t see, the world is bleak anyway and the current situation makes it even worse.""  Through additional funding we would be able to provide an extra 15 counselling sessions per week for the next year. This will allow us to address the waiting list for Emergency Mental Health sessions and also support our counsellors' current caseloads and enable existing clients to access additional sessions. We aim to:  \* Provide counselling for 450 new clients  \* Support 250 existing clients receive additional sessions  \* Offer 700 additional sessions total" |
| Organisation: Spectra CIC  Project title: Counselling support for LGBTQI community particularly people of trans experience  Amount awarded: £47,427 | "We want to mobilise rapid support - to deliver additional counselling to meet increased demand for counselling services, reducing the time that new people are waiting for counselling and prevent pausing the waiting list - turning people away.  We will do this by adding 6 additional days capacity - two part-time floating-support counsellors, to provide the extra counselling days/ slots over a full working week.  In the first month we will increase existing part-time counsellors hours to enable immediate start-up. We will simultanteously advertise and recruitment two part-time counsellors (with LGBTQI experience) at 3 days a week each. New counsellors will be inducted, and will begin delivering by the 2nd month, seeing at least a third of the people on the current trans-counselling waiting-list, around 30+ clients a week, each week in the first three months. Each client can have up-to 12 sessions of free counselling over the project-period, the average maybe 8-10 sessions per-client. 100 new available counselling slots will be added each month - 300 in the first three months of activity. The increase of available slots in the early months, will result in a 50% reduction of the trans-counselling waiting list - stemming the tide immediately, so we can keep referral pathways and the list open. The main differences for clients accessing the counselling - clients will be able to talk through difficult emotions they are unable to share with friends/family; clients will be more resilient & more able to 'weather-the-storm'; and more able to tap into inner resources to support growth-&-change. Those waiting will know within a few weeks/months they will also receive counselling, offering hope in a difficult period.  We will also provide one-to-one counselling, and therapeutic groups to LGBTQI+ people across London. Spectra are the only peer-led free trans-counselling service in London." |
| Organisation: Sport In Mind  Project title: Stay Active, Stay Healthy  Amount awarded: £47,500 | "The project will operate across Berkshire, providing existing service users - and other people with mental health conditions – with access to advice & support (telephone and on-line), enabling them to continue to be physically active and socially connected:  • Support Line – We will provide support (telephone, whatsapp, text, email) for adults living with mental health problems. This service will provide mental health support/guidance and advice about staying active during these difficult times, but also when lockdown measures are eased, supporting individuals to reengage in community activities.  • We will work with a select number of physical activity professionals, all with experience of working with people living with mental health conditions, to create video and written content that will be included in a ‘Stay Active’ pack. We will create ten activity sessions that will be videoed and uploaded to our website and put onto a DVD, which will be included in ‘Stay Active’ packs.  • Stay Active pack – this will include the activity DVD described above and a booklet containing exercise ideas, including fitness activities, sports skills and fun games.  • Equipment Pack – we will provide our participants with a basic pack of sport & fitness equipment, enabling them to engage with the activity programme.  • Virtual Fitness Classes and group exercise – we will also provide weekly on-line group fitness classes that will be available to service users for who this is an appropriate format. We plan to progress to park based group exercise (Tai Chi, yoga, fitness, runs, walks) once social distancing restrictions are relaxed.  • Peer Support will be provided by 12 of our existing volunteers, including regular contact with participants, encouraging them to engage with activity opportunities and stay socially connected, and signposting participants to other mental health and support services." |
| Organisation: TEN North East  Project title: South Tyneside Young Carers Service  Amount awarded: £27,674 | "We have developed our programmes significantly, adapting to deliver support remotely and offer crisis prevention/practical help where required.  Many of our Young Carers (YCs) and their families whilst able to cope with the ""safe"" environment of living at home and social distancing, still need our help and support to navigate these challenging times.  When social distancing requirements are eased we know from conversations with our YC's/families that this will present a much greater pressure to them, levels of anxiety/stress will increase and feelings of panic and helplessness may develop. Our families are already concerned with issues such as separation anxiety, pressures of day-to-day requirements e.g. schools returning and expected routines, combined with concerns about exposure to the virus.  We wish to develop our existing package of support to offer a navigator service for YC's and their families, supporting them to access external support and transition smoothly into the ""new normal"". We will offer an holistic approach to wellbeing, providing stress management and mindfulness virtual and face-to-face (when possible) workshops for YCs and family members, specifically designed around the needs of different groups and ages.  We will provide a full package of IAG, ensuring that the pandemic and lockdown situation does not hinder the progression of the young carer, to support this we will advocate where appropriate for the YC's with education facilities, seeking solutions for attendance that reduces stress levels and meets the families needs e.g. starting later in the day.  Staff will receive Listening Ear training from a Clinical Psychologist including information surrounding psychological first aid (PFA), including components of active listening, boundary setting, when to seek further advice surrounding client’s needs, self care strategies, progressing to counselling Level 2.  We will engage 70 people in mindfulness workshops, provide navigator service for 260 and  One-to-one counselling/mentoring for 60 people." |
| Organisation: The Cellar Trust  Project title: Covid-19 Crisis Prevention  Amount awarded: £49,656 | "We’ll develop a Crisis Skills Peer Support course to prevent (re)occurrence of mental health crisis for 500 people. We’ll support people who’ve accessed Haven, our crisis service, to help prevent their crisis re-occurring. We’ll also receive referrals from partner organisations, of people at risk of experiencing a mental health crisis.  200 people will follow a face-to-face route, initially delivered via Zoom, and meeting physically when safe to do so. Courses will be led by Peer Support Workers and volunteers from both partner organisations. They’ll be structured into eight weekly sessions, with four courses running concurrently and ten people attending each course. Courses will be closed to each cohort, as clients say this feels safer. Peer Support Workers/volunteers will also provide one-to-one follow-up for clients who require additional support to prevent crisis or need support accessing other services. At least 40% of attendees will be from BAME groups, doubling the proportion we currently reach.  300 people, who prefer to self-manage their mental health at their own pace, will complete the course on-line, including animations and interactive exercises. We’ll provide clients with log-in details and deliver this as part of a holistic care programme with peer support provided by peer support volunteers and staff.  The course will follow a structured approach, co-developed by Peer-Support Workers. Content includes self-care, managing stress and building resilience. We’ve piloted the course, face-to-face and 89% of participants reported increased confidence in managing future crises. We’ll adapt it to the current pandemic, including health anxiety.  We’ll work with Sharing Voices to ensure content is culturally appropriate and translated into Punjabi, Urdu and Polish. They’ll provide additional hours to existing staff/volunteers who speak a range of languages, providing flexibility to deliver language specific courses, tailored to the referrals we receive." |
| Organisation: The Conservation Volunteers  Project title: Green Connections for Better Mental Health  Amount awarded: £49,596 | "TCV is greenspace volunteering organisation engaging over 50,000 ordinary people each year in countryside, greenspaces and gardening. Studies by Natural England 2020 have shown that connections to nature are important in supporting wellbeing. a Covid-19 will have a profound effect on mental health, particularly amongst vulnerable groups (The Lancet Psychiatry, 2020).  TCV will develop virtual support and new methods of delivery to continue to support existing vulnerable participants and to broaden our service to new priority people  This will be an evolving ongoing programme that can be there for as long as any individuals are unable to attend groups. For those medically vulnerable this will be long after TCV is able to recommence some form of group activity.  Experienced staff in three locations will share their different specialisms, trailblazing and cascading to the rest of in TCV.  • To make good use of local greenspaces through exploring locally, looking for wildlife points of interest etc. Daily exercise with purpose. (East Sussex)  • Encouragement to grow in pots, window boxes, yards and gardens at home. Providing activity and improved surroundings at home. Generating more (distanced) contact with neighbours (Leicester)  • Developing group work with staff and residents at several intermediate mental health hostels, these are in effect large households, who have lost most community reintegration opportunities, by enabling them to be actively engaged in developing and using their gardens . (Leeds)  • Encouraging experienced participants to become volunteers, and use their skills, enthusiasm and time to support others. This maybe preparing or delivering growing materials, building a raised bed for someone, having a social distance growing mentoring conversation or leading a micro-group walk for those who need companions to access greenspaces.  Fundamentally helping people to an adapted Five Ways to Wellbeing in an outdoor context for the Covid-19 recovery era." |
| Organisation: The Sleep Charity  Project title: Teen Sleep Support  Amount awarded: £41,500 | "The Teen Sleep Support project is a new resource offering online sleep support specifically for teenagers. This is to address the risk component of poor sleep to mental health.  Over the next three months we would develop and launch an online hub of sleep information aimed at teenagers rather than at their parents. This hub will consist of a series of videos and downloadable information to support them to improve their sleep and prevent escalation of need.  The hub will be developed through the use of an online youth panel steering group. Live chat and social medial channels will also be offered to provide one to one rapid advice from Sleep Practitioners.  The difference that we want to make is to provide young people with evidence based sleep information to support their mental health. We aim to empower them with sleep knowledge so that they recognise that their circadian rhythms do change during adolescence and give them practical strategies to support this.  The project will also make a difference in terms of supporting young people returning to education and routine after lockdown. We will provide practical strategies to support young people to address their sleep patterns." |
| Organisation: Thurrock & Brentwood Mind  Project title: Thurrock & Brentwood Digital Mentoring & Befriending Scheme  Amount awarded: £48,470 | "During the lockdown/social distancing, the project will help reduce social isolation- connecting people on a telephone or digital platform. Project development supported by our experienced Peer Mentoring & Volunteer Manager. Existing tried and tested resources will enable effective mobilization of project for people with/ likely to develop mental health problems, to receive low level support to manage their mental health.  • Co-produce Digital Mentoring & Befriending Co-ordinator Job Description/Person Specification with Peer Support Volunteers (PSVs) and Mentoring & Volunteer Manager- ‘the group’ hereinafter. Lived experience of mental health problems is essential requirement.  • The group to co-produce:   Operational guidance using current Peer Mentoring & Support and our pre 2015 Befriending Scheme (that we operated) guidance as a starting point.   Interview questions (excluding any prospective applicants)   Job advert   List of places to advertise  • Organise date/time zoom interview panel with a Peer from the group and experienced online interviewers  • Online interviewing training for Peer  • HR Sub-Committee to approve JD & PS  • Advertise, shortlist, interview invite letters, interview, offer to successful candidate  • ICT set up  • All via zoom and telephone, unless Government’s advice changes:   Organisational Induction   Project Induction over 1 month   Statutory & Mandatory E-learning   Participate in Volunteer Core Training   Participate in Peer Mentor Training  • Plan weekly rota including out of office hours and weekends  • Consult group regarding posters wording and create for volunteers, peer support and befriending.  • Advertise Project with all stakeholders, website, social media and externally in public places e.g. supermarkets/pharmacies  • Commence volunteer recruitment  • Peer Mentoring- Matching process and commence  • Peer Support Groups- Identify service users with shared interests and match  • Befriending- Matching process and commence  • Initiate virtual groups e.g. intergenerational groups/older people reminiscence" |
| Organisation: Turning Tides Homelessness  Project title: Virtual Mental Health Support for Clients and Staff Affected by Coronavirus  Amount awarded: £48,921 | "This funding will enable us to meet the increase in demand for mental health support that we are seeing across all our services and also result in increased access to psychological interventions for our frontline staff who are understandably experiencing severe mental strain at this time.  Since the Coronavirus outbreak we have increased use of virtual delivery and support both by telephone and via digital devices. Requirements around social distancing and an increased client base outside of our 24 hour residential services have meant we have had to reconsider ways that we deliver our services. In response to heightened levels of anxiety and the difficulty of meeting clients face to face we have established a Virtual Wellbeing Team, bringing together staff from across the organisation with expertise in crisis, mental health and wellbeing support. The team is able to offer a daily counselling service and out of hours emergency support. 197 clients in our residential services and 245 clients supported through our outreach services have access to this support. However, many of those we work with either have no access to digital devices/broadband or are unable to use them in meaningful ways (nearly 50% of our clients are over 50 and many have struggled to become digitally literate). We want to recruit a Digital Inclusion Lead who can support our clients in their journey towards meaningful digital inclusion.  We are aware that despite safety measures adopted in response to Coronavirus, our staff are working with people with heightened mental health problems and facing high levels of risk during this period and therefore experiencing increased levels of stress and anxiety due to collective trauma and impact of this pandemic. To safeguard their mental health we want to offer increased access to virtual Reflective Practice with trained practitioners including a clinical psychologist." |
| Organisation: Visyon Ltd  Project title: Connect Together  Amount awarded: £49,950 | "Our project will improve the emotional well-being of existing and new service users. We will adapt services, quickly mobilize to each stage of lock-down, ensuring we continue to meet the needs of young people vulnerable to the impact of Covid-19 at the earliest opportunity. The project will work in tandem with our wider partnership work, to support young people identified as vulnerable, thereby preventing escalation of need.  Two key priorities are enabling young people to transition from Covid restrictions to next steps in education/community and enabling young people to feel they have safe and happy relationships.Young people’s emotional well-being is critically linked to the quality of their relationships (particularly friendships) and experiences in school. Living in confinement at home has a significant and long-lasting impact. Our activities will address how young people move through some imminent and critical life transitions and the differences they experience in comparison to their pre-covid ‘norm’.  We will achieve this by:  Providing a quality assessment on all young people referred  Establishing peer support groups, including engaging young people to develop the relevant content of peer support groups within the broad headings of physical health, social connection and coping strategies.  Providing 1:2:1 therapeutic sessions that work with young people to have an active voice, support and guidance. Delivered remotely or socially distanced as applicable, This may include liaising with external agencies where required to assist a smooth transition back into education/community settings.  Question and Answer sessions. Digital based forums for young people to raise and receive help with thoughts and feelings that may be overwhelming them but that they are too afraid or unable to seek help with in person.  Leading to the following differences for children and young people:  Improved emotional well-being  Increased social confidence  Increased coping strategies  Successful reintegration into educational setting  Improved health" |
| Organisation: Wellspring Counselling Ltd  Project title: Counselling for adults and young people and CBT for young people  Amount awarded: £30,000 | "Wellspring's proposed approach is to continue/scaleup providing Counselling for adults and young people over 11 and CBT Wellbeing support for young people over 11 by phone and online for the next 3-12 months.  Key aspects:  1. We're ensuring all local GP's, schools and Covid-support groups are aware that our services are available and that local people can get in touch to go on our waiting list.  2. Wellspring's sought additional volunteer time from therapists to scale up/maintain our provision during/beyond this crisis.    3. Wellspring hopes to reduce waiting list time to ensure those in need now can access professional therapeutic support quickly. We have already seen some being allocated to a Counsellor within a week.  4. Wellspring hopes those who don't usually describe themselves as having mental health issues, but are finding they're struggling now, can access support quickly to prevent escalation  5. Wellspring wants to continue to be available for those experiencing domestic abuse where it is safe for them to have sessions by phone or online, and ensure we have flexibility on when sessions can take place to enable this access.  6. Wellspring aims to ensure that those clients who've gone on hold because they are not able to access our services during lockdown are not disadvantaged when face-to-face services resume. This means scaling up our provision temporarily to support Covid crisis clients.  The difference Wellspring is making and will make:  1. Continue supporting existing vulnerable clients with increased presenting issues including anxiety, depression, loss, suicidal ideation and abuse/trauma  2. Prevent escalation for those who are experiencing mental health deterioration as a result of Covid  3. Improve the speed of access to Wellspring sessions for those in more urgent need  4. Help prevent escalation of mental health issues locally  5. Be ready for the expected surge in referrals" |
| Organisation: West Kent Mind  Project title: Right Here, Right Now  Amount awarded: £28,122 | "For the first 3 months of this project we will deliver the following:  1 x 3.5-hour Suicide Awareness and Prevention (SAP) workshops for 15 DAVSS volunteers - dates and times will be agreed with DAVSS management team. Annual target: 3 workshops.  200 x 1-hour counselling sessions to DAVSS beneficiaries: 33 beneficiaries x 6 sessions each - weekly dates and times to be agreed between counsellor and their beneficiaries. Annual target: 600 sessions to 100 beneficiaries.  1 x 2-hour therapeutic support groups for 8 weeks comprising 8 x DAVSS beneficiaries. Annual target: 3 groups for 24 beneficiaries.  We will stay in regular contact with DAVSS management team throughout the 3 months to ensure our offer is appropriate and is having a positive impact on all beneficiaries. We will record and monitor all findings en route and will evaluate success at the end of the 3-month period in order to a) identify if we need to amend annual targets as a result of emerging changes and to b) help us plan for the remaining 9 months of the project.  By attending the SAP workshops, DAVSS volunteers will understand suicide warning signs, the importance of listening, will learn some basic rules about communication and will work with the individual to identify a short-term plan that will help them remain safe until additional support is found.  By attending counselling, each DAVSS beneficiary will feel they are being heard, can normalise some of the things they are feeling and can be empowered to make decisions for themselves and change their circumstances.  By attending support groups, each DAVSS beneficiary will realise that they are not alone, that what they feel about their difficult situation is normal and will learn coping strategies and skills to overcome anxiety, stress, panic attacks, sleep deprivation and depression." |
| Organisation: Woman’s Trust  Project title: Domestic Abuse Webinars and Remote Counselling  Amount awarded: £49,990 | "We know that some women will struggle through lock-down not only because of escalated abuse if they are with the perpetrator, but for most, because they are suffering poor mental health including anxiety & stress, they maybe suicidal, maybe isolated, and were in all cases in need of mental health support, even before the pandemic.  This project will:  1. Allow continuation of counselling  45 volunteer counsellors transitioned to telephone counselling but 5 new volunteers without skills for remote working, did not. We will employ 2 counsellors seeing 12 clients/week each, plugging the gap in remote counselling capacity now and continuing after lock-down thereby increasing capacity to meet the anticipated increased demand.  2. Assess women on our waiting lists, and open to new referrals, bringing new women into therapy.  Initial assessments are usually carried out by counselling co-ordinators, but lockdown has meant new systems and more intensive working for counsellors. Co-ordinators are supporting counsellors, systems, and reviewing and allocating clients.    3. Allow the movement of our self-development workshops to online webinars, supplementing them with additional material.  Our self development-day workshops give women knowledge and coping skills. Moving these to live online webinars, recorded and left on our website will enable us to reach those women unable to access other appointment based support: women with the perpetrator, with children; or without a safe space. We will focus on key topics: DA and its impact; managing stress & anxiety; keeping safe; supporting children, plus others requested by women. Women will be able to engage through submitted questions, and supplementary written material left on the site will be available for those who missed or are unable to view the webinar.  4. Allow frequent check-ins by a counsellor for those for whom it is unsafe to take up services, and those we are concerned about." |
| **Panel 3** | |
| Organisation: Age UK Wirral  Project title: Admiral Nursing  Amount awarded: £48,230 | "We are already experiencing a significant deterioration in the mental and physical wellbeing of people with dementia and their carers due to Covid-19, and we expect that this will further continue as such vulnerable groups are likely to be required to shield and self-isolate for much longer than was previously expected. It is very unlikely that day services that provided vital support previously will be able to return to their status quo in the foreseeable future, and it is essential that we find new and different ways of supporting people with dementia and their carers to promote health and wellbeing, and prevent as much cognitive deterioration as possible, during this time and it is imperative that we do as much as we can to reduce the likelihood of unplanned hospital admissions or of early admission into long term care.  We currently run a limited Admiral Nursing Service, which has been invaluable during this period. Admiral Nurses provide the specialist dementia support that families need. When things get challenging or difficult, our nurses work alongside people with dementia, and their families: giving them one-to-one support, expert guidance and practical solutions. We want to increase the capacity of the Admiral Nursing Service to be able to respond to the number of increasingly complex situations and cases that are presenting to us in order to allow people to live as comfortably and confidently as they can during such an unprecedented time. Through increasing the capacity, Admiral Nurses will also be able to work with our remote programme to develop very specific interventions that will manage challenging situations at home, helping both the carer and the person with dementia to cope, and helping to maintain people's resilience as we enter the next phases of Covid-19." |
| Organisation: Best Beginnings  Project title: Best Beginnings - Outreach & Mental Health Training Initiative  Amount Awarded: £49,942 | "Our initiative will reach and support pregnant women and new parents during and beyond COVID19. Working through community organisations, with a focus on engaging BAME communities we will deliver our tried and tested community mental health training module remotely and work collaboratively to increase uptake of the NHS approved Baby Buddy app.  Our aims are:  Train 80 Community Champions through Community Mental Health training workshops  Champions will recommend the app to 1000 people in the community  Engage 200 local people in learning about perinatal health and wellbeing  Using the insights gained improve access and increase usage of Baby Buddy app through digital outreach targeted at BAME groups  The aim of the workshops is to enable communities to take an active role in reducing the risks to maternal health and improve the health and well-being of pregnant women and new parents in their communities. This will be facilitated by a consultant facilitator from our team and supported by the Baby Buddy app.  3-month activity plan (from July)  - discussions, review and outreach with BAME communities/organisations about their lived -  - experience on the ground  - build the evaluation framework based on self-identified needs of BAME community groups  - gather buy-in and recruit partners  - recruit project coordinator    August  - finalise the work programme  - social media channels created  - finalise delivery and reporting framework with partners    September  - book online training sessions for the next quarter  - review needs of community organisations e.g. capacity building, promoting the impact of their work  - Co-create plan with groups to ensure that it meets the needs of their local community    Training to start from October  - Run Mental Health training - 2.5 hr sessions (5 groups of 10)  - Develop learning networks with community organisations" |
| Organisation: Birmingham Mind  Project title: Time On Line (Part of Helpline Offer)  Amount awarded: £42,287 | "Since our self-funded Help/Crisis Line started in October 2019 we have been aware that the offer so far has been limited to telephone contacts. Although contacts have steadily increased we are only too aware that whole swaths of Birmingham’s population we are unable to reach.  Since Covid19, introduced extended opening times (evenings/weekends) to meet demand and have developed a formal relationship with NHS 111. We are anticipating further growth as lockdown restrictions are eased and people start to enter into a new norm.  The limitations set out above remain and we now need a further cash injection to introduce a manned Time on Line Webchat Function to enhance our offer, increase access routes, generate capacity and most importantly reach new wider audiences including: younger people; those with sensory impairment, language/ethnicity barriers (instant translation), those for who talking on the phone is not an option.  The additional service would make it possible to chat with workers online and have a real time response. It is a non-judgement service supporting the person regardless of what they are going through, allowing for space and time to focus thoughts and to provide tailored support/help.  The main difference we want to make reduce/remove all barriers to the help/crisis line so that is totally inclusive and able to respond to all Birmingham’s Citizens at this difficult time.    Key aspects next 3 months:    Month 1:  • Source/activate the Time on Line Service  • Recruit/train practitioners  • Promote widely  • Roll out  • Covid19 support  2:  • Build on experience/data to improve  • Monitor baseline contacts data to ensure we are reaching the intended/target audience  • Monitor contact outcomes    3:  • As an access route as part of a single point of access, crisis support service and wellbeing interventions  • Share learning/measure impact" |
| Organisation: Centrepoint  Project title: SMILE - Supporting Minds in Lockdown Existence  Amount awarded: £50,000 | "What we want to do  Over the next three months we will co-produce with young people new virtual alternatives to face to face talking therapies. We will be led by the needs and preferences of young people and anticipate a range of virtual solutions that may include: video conferencing, phone calls, texting, e-mail, whatsapp, social media platforms and online forums.  A member of our health team will lead the programme engaging young people and working with our IT team to explore and develop the virtual support options. The project lead will trial and test options with small groups of young people before scaling up the services to a wider cohort of young people. Our IT team will design online training for health team staff to operate the virtual technology. Our Clinical Lead will ensure the new activities conform to professional, ethical and safeguarding standards.  We expect our new costs to include: staffing, hardware, software, licences, technology support, subscriptions, service contracts and data charges.  The difference we hope to make  By introducing new virtual support services we hope to continue to support those young people with existing mental health conditions to prevent their mental health from deteriorating. We also intend to respond to new young people experiencing stress and anxiety under lockdown who need support to prevent low level symptoms escalating into more serious and enduring conditions.  In the short term this will help vulnerable homeless young people maintain good mental health during the Covid-19 lock down whilst we are unable to meet them in person. In the longer term we anticipate that some of the new approaches will be integrated into our service provision to build capacity and complement traditional methods. Where young people recognise and value the impact of virtual support we will continue to provide it." |
| Organisation: Community Links  Project title: Community Links Mental Health Support Service  Amount awarded: £50,000 | "Community Links proposes to launch a new  mental health crisis prevention programme, consisting of new activities and scaled-up provision to meet the surge in Covid-19 related mental health crisis impacting the people of Newham. This early action approach aims to prevent mental health problems from developing, with the aim to reduce pressure on statutory mental health services.    In the next three months, this wellbeing crisis prevention programme will support 2000people. We will:    - Scale up advice triage provision, coordinating 240 mental health related referrals from our programmes and partner organisations across East London. This triage provides first point of contact for someone presenting with signs of mental health concerns and helps to rapidly connect people with appropriate support, internally via our PCN embedded Community Connectors and externally to our referral partners. People with mental health crisis may be connected to emergency food support, advice around housing, immediate hardship, debt, legal issues and welfare benefits challenges.  -Transform emergency, hardship and advice support for people in mental health crisis, including those affected by Covid-19, through providing a new community outreach element reaching 1320 people where they are through trusted grassroots partners or in person, if safe to do so.  -Adapt services to a mixed-delivery model for remote and in-person support as lockdown restrictions change,  -Signposting Newham residents to our services, activities, partners, PCN embedded Community Connectors and mental health café provider Hestia.  -Scale up wellbeing support for front line workers with dedicated clinician support, as we know those supporting people in a crisis are those most likely to develop a crisis of their own.  -Create new wellbeing activities and virtual spaces for our Community Champions and service users and community to come together, advocate for service users, and lead peer to peer support groups, which they tell us they need." |
| Organisation: Derby City Mission Ltd  Project title: Step Up & Move On  Amount awarded: £47,572 | 3 Month Approach (July - Oct 2020)  It is anticipated that the Government are likely to halt housing Derby City's homeless from July. This will result in people returning to sleeping rough on the streets, it is also anticipated that there will be a flood of newly made homeless following evictions.  To help people become resilient individuals who can self manage and rebuild their own lives, DCM wish to provide mental health support through a new befriending and buddying scheme utilising trained and DBS checked volunteers who are supported by salaried staff. In addition, use it's network of existing and new statutory, business and voluntary sector partner organisations to find people safe, secure, sustainable tenancies, manage debt and claim benefits and run a series of programmes to help people into employment.  The latter will be made possible through a 3 tier Employment Skills service for homeless people. We recognise that our employment provision needs to reflect the abilities of our clients as it would for example be unrealistic to expect an entrenched homeless person to be able to initially engage with formal training.  The Employment Skills provision will be split into 3 tiers: 1.Social Enterprise (ebay shop); 2. Support and coaching including job club; 3. Formal training.  Timescales:  July to end August - recruitment of volunteers for buddying and befriending. Training carried out, policies and procedures implemented.  July through to end of project:  -communication of service to homeless people, wider public and partner organisations.  -buddying and befriending, buddying to community groups (ie friendship clubs), attending meetings with eg JobCentrePlus, Housing Association, mental and physical health appointments, training.  -delivery of employment skills provision with encouragement to attend and supported ongoing by the befrienders.  Activities would be delivered with safety as a priority, maintaining social distancing and adhering to government advice ongoing. |
| Organisation: JAN Trust  Project title: Coronavirus Emergency Emotional and Physical Support for BAMER Women of Haringey & Enfield  Amount awarded: £45,300 | "JAN Trust's emergency respond fund will support vulnerable women from black, Asian, minority ethnic and refugee status backgrounds by providing emergency advice, emotional support, and physically support those most vulnerable and self-isolating.  We will formalise a new remote support network, with the project team working remotely . This will require some infrastructure (i.e. laptops, mobile phones etc) to implement. This project team will deliver the JAN Trust Emergency Support scheme, which will provide a range of remote services enabling vulnerable women to get vital support to help the overcome mental health problems- and the physical or situational issues which may be causing them.  Beneficiaries will use a helpline to initially contact the service. From there, they will talk to a member of the support team who will discuss their needs and perform an initial assessment to develop the necessary follow up support for each individual.  These additional deliverables will include:  -Mental health and wellbeing support; one-to-one conversations/video calls to discuss mental wellbeing, to talk through and allay concerns, and provide emotional support.  -Information and local services guidance and signposting  -Regular check-in scheduling (fortnightly scheduled social calls to relieve isolation)  -Vital Items collection and delivery (volunteer -run food collection and drop-off, prescription collection services etc)" |
| Organisation: Leeds Jewish Welfare Board  Project title: Keeping our Community Connected  Amount awarded: £33,800 | "This project will help to support current and new service users coping with the effects of the Coronavirus including increased social isolation, mental health problems, grief and loss by providing access to meaningful activities, practical support and therapeutic help. We will do this by:-  1. Training our Grief Recovery Community Team to become skilled in providing on-line support and help either on a one to one or group model. We aim to provide over the next twelve months an additional 192 sessions of grief recovery counselling on a one to one basis and also forty online (or when permitted) face to face group support sessions.  2. Developing a new intake and review team to manage the increase in new referrals to our service, providing on-going case review and assessment, help clients to help themselves through a model of social contracting and commission therapeutic services, volunteer support and access activities from our wider team and partner agencies if required. Two experience team members will run this service over six days a week and support four hundred service users – current and new. It is anticipated that 90% of assessment and reviews will be conducted remotely with the remaining 10% being conducted in person (using appropriate safety measures). A plan of support, (social contract) will be developed with the service user and this team will commission the required services, activities etc from inhouse and external resources.  3. Provide additional resource to our Volunteer management team to recruit, deploy and support the increase need for the work of our volunteers which will be commissioned by the intake and review team. Due to the increased demand for our volunteer led support services we need to increase current team capacity by an additional 0.7 WTE to recruit, train, deploy and support volunteers." |
| Organisation: Maundy Relief  Project title: Maundy Relief Mental Health Support (at a Distance)  Amount awarded: £47,125 | "Our existing service users with mental illness are developing increasingly severe symptoms. Additionally, we are receiving referrals to our counselling service of people who are not our traditional case load yet find themselves increasingly unwell.  Lockdown has also resulted in increased social isolation and there is a significant pressure on us to provide regular telephone checks, befriending and ongoing needs assessment. We see this as preventative.  We also now receive routine requests from the Hynburn Covid 19 Hub for ‘welfare checks’ following food parcel deliveries by their volunteers.  The full continuum of our mental health services is now under pressure. The referral rate to our counselling service is increasing rapidly, our waiting time for therapy has risen and not all of our volunteer counsellors are able to adapt to the delivery of telephone counselling.  We wish, therefore, to increase the activity of our existing therapists. We also wish to support an additional cohort of CSNW volunteers to respond to the additional referral rate of people needing telephone and digital media support. We will also take responsibility for overall welfare assessment of new Hub referrals and access, when appropriate, the full range of bio-psychosocial services currently available, and functioning, within both of our organisations.  We believe that we would not have a waiting list for counselling, and new referrals could be managed, with an additional input of 18 counselling client sessions per week shared between eight available therapists. We would also wish to increase the hours of our current volunteer coordinator and increase the capacity of CSNW volunteers. This additional resource would enable us to manage the full breadth of additional work generated by Covid 19 in terms of the mental health of our very vulnerable service users." |
| Organisation: Mental Health Independent Support Team (MhIST)  Project title: Back On Track  Amount awarded: £49,653 | "Back on Track’ is a wide-ranging and inclusive Bereavement and Crisis Support Services. There is an increasing demand for our service, with many people presenting with greater complexity. For example, people are experiencing increasing fear and anxiety, paranoia, voice hearing and suicidal thoughts. We anticipate the demand and need will not decrease at the end of the lockdown and may continue to grow for at least 12 months.  The programme objectives  • Provide bereavement support;  • Provide crisis intervention;  • Support carers to create a contingency plan for if they become unwell;  • Provide a Debt Advice Service and an Employment Club;  • Provide practical support and advice;  • Enhance wellbeing,  • Provide ‘Active listening’ sessions.  The programme’s impact supports a minimum of 400 people:  • Offering people access to early bereavement and crisis counselling;  • Support emotional support;  • Reduce social isolation and loneliness;  • Provide debt-advice and support;  • Provide employment support.  Over 12 months we anticipate 400+ people and their families will receive support. Our aim is to deliver support in 2-phases:  Short-Term:  • Launch the programme via on-line and telephone;  • Engage 2-PTE additional staff (seconded) that will become COVID-19 Crisis Workers who in turn will support people with mental health challenges and their carers/families. Supporting them their deteriorating mental health exacerbated by the COVID-19 crisis;  • Provide crisis-intervention, developing a crisis plan in the event of a carer becoming ill;  • Establish a Debt Advice Service and Employment ‘Job Club’;  • On-line twice-weekly group support to help reduce isolation/loneliness.    Medium Term (from September):  • As restrictions are lifted, we will re-introduce our existing services, i.e. information/advice; talking therapy/advocacy/self-help groups;  • Bereavement support will continue;  • Continuing to respond has need to enhance health and wellbeing;  • Continue with debt management support and the ‘Job Club’." |
| Organisation: Mind in Brighton and Hove  Project title: B&H Mental Health Advice and Support Project  Amount awarded: £49,616 | "At a time of unprecedented demand for mental health support in response to the Coronavirus pandemic, we want to ensure that everyone in Brighton and Hove has somewhere to go for advice and support. MiBH has an established track record of providing mental health advice and information for over 20 years in the city for individuals and their carers, and for professionals and other organisations.  Over the next 3 months, we will use this experience to transition our Mental Health Advice and Information service which is ending June-Aug into a new Mental Health Advice and Support Service focussed on supporting people in response to the Coronavirus pandemic. Our project aims to ensure that people can 'Stay well, Get advice and Find support'.  Our experience of undertaking advice work shows that most people will initially contact the service by phone. The central phone line which will be answered by mental health trained reception staff allowing all callers to receive a personal response ensuring a quality service. Callers will be passed to the Mental Health Advisers to discuss their situation.  For those who do not want to speak directly to someone we will ensure online/digital response by email/text/instant messenger. To ensure the service is accessible to all we will offer a facility for professionals, carers and family members to make referral on behalf of someone (with consent).  The service will take a proactive approach to enquiries which helps to draw out an individual’s needs and explore options with them and keeping the individual needs at the centre of the what we do  We will offer a preventative approach maximising independence where possible; providing individuals with information on how to take things forward themselves and helping individuals to identify achievable steps they can take with the right information and support." |
| Organisation: Norfolk and Waveney Mind  Project title: Suicide Prevention and Bereavement Project  Amount awarded: £41,203 | "According to the Public Health Audit on Suicide conducted in May 2019, 801 Norfolk residents died by suicide in the last 10 years. The Suicide Prevention and Bereavement Service has been developed to try to combat this.  The Lighthouse Project:  This works to increase suicide prevention in central Norfolk by building links with the local community, specifically schools, colleges and the agricultural community. Over the next three months, we will be working to ensure this service can be delivered by video calls for group work and training.  The Anchor Project:  This provides daytime and evening two-hour support groups for those who have been bereaved or affected by suicide. These weekly groups give people the opportunity to meet others who have lost someone to suicide and share their experiences in a safe and non-judgemental environment. During the pandemic and over the next three months, we are running these groups over video until this can be done face to face again. As this supports people bereaved by suicide three months post bereavement, we anticipate the demand on this service to increase further.  SAIL Project:  This provides immediate support to people who are bereaved by suicide within a 4-day period, supporting them with emotional and practical needs e.g. liaising with other agencies, GPs, Police, counselling, Coroner and signposting. During the next three months, this support is being delivered on a 1 to 1 basis, either by video call, telephone or face to face, if it is felt that this is specifically required on an individual case basis.  Our aim is to establish and implement a cultural shift around mental health and suicide across central Norfolk. In order to disseminate this ethos, exceptional education, training and support is necessary, which in turn would reduce stigma and support the early intervention and prevention of suicide." |
| Organisation: OCD Action  Project title: Always Better Together (Online)  Amount awarded: £44,305 | "Project Overview:  1. Open at least 15 new specialist OCD online support groups, ensuring enough sessions each month to respond to the exponential increase in demand seen since the start of the COVID-19 crisis and increasing our capacity by at least 50%.  2. Provide a safe space and peer support community for those whose mental health is thought to be most impacted by COVID-19 and the lockdown.  3. Work with the OCD Community in the development of our offer of support groups ensuring we respond to the emerging need, as the ‘long shadow’ of Coronavirus continues to impact on those with OCD over the coming months.  Our support groups can provide a calm, safe space for people affected by OCD to talk about their feelings and experiences, to share knowledge and build a sense of community. We know this environment of support and compassion can transform lives. In a 2019 survey to support group attendees, 85% said they felt less isolated due to attending a group, 87% felt better informed, and 79% felt better able to manage life with OCD. We anticipate our new groups will achieve similar outcomes.  An overview of our key objectives follows below:  April:  We have:  -Recruited trained and inducted 20 additional volunteers, who will facilitate and administer support groups.  -Revised our groups rota.  -Purchased a new digital platform to provide ‘space’ for the new groups.  -Opened new groups to membership.  May    We will:  -Initiate volunteer shadowing programme.  -Deliver one to ones for volunteers ensuring we can support their personal development needs.  -Update group our rota of groups based on need.  June and July  We will  -Support new volunteers to lead group facilitation increasing our capacity.  -Secure feedback from group members to inform our direction of travel.  -Review our programme, adding new groups if needed." |
| Organisation: Waterloo Community Counselling  Project title: Virtual Counselling for London's Disadvantaged  Amount awarded: £50,000 | Through an adapted counselling service, which is delivered using both phone and video-conferencing methods, we plan to provide the following services:  Low Cost Counselling Service:  Subsidised 1:1 counselling for a wide range of individuals across London, who have been impacted emotionally and financially due to COVID-19. E.g. those who've been furloughed, those who have lost their job and those who are unable to return to work because of long term health conditions, those whose health will have been affected by the coronavirus and those who've experienced family bereavement. Costs will be free for those most disadvantaged and for those who can afford to pay, will offer a contribution based on their income, starting at £15 per session.  Multi-Ethnic Counselling Service(MECS):  Free regular check-in sessions with very vulnerable groups. Longer 1:1 therapeutic virtual counselling may not be possible for some of these clients, given that their living arrangements. This will ensure that they maintain connection and have someone to turn to to support them throughout the crisis.  Free mother-tongue 1:1 counselling for up to 12 weeks for disadvantaged clients, who would not be able to access to counselling otherwise- particularly migrants, refugees, asylum seekers and those with no recourse to public funds.  Referral service to other organisations for further support to help them gain additional support through the pandemic and beyond.  We hope to support a minimum of 200 disadvantaged individuals through these activities. It is important to recognise that given MECS supports complex cases, the number of clients will depend on how complex the cases we receive are.  We use NHS-approved monitoring tools including GAD7 (for anxiety) and PHQ9 (for depression) to measure presenting issues at the throughout counselling to assess for improvements in mental health. Based on previous results we would anticipate 50-60% of clients to report improvements. |
| Organisation: Young Devon  Project title: Community Recovery Project  Amount awarded: £49,885 | "Our community recovery project will provide young people across Devon the opportunity to have a ‘wellbeing conversation’ with a mental health and wellbeing professional.  Through these conversations we will be able to provide targeted support and care coordination across Devon secondary schools, to young people who need it most. The programme will support young people and their families who:  a) Have experienced concerns with their mental health and wellbeing in the past and seen their mental health and wellbeing decline during Covid19  b) Are experiencing new mental health and wellbeing concerns as a result of Covid19.  These young people will have access to one-to-one or group work support. These sessions can be accessed remotely, through our new video call service, or face to face. They may include family or friends, but in each case they will recognise the individual requirements of each young person. We will also provide coordinated care, making pathways available to young people to access resources (wellbeing tool kits), online support from Kooth or signposting to other appropriate services in their locality (if required).  Our community recovery programme recognises that the Covid19 lockdown has affected different young people in different ways; very individual ways. Our programme also recognises that coming out of lockdown will continue to have a significant impact on young people’s mental health; as they seek to find ways to cope with the ‘new normal’ - or, as is more likely, a constantly shifting picture. We will build on the community spirit that we have seen during Covid19 to develop a service that works in harmony with the school system; one that is a crucial part of the schools post-lockdown recovery plan." |
| Organisation: Your Emotional Support Service  Project title: Your Bereavement Service  Amount awarded: £43,200 | "Your bereavement service is a dedicated service for those impacted by the covid-19 pandemic. This service will be accessible for children, young people and adults within Staffordshire. Support will include a mix of specialist individual therapy and also access to a support group. We have staff qualified to offer person centred counselling, art therapy and dance movement psychotherapy with specific knowledge and understanding of bereavement.  Individual support will be based on a model of up to 12 sessions per person. A fortnightly support group will also be provided for 12 months to ensure that clients are supported beyond completion of individual work. As well as providing the opportunity for clients to access specialist support for up to a year, the support group will also provide the opportunity for clients to form a support network with other individuals who all have a shared experience, processing a bereavement as a result of covid-19. Clients will be allocated to either a child and young person group, or a group for adults.  We want to make this service as accessible as possible for those who need it most. Support will be offered remotely via telephone, video call, or messaging. This is subject to government restrictions, when face to face therapy is possible this can be offered from our base in Uttoxeter and other community settings across Staffordshire.  The first three months of the project will be dedicated to providing individual support, after this the support groups will commence and take place fortnightly for 12 months. The support groups are designed to enhance outcomes for those who have completed therapy with us, they will be open to anybody who has completed the individual element of this work." |

**Small Awards**

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| **Project information** | **Project Description** |
| **Panel 1** | |
| Organisation: AFRICAN HEALTH POLICY NETWORK (AHPN)  Project title: Human Touch Project; One-Stop Shop for Connecting and Wellbeing  Amount awarded: £19,940 | The AHPN Human touch project will support and connect 120-130 BAME adults who have lived experience of mental health or who are at risk of worsening mental health due to the current crisis. We will focus on four locations, East, North and South London and also Northampton supporting 30 people in each. These are areas where AHPN has carried out peer-support and where we are now supporting several individuals who are shielding/self-isolating or on lockdown. We will escalate our work by providing during Phase 1 (first three months): •Regular food shopping drops and other essentials during the period of crisis/self-isolation/shielding and lock-down •Regular health check contact/checking mental health and wellbeing needs, any anxieties, fears etc •Online peer support activities; advice group meetings/quizzes/recipe swaps/poetry group/exercise&movement •Counselling services (trained counsellor will be on hand to discuss matters relating to loss and bereavement during this period-service users have told us that this is one of the most distressing aspects of the crisis) •Assistance with navigating range of local services/information exchange/signposting/accessing online coping tools •Advice on issues which still cause stress and which will outlive Covid; eg.immigration, housing, debt, health needs •Creative diaries |
| Organisation: Cambridge Acorn Project  Project title: COVID-19 Trauma Teams  Amount awarded: £19,800 | We are aware that COVID-19 is spreading trauma, as well as illness, and we want to increase our capacity to respond to this emerging distress and offer an early, rapid response, intervention.   These COVID-19 'Trauma Teams' will work remotely initially, offering telephone and digital support to families experiencing distress and to schools who are on the front-line of this crisis but who are not receiving much needed support in regard to mental health.   The Trauma Teams will raise awareness of the impact of trauma, develop and share resources and strategies based on existing evidence and will work remotely to support children and families who have either been traumatised as a result of the current crisis, or have found their pre-existing trauma exacerbated by lockdown and its associated stresses.  As lockdown eases, the Trauma Teams will continue to operate but, once it is safe to do so, they will switch to delivery within school settings and work to a whole-school approach, helping schools to manage trauma and offer drop-ins to children and families who have been most affected under lockdown (and perhaps prior to it as well). Practitioners will work intensively over a short period of time in each school when it is safe to do so, but over a limited period of time (half a term per school) to enable us to work with more schools and reach more affected children and families.  The Trauma Teams will also work to establish community, peer-led, initiatives which can continue to support affected families once the funding period has come to an end to ensure that some level of sustainability is achieved. |
| Organisation:  Dementia Forward    Project title: Dementia Extra  Amount awarded: £5,746 | Some of what we need to do is the same as we always do but much more of it. We need to maintain the helpline and this is taking 3 extra staff than normal. the staff need to be experienced and yet they are people we would have furloughed to save funds. We are lucky that we had recently invested in a cloud-based system, so we have the equipment. We quite simply want to ensure that we can afford 3 full time workers to keep this going without risking the future of DF because of lack of funds at the end of this year. We built this charity from scratch 8 years ago with no funding so we are confident and capable of rebuilding this is just about us being here until the virus is over and we can rebuild. We are victims of our own success - health and social care are using us more and more and we are the right people to do this job! |
| Organisation: Eating Matters  Project title: Telephone/video counselling service for people with eating disorders  Amount awarded: £20,000 | In short, we wish to be able to continue with our service via telephone or video chat during the COVID-19 restrictions. We are currently supporting over 250 clients with their eating behaviours and other co-morbidities which include anxiety and depression. We realise that the uncertain times we are in will impact our current client’s mental health as well as those who have previously not experienced mental health issues. We want to be able to keep our doors open to existing and new clients. We have already adapted our service to phone or video counselling and over the next three months we wish to continue with this service. We also need to plan for when lockdown is lifted but social distancing rules still apply. We need to be looking at additional counselling space where we can safely re-introduce face to face counselling. Our priority will be to re-establish face to face contact with our more vulnerable clients who have a low BMI or are purging more than twice per week and potentially at risk. We also need to make provision for an influx of referrals post lockdown, when we anticipate numbers requiring support will increase.  Research suggests that people seeking support at the early stages of an eating disorder are more likely to make a fully recovery. We have an excellent track record in the community, supporting people before they need NHS tier 3 or 4 services. During the next three months and beyond, we want to support our clients so their eating disorders do not deteriorate and require NHS interventions, allowing the NHS to focus on the most critical cases and for eating disorder patients to avoid hospital admissions |
| Organisation: Illuminate Charity  Project title: Confidence for Change  Amount awarded: £20,000 | We are already moving our face to face activity online. But with the growing demand on our work, we want to resource additional work to provide the following options.  Increased; - One to one coaching session packages for those ready to take action and need focus at this time to put in the place the framework for making positive life changes. - Signposting sessions to facilitate helping beneficiaries access the help they need at this time where they may be moving into a period of crisis. - Group training sessions on confidence development for those who would benefit from focusing on helping themselves by acquiring personal development skills as part of a programme - Group sessions with a guest speaker leading a topic to build resilience - Group facilitated sessions to enable social connection and reduce isolation  Not all have access to PCs/lap tops, however almost all have a smart phone, which allows us to offer support in a variety of technology formats and with a variety of options to suit the needs of individual beneficiaries. This would help reduce the gap between our current capacity and our demand. Some of the additional work would be delivered by existing part time staff who are ready and willing to meet the need. We will also need to bring in external qualified help on a sessional basis. |
| Organisation: LGBT Foundation  Project title: LGBT Online Talking Therapies  Amount awarded:£19,750 | Our Talking Therapies Programme will continue to operate remotely, and we continue to accept referrals. Using telephone or video calling, we are able to offer our LGBT-affirmative counselling service to clients from their own homes during the lockdown period and beyond. We are able to offer 8 free sessions of therapy with an LGBT affirmative therapist and can see clients from 14+ in the Greater Manchester area. Our counsellors are trained in a number of different disciplines, and will be matched with service users based on their experience and skills, and the service user need.  We anticipate that some service users will not be able to participate in remote counselling – or would prefer to wait until they can access face to face provision. We will offer a check-in call system with this cohort of service users, to keep monitoring any risk present, link with their GP practice where possible necessary, and complete a crisis plan with each service user as a safeguarding measure. By doing so, we can ensure service users are linked with the right services for support and their GP practice for ongoing reviews, with the aim to de-escalate risk, reduce pressure on statutory mental health services, and prevent A&E admissions. |
| Organisation: London Friend  Project title: London Friend LGBT Lockdown Support  Amount awarded: £19,910 | During lockdown we want to adapt the support we usually provide which helps people manage their mental health issues. This will be for existing and new clients. We will be building on the work already completed to move services online and telephone.  We want to provide a range of interventions:  Online mental health groups: delivered by video and covering different, currently relevant, issues e.g. anxiety, isolation, resilience. We have just completed a pilot developing mental health resilience plans with clients funded by Government Equalities Office (GEO) and want to extend these to cover those affected by the lockdown as part of groups that also offer connection, social contact, and peer support. These will help clients develop strategies for managing the impact on their mental health. Groups will run for 4 sessions each. Target 40 clients.  Short one to one video counselling. This is to help individuals who are significantly impacted by the current crisis and will be 6 sessions. This will also help us ‘queue-bust’ the current demand and enable us to reopen our counselling waiting lists. Target 40 clients.  Telephone support. For current clients who are unable to access online support and are isolated without access to our social and support groups. These clients will receive a call, regularly scheduled or on request, to enable them to maintain contact and reduce isolation. Target 30 clients.  Relapse prevention group: a weekly video ‘drop-in’ session to enable drug and alcohol clients who feel at risk of relapse can access both peer and professional support. Target 30 clients.  We want to achieve outcomes that demonstrate improvements in self-reported mental health and wellbeing; in confidence to manage current mental health; and a reduction in self-reported isolation. We will also use the requested standardised outcomes measurement from Mind. |
| Organisation: Maidstone and Mid Kent Mind  Project title: Recovery Action Planning (RAPS)  Amount awarded: £18,036 | Maidstone & Mid Kent Mind successfully deliver a large number of individual bespoke face to face recovery action plans for both adults and young people throughout their core areas of Maidstone, Ashford and Swale. We have variants of the RAP available that are designed for specific needs; Youth RAP; Pre-Teen; SEMH; Adults.   Recovery Action Plans are designed to offer 1 To 1 Support to young people and adults who may benefit more from individual support instead of group-based activities. The Recovery Action Plan (RAP) has been designed to allow individuals to take a holistic look at their life and identify areas where they can take action to help their wellbeing. RAPS are tailored specifically for people who may benefit from support in a more one-to-one environment. With the support of a Wellbeing Worker, people are able to set realistic, timely goals in areas of need.   MMKM would like to propose an offer of remote RAPS for adults and youths who are both isolated by Covid -19 at the moment but may also stay that way over the next year in fear of continued contracting of the disease. We would be focused on anxiety issues that prevent “Normal life” continuing as well as underlying mental health. |
| Organisation: MindOut LGBTQ Mental Health Service  Project title: LGBTQ mental health online support and telephone befriending.  Amount awarded: £15,663 | We want to extend and develop our online support service with specific coronavirus related content, and set up a new telephone befriending service. These two services will offer LGBTQ communities in England access to dedicated, LGBTQ specific mental health support during the crisis and beyond.  Our online service is accessed by people in acute need, many of whom are experiencing suicidal distress. We train and support volunteers to offer listening, information, signposting and safeguarding. Many people use this service as their first source of support with mental health issues. A minority of people use the service repeatedly and we could in future offer them a telephone befriender.  Many of our current service users do not want to access support via zoom and do not have any other sources of support, particularly those who had been attending our peer support groups. Service users have requested telephone befriending in order to have contact with a supportive LGBTQ, non-stigmatising service where they can discuss their mental health, their daily routines, concerns, coping strategies, physical health, sleep etc. We know that particularly vulnerable groups needing additional emotional support within the LGBTQ umbrella include people aged 50+, trans people and Migrants, Refugees and Asylum Seekers many of whom have lost essential services during the Coronavirus crisis.   Volunteers will make contact at agreed intervals, offer a listening ear, signpost people to other services if necessary. Staff have piloted telephone befriending and had very positive feedback.  We have had a significant increase in contact from LGBTQ people with experience of mental health issues who would like to volunteer with us (25 to date). People want to help their communities, stay connected and be useful. We have a training and support package which can be adapted for remote working. |
| Organisation: No Limits (South)  Project title: Supporting Southampton's Young People  Amount awarded: £20,000 | as a result of the pandemic, especially from young carers, those in vulnerable families or families struggling with reduced income and insecure housing situations – many of whom we know through our other services and who are therefore familiar with, and trust, our staff. We expect this increase in need for mental health support to continue beyond the lockdown. We would use this funding to adapt/extend three of our current services to ensure a full package of mental health support to meet the need:  Our Safe Haven provides out-of-hours emergency mental health support for those in crisis – this support has moved to Zoom and we would like to extend the hours a trained mental health professional is available to provide support through this channel - adding a further 10 hours per week.  We provided counselling to 500 young people aged 4-25 in Southampton last year. Demand always far exceeds our capacity.. We have 89 children and young people (CYP) on our counselling waiting list and 83 CYP were in the middle or due to start face to face counselling sessions when the lockdown started. Take up of telephone counselling has been low – CYP are expressing a desire to be able to have face-to-face support, albeit online. We will train and support our existing volunteer counsellors to offer face to face counselling assessment and counselling sessions through Zoom  We currently offer a befriending service for young parents/young carers. We will extend this offer to other CYP who need support with their emotional health and wellbeing. We will train our Advice Centre volunteers (currently not utilised due to closure) to add capacity to this service in the short term and increase capacity as social restrictions ease. |
| Organisation: North Kent Mind  Project title: Mental Health Support in the Covid-19 Crisis  Amount awarded: £19,932 | We presently have a low cost counselling service and an NHS IAPT talking therapies service. Both services are swamped and have long waiting lists since before the crisis.   We want to create free open access Covid-19 response provision which offers a listening ear service over the phone or video conferencing for a 3 month period solely for those who Mental Health/Emotional wellbeing have been affected. In some cases we may utilize messaging if someone is too anxious to use video or telephone media.  The access requirement is demonstration through a description of need created by the Covid-19 crisis, this is very different to stringent requirements under the existing contracts and services.   Each participant can self refer (adults 18+) and will receive up to 12 weeks of support (the length of support will be dictated by the level of need of the client) from a qualified therapist or a trainee therapist (depending on their level of need). The model is a listening ear one and is not based on any one particular approach hence it is integrative in nature.  Outcomes are measured through changes in improvements in emotional wellbeing and mental health.  Anyone presenting more serious issues requiring support beyond this period with be signposted and linked into statutory teams or further support as required.  This service is needed locally to meet the demand of growing mental health issues and emotional distress generated via the crisis. needs which cannot be met by existing services.  Marketing will be broad across our networks and locally communities utilising digital technology.  We will utilise existing part time and sessional staff as well as volunteers to deliver the service, we will also use furloughed admin staff and utilise existing managers.  We have a sense of immediacy with this as the demand is being clearly demonstrated already. |
| Organisation: Oakleaf Enterprise  Project title: Building Bridges  Amount awarded: £20,000 | Over the next 3 months we propose to continue to deliver and expand our frontline crisis response for existing and newly referred clients as per the adaptations mentioned in 5.1. We will also prepare and then deliver (depending on government advice regarding timescales) our exit strategy to support clients as we begin to return to ‘normal’ times. We know that any kind of transition is challenging for most of our clients and our aim is to ensure that this return will be smooth as possible for them, whilst recognising the issues they will face such as anxiety. Understanding how challenging this crisis has been on the nation’s mental health, we also need to prepare for an influx of new referrals.  We propose to employ an additional team member for 28 hours per week to join our existing Client Services team (of 5, who have a very challenging workload), commencing as soon as possible, for a period of 12 months. This postholder will be responsible for continuing our online programme of virtual activities (to about 80 people each week) and for supporting a caseload of approximately 50 clients, helping them to transition back to face-to-face activities with one-to-one support whenever necessary. This will free up existing Oakleaf team members enabling them to support the most vulnerable clients, for whom the transition will require familiar staff. Many Oakleaf clients are over 50 and have longstanding physical ill-health in addition to mental illness, requiring them to self-isolate for at least 12 weeks. |
| Organisation: One Place East  Project title: One Place East Digital Wellbeing  Amount awarded: £18,556 | One Place East Digital Wellbeing Project aims to reduce the incidence of mental health crisis and support mental and physical wellbeing for the residents of the London Borough of Redbridge.   We will achieve this aim by: -  \*Facilitating and monitoring a WhatsApp Peer Support Group 7 days per week \*Moving our Mental Health Befriending Service to a telephone and/or video call model covered by paid staff and volunteers \*Moving our Service User Network (SUN) meetings online and increasing their frequency  \*Delivering online workshops and activities to support wellbeing  \*Offer a limited number of Android tablets on loan to people who could use technology \*Provide telephone and video call problem solving and skill development support so people can make the most of technology  \*Provide a telephone call back information and signposting service |
| Organisation: Share Community Ltd  Project title: Wellbeing Reboot  Amount awarded: £19,597 | We will provide regular one-to-one key working sessions for our beneficiaries online and by phone. Each session will assess people's mental and physical health and wellbeing, and provide signposting to further services. The Key Worker will work with people to develop individual action plans, and to help them to set and achieve goals. We will provide daily health and wellbeing sessions online, adapted according to the needs of different groups. These will cover themes such as keeping fit and healthy (including access to online classes, such as keep-fit, yoga &mindfulness, led by qualified instructors), healthy eating, cooking, budgeting, arts, crafts, singing, dance. We will expand our "home gardening kits" to allow more people to plant seeds on windowsills and in gardens. Our trained social buddy volunteers, who usually support our face-to-face independence programme, will run regular fun, social events online in the evenings and weekends - activities such as quizzes, live concerts, film nights, bake off competitions, and more - alongside offering one-to-one online befriending.   Activities will be structured to provide respite to families/carers (around 70people), as well as creating new opportunities for people who are isolating together to have fun and relax together. We will empower families/carers to bolster disabled people's mental health and wellbeing whilst at home. Through this project we are seeking to prevent and intervene early in cases where disabled people are at high risk of developing mental health problems or where existing mental health problems are worsening because they do not have access to the support that usually helps them to stay well. We are seeking to relieve some of the burden on families/carers, who are at high risk of developing mental health problems as a result of the strain they are under through caring responsibilities, financial worries and other issues caused by the pandemic. |
| Organisation: Shine A Light Support Service Organisation: Share Community Ltd  Project title: SAL crisis virtual support delivery  Amount awarded: £5,342 | Safeguarding our counselling sessions Shine A Light work with professionally accredited councillors to offer free person-centred counselling to children, young people, and adults affected by a cancer diagnosis. The effects of a cancer diagnosis can be deeply traumatic at any age, and expose patients to a broad range of complicated, and challenging mental health issues. We routinely support individuals struggling with severe depression, isolation, suicidal thoughts, addiction, and anxiety, with the aim of relieving the mental pressure caused by their illness, and helping them to enjoy a richer and more fulfilling life. Access to free person-centred cancer support therapy is extremely limited in Coventry and the West Midlands; hence, we continue to receive referrals from the paediatric oncology department at University Hospitals Coventry and Warwickshire (UHCW), and our local Macmillan Support centre. With additional funding, we will be able to continue to offer this vital service for individuals in serious need.  Enhancing our family support Shine A Light currently support an additional 40 families coping with the challenge of a childhood cancer diagnosis. We recognise the isolating effect of a cancer diagnosis, and help to alleviate that by hosting social events and days out, so that families can share fun and enriching activities with people going through similarly traumatic periods. These experiences have helped to create a small community which provides emotional and mental support, and a forum for guidance and information. With face-to-face activities now impossible, our aim is to bring these families together for two sessions a week to both combat the isolating effects of the lockdown, and preserve the uplifting community bond. We propose to pilot an informal group session using a digital meeting space, and a structured session including guided activities – led by a qualified professional – such as meditation, mindfulness, yoga, and art therapy. |
| Solace Surviving Exile and Persecution  Project title: Refugee and Asylum Seeker Support for Wellbeing  Amount awarded: £19,455 | Our project will:  •support the approach taken by the Covid 19 Response Group in Sheffield, by providing mental health services and support to Refugees and Asylum seekers living in Sheffield and South Yorkshire •meet the practical needs of Solace clients in other areas where there is an immediate and short term need for help.  The network of organisations in Sheffield which form the Covid 19 Response Group have identified that the pandemic is having a disproportionate effect on the mental health of refugee and asylum seekers due to their pre-existing high levels of stress and anxiety, increased isolation and lack of access to the internet to find out about available support.   Safety is priority for torture survivors and Covid 19 represents a threat to their safety, thus exacerbating physical and mental distress. Our Stress Management Group provides the opportunity to develop attachments and to feel connected, both of which are needed to reduce the sense of threat and strengthen ability to cope for the rest of the time. Getting this group up and running again is a priority  The project will increase the working hours of the Solace therapist based in Sheffield so she can deliver this group each week. She will also provide online therapy and support to people identified by COSS wellbeing volunteers who will provide outreach phone calls to isolated refugees. The project will also enable provision of activities to increase wellbeing or health such as craft materials, family board games, hand sanitiser etc as well as enabling access to the internet for therapy through top ups of phone credit.   We will use interpreters to enable access to the service when needed. |
| Organisation: Speakup Self Advocacy Limited  Project title: “Helping ourselves to stay safe and well using Technology and Circles of Support”  Amount awarded: £19,741 | “Helping ourselves to stay safe and well using Technology and Circles of Support” is a user led project that enables Speakup to adapt, develop and sustain the primary activities of our organisation to meet the challenges of Covid-19.  This will enable continuity and availability for people who use and access our traditional service, reaching out to new service users who may currently be isolated, anxious and in crisis. The project will also make available as much accessible information as possible, to enable people to continue to make informed choices whist in lockdown.  How we will do this: 2 people with lived experience will lead on this work. This will give continuity and sustainability to their employment and enable a daily reach out to people most in need. The wider team at Speakup will also support this work and ensure that the social aspects of the service are available through the activities mentioned below. The service will be flexible, responsive and open to new ideas.  The work will continue to adapt existing services by continuous development of the following:  1. Daily zoom meeting open to all, to enable social contact and a safe space to share anxieties, but also talk about any positive things in their lives 2. Individual and small group invites using Zoom, Facebook or telephone, to talk through worries and think through solutions. 3. Daily ring rounds for those most in need, to discuss issues affecting their lives, and for people who do not have access to Zoom. 4. Relaxation and breathing sessions through yoga, to support coping strategies 5. Pampering sessions to support wellbeing and self-esteem 6. Quiz nights at least weekly to stimulate social interaction and brain function, with people with learning disabilities taking responsibly to develop the questions and lead on these each week. |
| Organisation: St Helens Mind  Project title: Counselling care  Amount awarded: £19,646 | COVID-19 has forced social distancing and isolation. We have moved to homeworking, digital and telephone befriending and social groups. However, many service users and volunteers are experiencing heightened loneliness, anxiety and fear. A new wave of contact includes those bereaved and grieving alone. We need different support in this different time.   Some service users' needs are met by our traditional support, those now in crisis need more structured input from a qualified counsellor. We can provide a safety net amongst many unfamiliar circumstances brought about by the pandemic and a dedicated, in house counselling service is needed now to strengthen the support we provide.  There is a lack of counselling provision in St. Helens; long waiting lists and limited sessions and current G.P. services stretched. We want to implement a creative approach to delivering a range of “talking therapies”.The needs now are immediate: we need to provide same day access.   Our service will save the NHS money as we provide “early intervention” counselling to prevent people going into crisis. We will engage the services of a qualified Counsellor who will shape our service offer and deliver this through a network of qualified volunteers including 3rd year student counsellors from local Universities. We already have volunteer counsellors on our list but have no-one able to properly supervise and support them.  We will establish an initial 5 volunteer counsellors delivering 4 sessions a week each. This reduces wait times, increase recovery potential and provide opportunity for service users and their carers or families to explore ways of living more resourcefully and towards greater well-being and independence.   We would provide a personalised service maintaining the professional and ethical standards of the British Association of Counselling and Psychotherapy. Our office base at Peasley Cross Hospital is ideal for this service offer. |
| Organisation: The CLD Trust  Project title: Here to Help  Amount awarded: £20,000 | We want to provide more capacity to be able to cope with the demand we will face shortly as restrictions begin to ease utilising online methods as well as face to face in person counselling. This project would be a combination of three aspects:  - additional hours for in person counselling focussing on coping with those clients who have deferred during lockdown, those struggling with mental health as a result of the of lockdown, and those facing renewed issues because of going back to school and adapting to life within continuing restrictions. - working with schools and Stride Active to provide online training for teachers to help them feel more prepared for issues children may be facing when they return to school and how to address these (low level interventions) - support webinars for parents where schools would identify vulnerable children / parents who need support with their children’s mental health to help prepare them for going back to school  The latter two aspects would be delivered as soon as possible and be ongoing throughout the 12 months as a support vehicle for those dealing with issues at home and at school, the first aspect would kick in as we are able to provide in person counselling as restrictions ease, but could support greater numbers of young people coming to us online as the self-referral option is promoted more. |
| Organisation: The Counselling Centre  Project title: Assisted Places Scheme  Amount awarded: £15,000 | The Assisted Places Scheme is an on-going initiative and as such forms the basis for most of our fundraising endeavours.  The approach for the next three months is to continue to offer clients the ability to have a sliding scale of fees to ensure that the counselling they receive is based on their individual financial circumstance. As mentioned above, for some, this may involve a period of zero financial contribution from the client if they are suffering financial difficulty caused directly or indirectly by the pandemic. As reported, many people here in the UK may have already lost their jobs and livelihood; and are most probably feeling very vulnerable at this anxious and uncertain time.  In addition to supporting the existing client base over the forthcoming months, we hope to have capacity and the financial means to offer new clients who are suffering with mental health issues as a result of the pandemic. Whilst there is a huge focus on dealing with peoples health and staying safe in the here and now, we anticipate that in the next 3 months and beyond, there will be a significant increase in those seeking help. We would like to be in a position to help those who need it. |
| Organisation: The Hugs Foundation  Project title: A Daily Hug  Amount awarded: £5,297 | The funding will be used to run our 'A Daily Hug' project over the next 12 weeks. We don't want to furlough more staff as they are reaching out to our participants via Facebook Live and still running our well-being section through this crisis, even though we care currently unable to have our intervention participants on site. A Daily Hug has already reached over 20,000 people with over 3,000 engagements so far in its pilot stage and first 4 weeks. It involves two Live Facebook posts per day aimed at our participants.   Our aims are to:   • Promote social inclusion during times when this is more difficult than ever to tackle loneliness  • Include learning in the form of life skills and soft skills to ensure we challenge and work our minds in the absence of school/college/work  • Promote mental well-being to keep a healthy mind during the Coronavirus crisis  • Provide hope to so many people who will be worrying and seeing so much negative news • Provide activities which bring families together when home life will be stressful and target boredom  • Provide activities and positive posts that will; increase self-esteem, enhance social skills, relieve anxiety, decrease depression, decrease negative behaviours and suicidal thoughts, reconnect relationships and keep people involved in the community.  • Provide activities and posts that increase self-esteem, enhance social skills, relieve anxiety, decrease depression, decrease negative behaviours and suicidal thoughts, reconnect relationships and keep people involved in the community.  We have had feedback including; "A Daily Hug brightens the start of my day", "keep up the good work you are not only making a difference in the animal's life but to the viewer's as well. The posts make my autistic son very happy" and it is helping to decrease anxiety and depression symptoms. |
| **Panel 2** | |
| Organisation: Alternatives Trust East London  Project title: Counselling and Support for vulnerable women during the Coronavirus pandemic  Amount awarded: £10,334 | "We want to provide telephone or online counselling for women who are isolated at home during the lockdown, particularly vulnerable single mothers. The clients will include:  1. Women who have pre-existing mental health issues such as depression or anxiety that are being made worse by the fear and uncertainty of living through a pandemic and the demands of living alone with children in a small space.  2. Self-referrals, or referrals from support workers, of women who normally benefit from our We Are Family (WAF) therapeutic group, and who have been receiving weekly calls for support and advice during the lockdown, but whose needs in this situation have grown to the extent that they would now benefit from counselling. We know that a number of the women we help have experienced trafficking into domestic or sexual slavery, rape or sexual assault, captivity, danger, war or violence in the countries they left.  3. New clients who have been referred by other statutory or voluntary services to Alternatives for counselling during the pandemic, with issues including domestic abuse. We have had five referrals from three charities who work with BAME women in the last couple of weeks that we are not able to help with.  This grant would enable us to provide 364 hours of counselling from an existing staff member who is a counsellor plus 120 hours of assessment/supervision over the next 12 months, though we expect it to be used most in the immediate future. Further hours of counselling will be provided free by volunteer counsellors, thanks to supervision paid for by this grant. This will be in addition to support already provided of weekly phone calls to existing clients from a support worker to check in, and weekly deliveries of food and other essentials." |
| Organisation: Barnsley and District Citizens Advice Bureau  Project title: Kendray Hospital Advice Project  Amount awarded: £19,993 | "The project will allow us to adapt our existing provision in order to provide a dedicated telephone/email advice service to support patients with mental health issues at Kendray hospital.  Patients, and staff acting on behalf of patients, will be able to access rapid support by making a direct referral into the project via email or telephone, bypassing our usual telephone helpline which is currently oversubscribed.  The adviser will be available for 15 hours a week to respond to referrals, and to provide advice via email/pre-booked telephone appointment. These services will be provided on a flexible schedule based on the needs/availability of the service users and their support workers.  Patients will be able to access advice on any of the issues they face but we expect a significant proportion will relate to debt/benefit/housing issues that have been caused or  exacerbated by changes of circumstance caused by the Coronavirus pandemic.  Experience from a previous pilot project has shown that patients in this setting often require support with multiple, complex issues, so clients will be able to return to use the service as many times as is required.  The project will make a difference by:  IMPROVING ACCESSIBILITY  - Making it as easy as possible for patients to access rapid support at a time/via a method/as many times as required  - Reduces waiting times  - Allows vulnerable patients to attend their appointment with a support worker  IMPROVING HEALTH AND WELL-BEING  - Managing stress by preventing difficult problems escalating to crisis situations  - Helping the recovery process by reducing stress, worry and anxiety  IMPROVING FINANCIAL OUTCOMES  - Maximising income through benefits, grants and government support  - Dealing with problem debt  INCREASING RESILIENCE  - Addressing complex problems before service users are discharged  - Increased knowledge, skills and experience  - Improved ability to cope" |
| Organisation:  Better Pathways (registered as Birmingham Industrial Therapy Association Ltd)  Project title: “Stay Well Programme” - virtual delivery of wellbeing services to people with severe mental health difficulties and/or learning disabilities  Amount awarded: £19,924 | "We want to introduce a holistic digital and telephone health and well-being service for around 200 people with mental health difficulties and/or learning disabilities – including 120 who regularly attend our Better Assembly Services project on-site.  This Stay Well Programme will curate a weekly timetable of wellbeing activities for service users - referrals to third party sessions in order not to duplicate existing efforts, along with specific content by Better Pathways (featuring staff with whom service users already have a personal connection). These wellbeing activities will include physical and fitness activities, emotional wellbeing activities (eg. mindfulness), social activities (quizzes, crafts, entertainment) and learning and information activities (budgeting, cookery/nutrition, access to free learning, IT literacy etc).  A part-time Service User Wellbeing Officer will research this weekly timetable, and coordinate the production of original content, including fitness sessions from the Better Pathways football team coach, and already-popular group events such as Knit and Natter. The Officer will respond to calls and emails from service users, working from Tuesday to Saturday, as we would anticipate peak weekend use.  The weekly timetable will be accessed via private Facebook group, using Facebook Live or Zoom for live content, to safeguard users. Better Pathways is revising its website – once live, content will be migrated to the website in a password-protected portal.  We will also employ a BACP-registered person-centred Counsellor to deliver a counselling service on a first-come-first-served basis, with latitude for emergency appointments in relevant cases. This counselling service will support service users to improve their overall well-being and manage their mental health, responding to issues including low self-esteem, stress, feelings of insecurity and isolation, and anxiety/depression.  A Project Manager, already an employee, will manage the Service User Wellbeing Officer and the counselling service. The project will be supported by our Social Media Coordinator." |
| Organisation: Bristol Somali Resource Centre  Project title: BSRC On Call Project  Amount awarded: £14,873 | "Our approach will be to help vulnerable people who are affected by Coronavirus and at risk of developing mental health problems such self-isolating people with limited support network, isolated elderly, Families who live in overcrowded flats and some of our service users who have mental health problems.  We will help them understand how to manage their mental health while under the COVID-19 lockdown period. We will use volunteers recruited from the community to offer dedicated telephone support and become befrienders. Some of our service users who are isolating themselves have no internet connections to communicate with friends, family members. Therefore, we will supply limited phones with internet access to limited number of self-isolating people who are at risk of developing mental health problems due to the lockdown and low-income families with children who live in overcrowded flats.  We will raise awareness about mental health and COVID-19 lockdown, assisting those with underlying health conditions to understand the risk of the virus and the benefits of shielding measures and counselling people to manage their mental health wellbeing in the community. We will motivate people to manage their wellbeing while self-isolating using technology to have a social connection with family and friends. For those who have no social network we will offer them befriending services and telephone support.  We plan to liaise with the mental health team in support of those with mental health illnesses in the hope of having the right medications in the community rather than hospital settings.  We will advise vulnerable people to do necessary exercise when self-isolating at home and motivate them to adopt a healthier lifestyle. We will encourage them to follow social distancing guidelines in case they go out for exercise to alleviate mental health problems." |
| Organisation: Cheddar Community Partnership  Project title: The Space  Amount awarded: £8,655 | "The Space project intends to build on our knowledge and experience by rapidly scaling up our existing young people’s 13-18 years counselling service by recruiting additional qualified counsellors and piloting the use of student counsellors; by the continued adapting of our counselling service to on-line and phone working and by extending our service to introduce a pilot parent/carer 'listening’ support service, and a low level preventive intervention of a new ‘youth club’ type of social interaction for young people aged 11-18 years  We know the difference our counselling work and training has made to young people’s lives in reducing emotional stress, developing emotional resilience, and helping form positive relationships. We want to continue the significant progress in reducing self-harm and young people’s ability to cope and dealing with problems that frequently feel too much.  Feedback from counselling told us young people felt more able to face and deal with challenges. One young person told us “counselling was a chance to get confidential support without being judged and a way to learn coping strategies”.  The parent/carer ‘listening’ service pilot will make a difference by offering a phone service for parents/carers to feel supported, that can signpost to other services and so reduce anxiety, stress and the feeling of not able to cope.  The proposed early low level intervention of a pilot ‘youth club’, linked to our other work, will make a difference by giving the benefits of increased social interaction and networking after ‘lockdown’, resulting in young people feeling supported and identifying potential mental and emotional issues.  Our project will help alleviate some of the increasing mental health and emotional resilience issues being identified because of the ‘lockdown’ pressures on young people, families and carers, e.g. Childline/NSPCC - depression, anxiety, panic attacks, feeling lonely and isolated, difficulty sleeping, etc." |
| Organisation: Children Ahead Ltd  Project title: CA Coronavirus Mental Health Support  Amount Awarded: £20,000 | "Children Ahead is reconfiguring its services to respond to the particular needs and restrictions brought about by Covid-19. As an organisation that has exclusively worked with children and parents face-to-face and in the context of a community that is heavily digitally excluded, this has necessitated us setting up a completely new work model with targeted services for this specific crisis. Our work will be focussed both on supporting people during lockdown, but also helping children and families transition back post-Covid restrictions.  - We will set up a new helpline, where parents can get support and guidance from professionals on managing children's behaviour and maintaining emotional wellbeing and equilibrium.  -We will offer phone (or in person, once allowed) therapy sessions for children with a specific focus on dealing with the emotional/mental health fallout of the pandemic  -We will set up a digital hub where children who do not have digital access at home will be able to access remote, virtual therapies safely.  -We will send out packages with activities and resources tailored to beneficiaries' needs, whether these are motor skills development, sensory stimulation, language or emotional and expressive skills development." |
| Organisation: Falcon Supports Services E.M Ltd  Project title: Emotional Support by Phone  Amount awarded: £16,857 | "FSS is seeking to Improve the mental health and wellbeing of FSS service users at a time of pandemic and forced isolation. We would like to achieve this by introducing a mental health support and navigator service delivered by phone or skype for Drop-In service users and residents. This would involve employing an experienced Support worker. The beneficiaries of the service will be FSS service users who include:  • Individuals experiencing unstable or unsuitable housing conditions including the homeless and those in temporary accommodation  • Local residents experiencing economic and social deprivation or extreme social isolation  The postholder would listen, advise and support access to local services including:  • Health Centre for local GP and nursing services  • Loughborough Wellbeing Café which is currently offering virtual activities  • Mental Health crisis team  • Let’s Talk Wellbeing Service  Additional activities will include:  • Encouraging and supporting volunteers to offer peer telephone support to help cope with isolation  • Practical support by phone or skype with regard to accessing benefits, collecting medication or dealing with domestic abuse  • Distributing care packages of toiletries, food and activities including colouring books and jigsaws. This would be managed from the Falcon Centre maintaining social distancing rules.  Some of our most vulnerable Drop In service users do not own phones. We would like to purchase 5 phones and credit for loan in exceptional circumstances. Purchasing a screen, temperature gauge and PPE would enable in person support in exceptional circumstances and as restrictions begin to be relaxed.  The Drop In is described by service users as a lifeline because it is there when people have nowhere else to turn. This service would be exactly that. It would help people isolated and living in poverty seek support for their mental health in a safe and appropriate way." |
| Organisation: Headspace Bolton C.I.C  Project title: Comedy Collective  Amount awarded: £14,400 | "We wish to deliver 3 weekly sessions in a range of creative mediums using an online portal (zoom) to maintain regular provision at our usual days and times to ensure people's routines are maintained and retain a sense of purpose, challenge, contentedness and camaraderie through the act of creating and performing together.  Each course will assist members to develop performances to showcase at regular online events/festival engaging in this way with more people, allow us to spread non-stigmatising messages and continue to use humour, comedy and creativity to break down mental health stereotypes and discrimination.  In order to achieve this we will deliver 3x weekly courses over 12 months and develop regular performances exploring, but not limited to:  scriptwriting  podcasting  radio sketches  spoken word  music  we wish to establish a series of mini online festivals to include stand-up comedy, spoken word and music performances and publish a weekly podcast and develop short comedic sketches for an online radio production  In order to support our members to take on these challenges we will need to scale up our 1:1 support and acknowledge that remote working will require additional sessions on an online platform such as zoom. we understand however, from our previous work and discussions with our members that they wish to re-engage in performance as they found this an essential component of their personal growth and motivation, encouraging good self-care and assisting with developing confidence and self-esteem.  We wish to scale up our social media engagement in order to attract new members and audiences to view/listen to our online content so that we can expand our de-stigmatising messages to wider and more diverse audiences as well as utilising this as an opportunity to reach out to new members who may have struggled to access us in the past." |
| Organisation: Independence Initiative Ltd  Project title: New Realities  Amount awarded: £18,060 | "New Realities has 4 aims. They are (1) reduced levels of anxiety and fewer personal crises, (2) reduced levels of personal conflict, (3) reduced levels of substance misuse and recidivism, and (4) avoidance of food poverty and physical ‘decline’ likely to exacerbate mental ill-health.  To deliver these changes we are adapting our approach and the ways we harness peer support. Firstly, via a new remote working model. We are currently organising core staff to provide extensive daily/evening/weekend cover via social media / telephone to help address anxiety levels, personal crises and flash incidents (often linked to aggression / violence). Key to this are the development of new protocols for response times, approach(es), appropriate use of media, safeguarding, and escalation. Secondly via new face-to-face working model. The risks our members face are often extreme, so it’s vital we offer responsive face-to-face support (within constraints of lockdown and our social distancing protocol). However, staff and volunteers are no longer ‘on-site’, so protocols covering staff availability, proximity, lone working/risk, safeguarding, conflict resolution, and access to transport are being developed. These adaptations to staff working will be developed, applied and tweaked over the project period. Finally, we are reflecting on ways that peer support can be most effective in this setting. Typically, peers help our members in 3 ways: by modelling positive behaviours and demonstrating recovery is possible and sustainable, via navigator and ‘listening ear’ activities (insight, system navigation and empathy) and via leadership/co-ordination (e.g. new groups or projects). Over the next 3 months we aim to focus on the social learning role – peers demonstrating / modelling positive behaviours during and after lockdown and showing it is possible to come through this. Specifically, lived experience colleagues will support collection and distribution of food and hygiene products as the basis for providing peer support." |
| Organisation: Key Changes (Islington Music Forum Ltd)  Project title: Studio Connect  Amount awarded: £20,000 | "Studio Connect is an innovative online mental health recovery programme which promotes wellness among disadvantaged young adults who were already experiencing significant mental health challenges prior to the Covid-19 crisis. The programme will deliver a range of therapeutic outcomes by engaging vulnerable young adults in creative collaboration with specially trained music industry mentors (including acclaimed producer/rapper Jords and Brit Award winning singer NAO). Through online creative collaboration, service users will co-create themes, lyrics and beats, with real-time studio production support. Our unique approach harnesses the creative process of making music to elicit valuable conversations around mental health, providing the ideal setting for welfare checking, mentoring in mental health management skills, and early intervention/advocacy support at this challenging time.  Participants will also access valuable social interaction and peer support though our online group learning and reflection activities. These include online ‘Open Mic’ events, and weekly online workshops featuring guest speakers from across the music industry, including professionals from Musicians Union, BIMM, TuneCore, Assn. of Independent Music and more. Activities will support continued skills progression through a ‘voyage of discovery’ on all aspects of the music industry (including branding, marketing, PR/Press and digital media), helping service users develop their personal skillsets whilst lockdown conditions continue.  The programme offers an engaging, culturally relevant framework to connect ‘hard to reach’ groups with regular welfare monitoring (and early intervention support/advocacy where needed). They will gain valuable new creative, technical, social, digital and personal skills as well as increased confidence, self-esteem, self-expression and improved mental health management skills from taking part. The programme will enable people to ‘escape’ the monotony of home environments during lockdown and remain hopeful and engaged despite the challenging climate. We intend to deliver the project for 24 weeks in total (June to November), engaging up to 100 young people." |
| Organisation: Luton All Women's Centre  Project title: Rapid Response Counselling Service  Amount awarded: £20,000 | "We will deliver a new ‘Rapid Response Counselling Service’ for vulnerable women in Luton – primarily those with complex states of poor mental health (often the result of violence, abuse or similar trauma) and for whom COVID-19 restrictions have created immediate crises.  That might be a woman whose ‘protective factors’ like being able to see a friend have been cut off; a situation where abuse escalates in isolation; a woman whose anxiety/depression is resulting in suicidal thoughts; or someone who is struggling with caring responsibilities due to isolation or lack of respite.  Run in accordance with the British Association for Counselling and Psychotherapy (BACP), this service will provide:  -Assessment and up to 6 sessions of individual counselling to help women contain and find solutions for the mental health issues they are experiencing in the short-term. Run by a new member of staff with specialist expertise in this area, sessions will initially be offered by telephone/video calls and will support 75 women over 12 months.  -Four ‘Anxiety groups’, providing specialist support for women who, under current circumstances, have highly raised levels of anxiety and depleted levels of confidence. Clients who spent months gaining the confidence to join us at the centre are already telling us that the lockdown constraints have set them back. Groups will initially be offered via Zoom (transitioning to the centre when restrictions allow), benefitting 60 women over 12 months.  Referrals to this service will be made internally by our Advisers and also via other agencies/ partnerships we work with (all new referrals will undergo our usual case management and risk assessment procedures first).  While helping more women suffering from poor mental health to address their emergency situations, we believe this initiative will also reduce their need for professional counselling and other mental health interventions over the long-term." |
| Organisation: Motherwell Cheshire CIO  Project title: Believe Project  Amount awarded: £19,611 | "Within Crewe, Winsford and surrounding areas we will support and improve the mental wellbeing of 150 mothers whose children have been removed, including those whose visiting arrangements have stopped due to COVID19 restrictions; and also those whose children are at risk of being taken into care, including those recently returned.  We will provide individual support by video link and telephone through a trained Support Worker who will help mothers understand and deal with whatever stage of the social care process they are in. We will advocate throughout the process with social workers, solicitors and any other agency or support service, including to implement telephone or video contact wherever possible, or to obtain the support they need to appropriately care for their children at home.  We will support mothers to develop or update their personalised support plan and then provide support to deliver it, including signposting to other available support where appropriate e.g. domestic abuse. These plans help mothers feel valued, grow in confidence, become more resilient and emotionally stronger, so that they can rebuild their lives. Support plans will include managing mental health, addressing addictive behaviours, developing healthy relationships, developing healthy lifestyles, ensuring self-care, developing daily living skills, moving towards volunteering and employment, and developing social support networks.  Mothers will also benefit from a weekly online peer-support network session, facilitated by a Support Worker, enabling them to share experiences and work together to develop appropriate coping strategies in a non-judgmental, empathic environment. Mothers will also be matched to a trained volunteer mentor (who are all over 50) who will offer practical and emotional support by telephone or video link. They will also be given access to our social prescribing activities online (e.g. wellbeing and self-help videos; exercise classes; peer support social groups; etc.)." |
| Organisation: Off The Record, Bath & North East Somerset  Project title: Listening Services  Amount awarded: £20,000 | "Our proposed project will increase the availability of effective mental health services in BANES, preventing an escalation of need and reduction on CAMHS waiting lists. Working with secondary schools helps us connect with young people at an early stage, developing relationships and trust so they feel comfortable to access our support as soon as they need to.  We will scale up our Listening Services and offer a range of workshop activities to young people. The workshop activities are being be co-produced with young people, and will be made available virtually, and in partnership with schools.  We’ll scale up our Listening Service by training and supporting volunteers to offer support remotely (they currently are not able to do so). Adding 10 specialist volunteer Listening Support Workers and Counsellors, increasing our capacity by 40 hours per week. Over three months this could provide an additional 120 young people support.  Listening Service is free, high quality listening support and counselling for 10 – 25-year-olds in BANES. Young people are encouraged to self-refer although parents, carers and professionals can also refer, providing they have consent.  Listening support sessions are guided by the young person and are adapted to their age and issues by skilled workers who give the young person their undivided attention, enabling reflection, supportive questioning and access to information. Weekly, 20minute listening support sessions are offered and those who need counselling are placed on the waiting list but access listening support, to prevent escalation of problems. Sessions are not capped and average four sessions.  Most young people who require it can access a qualified counsellor within two weeks, with those most in need being ‘fast tracked’. Counselling sessions are held weekly, for 50 minutes, enabling young people to explore issues in depth. Usually young people have six sessions." |
| Organisation: Omega, the National Association for End of Life Care  Project title: Chatterbox Action Against Loneliness Programme  Amount awarded: £20,000 | The Chatterbox Action Against Loneliness Programme is an enhanced telephone befriending service offering regular, friendly conversation and companionship, emotional support, help with practical issues and essential signposting. Older lonely and socially isolated caregivers, former caregivers, bereaved persons, and those living with a life-limiting illness or who are near end of life are matched with a high-calibre volunteer befriender for at least 6 months. We are scaling up Chatterbox to be able to provide this support to more people dealing with end of life challenges and mental health problems during this time of increased social isolation as a result of the coronavirus (COVID-19) pandemic. Over the next 3 months, we aim to match over 70 new volunteer befrienders with 100+ newly referred clients from across the West Midlands, and beyond. Our mission has always been to help older caregivers and bereaved people to feel connected and enjoy greater choice, and we are in the perfect position to deliver safe, meaningful connection over the telephone. |
| Organisation: Quench Arts CIC  Project title: Musical Connections  Amount awarded: £19,965 | "We’re applying to support our Musical Connections (MC) project, for isolated &vulnerable adults living in Birmingham &Solihull. MC has been running for 22yrs, achieving highly commended for Art, Mental Health and Wellbeing at the National Positive Practice Awards 2015 &was a finalist for the 2016 National Lottery Good Causes Awards.  Currently we have 60 members actively engaged. 92% are/or have previously been mental health (MH) service users. Others have physical disabilities, sensory impairments and/or longstanding health conditions which may affect their MH.  The project is currently funded until July 2020, via National Lottery’s Awards for All. We’ve secured additional 2months funding for our Music Support Worker, working 1 day a week with a limited number of targeted members, until Sept (via an Arts Council Emergency Fund grant). This new application extends the project and covers:  -recruitment of 20 new MC members, each receiving 8 one-to-one sessions (via digital/telephone/ face-to-face), 45mins per session (June 2020-April 2021)  -60 existing MC members offered 4 ‘catch-up’ sessions of 15mins (via phone/digital) (June 2020-April 2021), to support their continued wellbeing  -50 past MC members not currently engaging receive phone calls to see whether they want to re-engage in group sessions/Music Support Worker sessions (June 2020-April 2021)  -28 days of Music Support Worker freelance salary (from October 2020-April 2021, 1 day per week) to deliver additional one-to-one/small group activities for existing/past MC members (via digital, telephone, face-to-face), delivering 140 sessions plus supporting large group sessions.  -8 monthly large group sessions (delivered by a Music leader plus Music Support Worker), Sept 2020-April 2021, 3hours each session, delivered either online/face-to-face/via post.  Through creative music-making supported by Mental Health First Aid trained professional music leaders, we help members to understand and express their emotions, build resilience through a support network and develop soft and transferable skills such as self-esteem, social skills, self-discipline, the ability to listen, compromise and team-working." |
| Organisation: Respect for all counselling  Project title: “Mental Health First Aid for autistic and learning disabled people”  Amount awarded: £19,826 | "We propose to offer a two-tier mental health first aid service for autistic people and also people with a learning disability, their families and carers in Greater Manchester. This specialist 24hour helpline – answerphone with call-back and more limited opening hours for personal callers- will be staffed by experienced counsellors who will offer emotional support and signposting on to practical services. Where appropriate callers will access the second tier of the service which will be regular follow-up calls to embed new approaches and ways of thinking to address their distress.    We will start the service on a small scale immediately the grant is awarded and recruit a co-ordinator to develop and publicise as early as possible in the first 3 months after the grant is awarded. This co-ordinator will publicise the service and build up its capacity. They will lead its adaptation as lockdown is eased and our client group are suffering from new anxieties as their routines continue to be disrupted and changed." |
| Organisation: Sahara in Preston  Project title: Sahara Corvid Support Project  Amount awarded: £20,000 | "For the next three months Sahara will provide a phone support service for BME women in Preston that can listen to the concerns of women, and help them explore their options and rights, providing information to help them make informed decisions, contact relevant support services, or contact them on behalf of the women calling the support line.  The service will be provided by women who are able to speak relevant local languages and are culturally aware of the issues facing local BME women.  We aim to provide timely support and intervention for those with relatively low-level mental health issues to stop these issues escalating into higher level issues that will need more intensive longer-term support." |
| Organisation: Sandwell African Women Association  Project title: Befriending Elderly Refugees with Mental Health problems during Coronavirus Outbreak  Amount awarded: £9,333 | "Given the extreme and unusual circumstances we are all facing over which the Covid-19 crisis has unfolded, our organisation is planning to provide emergency support to elderly women with dementia who are affected by the Coronavirus poverty especially in terms of food securing and means to access nutritious meal supplies to boost their immune system. These are elderly women with mental health who are self-isolated, socially isolated, house bound or disabled, and who cannot go out to access basic food as well as life products they most need during this time of crisis (e.g. nutritious food supplies, find first necessity hygiene products, etc). These elderly women have asked SAWA to help them fully considering their access to shops is currently limited by their mobility, their avoidance of public transport as well as their mental health problems and weak physical ability to line up in long queues in front of supermarkets to purchase foodstuffs during this difficult time.  The aim of this grant application is to secure 6 laptops and 1 printer to help volunteers work remotely while providing support services to these elderly women with dementia. These pieces of equipment will help volunteers to connect with beneficiaries on our social media, Whatsapp and email. To help the elderly with dementia feel less isolated, volunteers will call them over the phone and check in if safe to do so. The project will raise awareness of how to protect oneself to avoid contamination. The project will share facts found on the pandemic regarding what is going on in the world in implementing control measures to contain and combat the spread of the virus." |
| Organisation: The Learning Community Ltd  Project title: Keep Rotherham Running.  Amount awarded: £11,200 | "EMERGENCY FOOD PARCELS - We are already contacting all of the vulnerable patients who we have previously supported, around 300 people. We carry out Triage of their needs over the phone and agree a plan of action. This includes emergency food parcels, for which I personally pay. Currently we have spent around £1,200 on food alone. We deliver parcels twice a week to people's homes, along with items listed below.  TELEPHONE AND COMMUNICATION - We phone all our previous and new mental health patients to find out how they are. Many have neighbours, family, and friends supporting them. Around half of them have nobody. Some just want to speak and talk for a while every few days, and we phone them on a pre-arranged basis. We also communicate via Email and mobile text messages where learners have equipment of their own.  EQUIPMENT - We have purchased fifteen tablets and five laptops to distribute to vulnerable and isolated patients. We need more laptops, to enable further resources to be made available from our weekly digital inclusion packages.  DIGITAL RESOURCES - We develop and provide a weekly resource of modules and learning activity - even including English and Maths, as well as units previously developed.  ACTIVITIES - Crosswords, Sudoku, teaser games, materials from resource banks - all are useful to keep isolated people occupied and to keep their minds active. As time goes on, it is this area that will become the most important, and where we want to invest more of our time. Keeping learners active, feeling constructive, and purposeful, as well as contributing towards their good physical and mental health." |
| Organisation: URPotential  Project title: Create and Relate  Amount awarded: £19,842 | We currently offer online group activities to our LGBT young people and their families. We would like to offer online support to all our service users not just our LGBT groups. The model we have used with the LGBT groups has been very successful and has created online friendships and sharing skills such as sign language and poetry. The support network that these online groups has provided to our LGBT young people and their families is invaluable at this the time and an outlet for the young people to express their inner needs and concerns. The modern age makes social skills difficult for young people in 'normal' circumstances, but with the uncertainty they face today with the current conditions these skills are vital to the emotional wellbeing of the young people. Many young people will be feeling socially-isolated, therefore we feel online groups such as; art groups, music groups, poetry group, meditation groups and mindfulness groups would give people the opportunity to socialise with like-minded people and express themselves in a positive environment. The groups will be suitable for absolute beginners and people with experience, they are a great chance to have a go at a new skill and explore it as a way of expressing their emotions. We intend to offer a number of weekly online support groups, based around the needs of our service users as well as one to one support. The groups will be both peer-led and leader led with support from an experienced part time staff member. All activities/groups are planned through consultation with our service users and designed around the ideas expressed by the individuals. These activities will move to physical face to face and groups when the lockdown and social isolating is reduced. |
| Organisation: YMCA North Tyneside  Project title: The Hatch  Amount awarded: £19,991 | 'The Hatch' covers a variety of mental health support options for homeless young people which support social distancing. The programme designed, delivered and managed by qualified, experienced professionals in mental health, housing and social work and people with lived experience of mental health problems. The Hatch has 6 support options. All are accessed via a website, literature (electronic and paper) and via support staff. 'Practical Hatch' offers encouragement and motivation for daily skills such as personal hygiene, cleaning and tidying a living space, cooking and eating healthily, drinking water and finding joy in the day. 'Anonymous Hatch' allows young people to access support without identifying themselves or talking if they don't want to, such as websites, webinars, helplines, advice and guidance. 'Talking Hatch' is for those who want such interaction. Talking with the staff team via phone-call, messaging or facetime. Speaking with those who have lived experience of mental health problems, discussion and advice. Referrals can be made for other parts of the Hatch that may be beneficial. 'Green Space Hatch' is the known benefit of nature and time outdoors. Benefiting from fresh air and sunlight. Walks to the beach, the park and use of YMCA Allotment. Growing and nurturing fruit, vegetables and the trees in the Orchard. Tending to the bereavement garden and encountering wildlife. 'Fitness Hatch' is using exercise to promote good mental health. Supported by qualified gym instructors who are also highly experienced in housing and mental health via online classes, outdoor classes, individual fitness programmes, volunteers and befrienders who accompany 'walk and talks' and jogs. 'Therapy Hatch' is rapid access to psychotherapy and counselling, specialising in trauma and abuse. Providing personal tools, resources and strategies (including artwork) to improve mental health and wellbeing. Supporting young people to make positive changes encouraging personal growth, independence and empowerment. |
| **Panel 3** | |
| Organisation: Aaina Community Hub  Project title: Aaina Women's Mental Wellbeing Covid 19 Service  Amount awarded: £19,224 | "Over the next three months, the project officer and volunteers will provide one to one befriending support via telephone and video call for women who are living with poor mental health who are isolated and have limited English. The support will enable us to check in regularly providing a social connection, listening ear sharing up to date guidance and reassurance during times of great uncertainty for women who are struggling.  The project officer will also assess addtional needs flagged up by service users and will contact the necessary agencies to resolve issues as they arise to prevent further distress, as well as liaising with the food bank and delivery services where necessary for service users who are isolating.  Service users will be involved in in the planning of activity packs that encourage stimulation and engagement via virtual platforms so that they can remain connected through project activities with results being shared online. The project officer and volunteers will organise the packs and deliver to service users, these will be replenished on a monthly basis. Stimulating activities are crucial to reducing anxiety, boredom and alleviating stress and depression. The activities will be shared through the group's virtual platforms and shared on our social media pages so that women in the community who are struggling with poor mental health can also get involved. The packs will contain activity ideas utilising everyday objects available at home, as well as providing additional resources to add value." |
| Organisation: Achieve Change and Engagement (Ace)  Project title: Corona Response  Amount awarded: £17,846 | "Achieve Change and Engagement wishes to scale up its current work with 11-25 year olds in the Lancaster District . We currently have a waiting list of 65 and we need to reduce this as soon as possible. We are concerned that these yp haven't been seen by any service and may be in unsafe situations with no support . We are also concerned about reemergence of symptoms and development of new issues related to Covid 19 such as family bereavement , falling behind with schoolwork and general anxiety about the future. We want to reach these 65 young people as soon as possible so we don't have a waiting list in September. To do this we need another part time wage for a trained emotional health practitioner. We can extend existing staff hours to ensure this happens quickly  A second smaller strand to this project is the scaling up of our volunteer program . Our 6 newly trained volunteers will receive the extra training they requested in self harm and extended training in autism and befriending . We can do this with trainers via zoom . We want the momentum to be maintained for these new volunteers and as such wish to skill them up in befriending. We will then buddy them up with our older (17-25) service users to provide another level of support for ypeople at this time and to continue our support for the volunteers themselves all of whom have suffered poor emotional health." |
| Organisation: Acorns (North Tyneside)  Project title: Outreach mental health and well being support (domestic abuse)  Amount awarded: £17,961 | "Children and young people who have experienced domestic abuse may have a lowered sense of self-worth, and show lack of confidence and low self-esteem. They may experience feelings of guilt, insecurity, powerlessness and fear and be socially isolated. They may not participate in school activities or get good grades, and get into trouble more often. They may also suffer from physical symptoms such as headaches and stomach aches, and bed wetting. This can lead to more serious psychosomatic illnesses such as depression. The current pandemic is exacerbating the challenges these children face, with increased anxiety, increased social isolation and confusion abounding. The demand for our services is increasing due to the pressures the pandemic is putting on families.  Children who have been exposed to these traumas need to know that things can be different. Through our Outreach service, Acorns ensures that children and young people are given the right messages about what has happened to them – that it is not their fault, that they can be safe. They learn about boundaries, and develop healthy ways to deal with their emotions and memories as they mature. They explore their talents and strengths, and can recognise what they are good at, and cope better with their past experiences, increasing both their confidence and their sense of self-worth.  We are seeking a grant to extend our current outreach provision that supports these children and young people. We wish to increase the hours of our Prevent & Cope Team Co-ordinator, and our Children & Young People's Mental Health & Well-being Worker (outreach worker) who deliver one to one emotional support, psycho-social education and and solution focused therapies to children in crisis, and over a longer (approx) 8-12 week period, in schools, community settings, and now remotely through a variety of mediums." |
| Organisation: Addictions North East  Project title: ANE Coronavirus Response Support Project  Amount awarded: £20,000 | "We urgently need to appoint an experienced mental health support worker with good knowledge of abstinence wellbeing support. We have a substantial case load – both through our recovery housing support programmes and within the community settings. We are supporting more than 115 clients with others seeking our help, and we are finding it more difficult to devote the amount of time and resource into offering the optimum level of support.  The coronavirus has forced us to radically change our approach to offering therapeutic support and whilst we were one of the pioneers of home-based recovery techniques it has been complex changing over fully to this way of working. We now hold regular remote meetings per week and hope to secure some additional sessional workers later this month. Additionally, we are now carrying out half hour telephone counselling therapy sessions using a senior accredited BACP Counsellor / Graduate Psychologist.  If we fail to provide newly designed services – especially since our service users are not able to access mutual aid meetings such as Alcoholics Anonymous and Narcotics Anonymous then the result will surely be many will relapse back into pathological dependence and return to exhibiting unmanageable behaviours. The advantage of Addictions North East being able to offer a joined-up service including multi-disciplinary interventions is that they will be able to address issues they face such as social and economic exclusion, access the correct amount of welfare benefits, and find their own routes to a comfortable living and lifestyle. A new full-time worker would join a team of volunteers and other colleagues in offering an eclectic based choiceof therapies. She / he will be an experienced practitioner with some personal experience of mental health /neurodiverse issues, complemented by a level of training and / or experience in this area of work." |
| Organisation: Amaze  Project title: Parent carer befriending project  Amount awarded: £19,480 | "We will provide virtual befriending opportunities for parent carers in B&H and ESx who are isolated and struggling with their mental health and wellbeing during lockdown.  Befriending will be provided by trained parent carer volunteers, who can provide emotional support, help parents connect with others in the community and signpost them to further sources of help, including specialist mental health support.  Before lockdown support was offered face to face 1:1 or via befriending groups, including a Dad’s group, Autism families group and Parent carer group. We are now adapting this support, so it is delivered virtually over the phone and online.  As a first step, we will quickly recruit and train up some additional volunteers as many of our existing befrienders are struggling with caring for their children at home. Training will be delivered via Zoom, and we will adapt our befriender training course to suit this new method of delivery.  Parents who want 1:1 support will be matched with befrienders, usually by the age and disability of their children, after an introductory meeting with the Project Worker. It will then be up to the befriender and parent carer to decide how to take this support forward, with ongoing remote support from project staff.  We will also offer a range of regular group befriending opportunities to help promote social connections and enable parents to share tips and coping strategies. As well as using WhatsApp and Facebook, we will set up regular befriender/staff facilitated Zoom groups e.g. Dad’s pizza nights, drop in coffee mornings, art and craft sessions.  We want to ensure virtual groups are safe and inclusive for all and have already produced guidelines for volunteers and staff and will cap numbers to keep groups small and cover any additional refreshment and activity costs." |
| Organisation: Artcore  Project title:  Supporting our Community to Cope with Coronavirus  Amount awarded: £19,850 | "The myth about minority ethnic communities is that people always live in extended families and are cwell supported by family members. Actually the elderly that use Sahahra and the refugees with mental health issues using Artcore tend to live in Council, Housing Association or private flats and are isolated. . Both Sahahra and Artcore are receiving calls at all hours of day and night from very distressed and confused individuals who do not understand what is happening and why for instance they cannot attend funerals. From our knowledge of our own communities, we know that people are unlikely to engage with offers of conventional bereavement counselling. Mental health issues are stigmatised in BAME communities, for all sorts of reasons ranging from lack of understanding to belief in submission to the will of God.  The lack of funerals , wakes and family gatherings has meant that people do not have closure and that they feel that the death of friends and relatives has counted for nothing. The project we want to undertake is to give people the chance to create memorial to loved ones. We will support the process of creation and then will give the memorial space through virtual presentation on a dedicated site so that people can share their grief and memories. Latterly we hope that this can become a tangible memorials in Derby’s Arboretum Park.  The first months will concentrate on recruitment and training of volunteers and production of memorial ‘packs’, whilst Sahahra talks directly with bereaved residents about the project and how it will work and then introduces them to Artcore Therapeutic Artist and volunteers to start creating the individual memorials." |
| Organisation: Family Counselling Trust  Project title: Reaching Families  Amount awarded: £18,272 | "Our proposal for the next 3 months is to deliver quality psychological support to families on low incomes through:  1. Online video counselling sessions for the usual length of time (50-60 minutes) x 6 for 24 families in Dorset, Hampshire, Somerset and Wiltshire - if necessary this can be increased to 8 sessions. With our practitioners observing the new guidelines for remote working;  2. Telephone or digital support for parents of children in need of mental health support with i) a 30 minute session - for 30 parents/families ii) a 45 minute session - for 20 parents/families. All with our practitioners observing the new guidelines for remote working;  3. Telephone or digital support for children/young people in need of mental health support with i) a 30 minute session - for 30 children/families ii) a 45 minute session - for 20 children/families - where deemed appropriate and with consent. All with our practitioners observing the new guidelines for remote working;  4. Ongoing support for families by FCT Family Liaison Officers to ensure the most appropriate course of action is taken - for 148 families.  5. When lockdown is lifted sufficiently, to provide face to face counselling sessions as soon as possible and where deemed appropriate whilst observing social distancing - for family beneficiaries mentioned in 1.  Total beneficiary number: 444 (average 3 people per family - Office for National Statistics Nov. 2017)  The difference we will make - the proposed key outcomes:  1. Real improvements in child wellbeing as evidenced in the final monitoring results.  2. Whole family, holistic approach promoted effectively and evidenced by family members actively participating in sessions.  3. Positive benefits to the wider community as evidenced by stakeholder testimonials.  For monitoring we would use the respected clinically approved measure, Strengths and Difficulties Questionnaire, and Service Feedback Form." |
| Organisation: Firvale Community Hub  Project title: Healing Hearts and Minds  Amount awarded: £19,968 | "This project will instigate emergency actions based on the sudden increase in demand for mental health services to BAME women and men in exceedingly difficult circumstances. We have already collated a database of high priority individuals who require emergency help and support including women, men and young people. Each of these groups has distinct needs, for example, young people in BAME communities have higher cultural expectations. Our list is growing every single day and our volunteers are absolutely inundated.  The primary means of project delivery will be peer support groups. We will establish as many as necessary to meet the needs of participants and these will be led by Mental Health Champions and delivered through Zoom initially, and in person if circumstances allow further into the project.  We will initiate delivery through a 5 Step Plan to undertake targeted urgent support:  - Identify the beneficiaries (this has been done but there are also other groups that are hidden so we need to raise awareness.)  - Recruit Mental Health Champions and trained multi lingual advisers to interact with the beneficiary and identify any additional support needs, making onward referrals as appropriate. This needs to be done in a culturally sensitive and religiously appropriate way for it to work- for example- only female staff will work with females etc  -The project will systematically note down each person's issues and immediate pastoral needs and then instigate any required pastoral interventions- these could include addressing the cause specifically which is worsening the mental health state- this could warrant a need for food-bank support, mentoring, need for emergency medical help, referrals to key agencies or other support  - A file will be opened and follow up undertaken weekly with each individual, with support being adapted as appropriate to the ongoing needs of each individual." |
| Organisation: Home-Start Exeter, East and Mid Devon  Project title: Keeping Connected  Amount awarded: £19,994 | "We need to increase our capacity to respond to the rising demand for befriending and expert peer support from families struggling with isolation and poor mental health. We would like to appoint two new posts: a Family Support Worker and a Group Worker. The Family Support Worker would be able to offer immediate online support and advice to parents and families. The Group Worker would facilitate an additional online peer support group for mothers in the perinatal period who are struggling with their mental health.  On referral, we will operate a new triage system. Where we do not have any free volunteers to provide one-to-one befriending, we will be able to offer rapid intermediate support from the Family Support Worker. The FSW will carry out an initial assessment of needs, create a plan and keep in regular contact with each family to provide emotional support and professional guidance as well as signposting until a Volunteer can be matched to provide longer-term befriending and support. In addition, pregnant women and mothers who are struggling with their mental health in the perinatal period can be supported through our Mothers in Mind online group. Our existing online group sessions will expand to provide smaller group numbers and additional ways for mothers to engage, e.g. WhatsApp and/or Zoom.  Candidates for both posts will have parenting experience, experience of working in mental health and a background in volunteer and/or family support.  We are now beginning to see a steady increase in referrals and believe that this will continue to rise. We would like to be able to offer immediate support to anyone who is referred or reaches out to us. We need greater capacity in order to meet this demand." |
| Organisation: IMO Charity  Project title: Wabaa - Pandemic Support  Amount awarded: £20,000 | "We want to adapt and extend out current mental health peer-led services to include:  - Peer-led session mental health and wellbeing sessions delivered by our qualified MH practitioner via ZOOM. These include; Women4Women, Youth Connect and Young Minds MH&WB projects.  - Dedicated multi- lingual telephone and online 1-2-1 support and advice and signposting service, especially for the most vulnerable people in our communities  -This will be linked to a dedicated (vetted volunteer) to offer support and some handholding for them to achieve their immediate and short term needs.  - Establish a safe online befriending group to enable people from BAME backgrounds who are isolated and lonely to meet and talk with others.  In a nutshell, though are trusted connections, the service will be able to respond in Gujarati, Bengali, Urdu, Punjabi, Hindi, Arabic and other minority languages (spoken and written) if required to enable IMO to achieve the following desired outcomes for people in need:  - To help all people/families who seek and need support and to help relieve them of unnecessary stress, anxiety and worry.    - Increase our reach across our local Blackburn and Darwen network and across the Pennine Lancashire footprint.  - Promote greater digital inclusion for the Black, Asian and minority ethnic (BAME) and refugee communities.  - Provide trusted information in a multilingual formats written and spoken." |
| Organisation: Investing in People and Culture  Project title: Practical and emotional interventions for N/E refugees during pandemic and beyond.  Amount awarded: £20,000 | "There are 3 main aspects to our proposed service delivery, as identified from consultations along with service delivery trials on a smaller scale.  1.Information, Advice & Guidance service, directed specifically towards the needs of Refugees & Asylum Seekers, providing practical support, sign-posting, latest health info to community leaders for dissemination, along with individual one to one support with benefits, housing issues.  2.A targeted response for those who are most at risk at experiencing mental health related issues during lockdown, providing one to one remote calls from community leaders with lived experience, along with social group interventions via Zoom.  3. Deliveries of food and essential supplies for the most vulnerable, so they can stay safe at home, with a regular social distance chat and check that they are okay from someone they trust and can understand.  Firstly from our lists of RCO community leaders, we will recruit individuals with lived experience of overcoming stress and mental anguish, having fled prejudice or oppressive regimes.  Our project coordinators will take time to work with recruits intensively to ensure they have knowledge, skills and necessary tools to deliver support to their groups.  Each recruit will identify the most vulnerable members from their respective communities and assess their support needs.  These 3 strands of support proposed will be supported by daily online discussion forums, where people are invited to talk about anything that they are concerned or curious about. Using Zoom, Whatsapp and facetime.  Guided by our worker and supported by community leaders. These sessions will become community/language based, and serve as a community ‘drop-in’ one stop support hub.  Practical help for the most vulnerable will be delivered directly using social distancing guidelines outlined in Public Health England guidance" |
| Organisation: Kaleidoscope Project  Project title: Kaleidoscope Connect  Amount awarded: £6,500 | The Kaleidoscope Connect Project will provide support to very diverse groups of people from 3 services.; Alfriston ElderlyDay Care Centre in Surbiton will be able to purchase activity materials and 'Echo shows' to support people aged 65 and over suffering isolation, loneliness and cognitive conditions such as dementia who are currently unable to access our day care centre. Cairn House Dual Diagnosis Hostel in Kingston will be able to purchase Laptops and tablets to enable our adult residents to access skype support sessions, online community groups such as 'dual diagnosis anonymous' and a suite of online therapeutic interventions and interactive activities to promote mental well-being. Birchwood Residential Treatment Centre will support those undergoing drug and alcohol detoxification and rehabilitation who may be confined to their bedrooms due to coronavirus to access online support and forums via the purchase of tablets. We will also be able to purchase 10 tv/dvd players to allow those isolating during treatment to watch tv and films in their rooms as a form of diversion. In spite of the differences between these client groups, they all share vulnerabilities that Public Health England have highlighted as deeming them 'at risk' to coronavirus; Over 70 years of age, underlying respiratory conditions such as COPD and mental health diagnoses that are exacerbated by the need to isolate. |
| Organisation: Lambeth and Southwark Mind  Project title: Kindred Minds  Amount awarded: £20,000 | "Kindred Minds is a targeted peer-support group for Black and Asian adults. It brings people together into an accepting community, fosters confidence, growth and offers refuge from the difficulties faced by those living at the intersection of mental ill-health and racial discrimination. Group members experience a range of conditions including mild-moderate anxiety and depression, severe mental health conditions such as psychosis, schizophrenia or trauma, or complex social problems such as addiction, learning disabilities or long-term illnesses.  We will adapt our ‘Kindred Minds’ peer-support group to a ‘virtual’ group using Zoom. With the new format, we want to provide a positive focus that will engage participants in new activities so, as well as ongoing mental health support, it will engage members in collaborative, research-based activities to gather information for presentation at a ‘Kwanzaa’ event (a seasonal African cultural event) in December and provide archive content for a website showcasing African/Caribbean ‘heroes and sheroes’.  The project will comprise three phases and will transform the way the group works both structurally and in terms of its content and outcomes.  Phase 1 will take place during the first three months and include:  Purchasing additional IT/communications resources;  Delivering staff/volunteer training;  Promoting the service to current and potential users;  Establishing video meetings via Zoom;  Research and information gathering and,  Continued mental health and wellbeing support.  Phase 2 will see the creation of a website, the establishment of an online community network, further research and outreach work and in Phase 3 we will establish a steering group to further develop black community research projects and peer support initiatives. The Kwanzaa event will be held in December 2020." |
| Organisation: Lighthouse Homes  Project title: Covid19 Counselling  Amount Awarded: £5,200 | "Provide counselling support to our residents who already have complex mental health conditions. Helping those individuals through a further enforced process of change in lifestyle in conjunction with dealing with the change experienced from coming free from substance misuse.  Access to mental health services in the area have a 3-6 month waiting time for diagnosis and a further 3-6 months access to treatment time.  Many of those in addiction have experienced some form of trauma as a child or older which led them to using substances to self medicate or simply dampen their thought processes to deal with the traumatic experience. Many of our service users have never dealt with the root cause of their addiction and associated behaviour. We conducted a pilot onsite counselling therapy exercise in 2018/2019 which led to an overwhelming uptake on the counsellor service we offered. Many of those who took part have made significant positive progress in dealing with past traumatic events and becoming free from substance misuse. We would like to provide counselling services as an integral part of the recovery tools to success.  For those individuals that have lost loved ones due to contracting Covid19 and not being able to attend funerals or attend sick relatives. It is deemed that counselling support would be a real positive to individuals that have not been able to grieve.  The way society is changing in living with the change in way of life will greatly affect those already experiencing positive change free from substance misuse. Counselling will provide a means to coping better and adapting to the new way of living as a whole. Assisting those remaining drug and alcohol free. It will also support the individual in a person centred approach to dealing with past trauma." |
| Organisation: Maan Somali Mental Health Sheffield  Project title: Nurturing Somali Community Resilience (NSCR) - Kobcinta Adkeysiga Bulshada Soomaaliyeed (KABS)  Amount awarded: £15,791 | "We propose that there is a need to adapt and scale up our support in the following areas:  Move from a actual face to face to a virtual and at distance community support service.  One to One support Increasing frequency of well-being check in using traffic light system we will prioritise those most in crisis for daily contact sessions. For those with moderate support needs we intend to increase check ins from fortnightly to 2 or 3 times a week. Provide virtual support for those mental health unit or hospital wards.  Reaching the most vulnerable We also would like to increase our capacity to respond to the levels of stress for two particular home contexts; a) for isolated older people with various mobility / and or mental health issues affecting their ability to come out of their home for daily exercise / essential food etc. This isolated group of older people are least likely to have access to regular reliable information about covid-19 in addition to cultural social engagement. Many older men have previously relied on Somali and other cultural café settings for social interaction, nutritious food and access to support organisations such as Maan. The second home situation which we are aware is b) when there are multiple generations of people who live in the same, often small home situation. For both the above household situations stress levels are exacerbated by people living in maisonettes or flats with no outside space. In order to continue meeting the needs of existing, or new, service users we need to have more hours of work/ support for our Workers  Providing additional support to encourage adaptation to experiences such as bereavement, religious / cultural festivals.  Map and log specific health issues and concerns across the Somali community in relation to covid-19." |
| Organisation: Migrants Organise  Project title: Keeping well Together: supporting the well-being needs of refugees, asylum seekers and migrants during the COVID-19 emergency  Amount awarded: £18,000 | "Over the next three months we will support the wellbeing of 120 vulnerable refugees, asylum seekers and migrants living in London. We will target those:  • With the most severe and complex mental health conditions including survivors of trauma, abuse, gender based violence or trafficking where the lockdown and situation has re-triggered pre-existing conditions such as PTSD and depression.  • Whose circumstances contribute to poor mental health e.g. living in isolation or in overcrowded accommodation, being destitute or having responsibilities for the care of disabled family members or young children.  Our Community Programme staff team capacity (3 people, equiv 2 FT) is currently overstretched supporting over 330 people. We would recruit a part-time Well-being Case-Worker to coordinate the project and work intensively with participants to develop their own tailored well-being support plan that would aim to:  Relieve stress and anxiety  Provide coping strategies  Manage symptoms  Address isolation  Enhance resilience  Improve connections.  Key activities will include:  • One to one sessions with paid therapists and volunteers who are professionally qualified and have experience working with refugees and asylum seekers that will be conducted via zoom or telephone depending on what is appropriate until our office is safe to reopen;  • Development of digital/postal well-being resources (translated where needed) that will be accessed online or posted;  • Opportunities to participate in a range of weekly online (for now) group-work activities e.g. dance, yoga/positive movement/breathing, English classes, creative writing, sewing group, story-telling sessions for Mums and their toddlers.  • Access to a dedicated volunteer mentor/buddy to provide weekly one-to-one emotional and practical support.  At the same time through our holistic approach we will also provide a vital safety net of hardship support for basic needs; ongoing immigration\welfare case-work; and signposting to other services and support in the community." |
| Organisation: Mind in Harrow  Project title: Harrow Side by Side  Amount awarded: £19,987 | "In the first 3 months, Harrow Side by Side will provide holistic and tailored support for 230 people experiencing (i)increased need to manage poor mental health or who (ii)develop mental health problems during this pandemic by  1)EXPANDING HELPLINE/CASEWORK CAPACITY: SUPPORTING 175 PEOPLE  We will support 175 people (with 40% increased case-complexity) experiencing Covid-19 related mental health needs, through our and Harrow’s only Mental Health Helpline by doubling Helpline capacity (including supporting Helpline Volunteers to work from home). Using our Covid-19 Helpline Checklist identifying 15 related risk-factors, we will provide safeguarding-assured mental health signposting, information and support. Callers requiring more intensive support/interventions because of complex mental health needs (eg people with severe/enduring mental health including OCD/behaviour around hygiene/needing support to maintain independence/multiple-disadvantage including relationship stresses & unhealthy coping strategies) and without other support networks will engage in up to 6 sessions of digital/phone face-face support by specialist Helpline staff.  2)EXPANDING BEFRIENDING: SUPPORTING 55 PEOPLE  We will support 55 more people living at the margins of society, whose poor mental health is compounded by prolonged isolation by a mix of 1 hour befriending sessions twice-weekly via telephone/video-call with a dedicated volunteer with whom there is a genuine shared interest/hobby/cultural-background OR weekly wellbeing 1 hour video-call (content-themed to encourage participant engagement/promote wellbeing) for peer-support groups of 12-15 people  THE DIFFERENCE  Scaling up these projects evidenced by a 20-year track-record is the most effective way of providing (i)more mental health support for the maximum number of people in Harrow during the pandemic and (ii)more intensive interventions for those most vulnerable.  We anticipate outcomes including; (i)increased availability of rapid and timely mental health support for 230 people (400 over 12 months) (ii)80% users report our services helped prevent escalation of need to access GP/A&E/Council services) and(iii)70% report our services helped improve their mental health" |
| Organisation: Norwich Samaritans  Project title: There for you: Protecting Norwich Samaritans' future  Amount awarded: £8,100 | "For 56 years, Norwich Samaritans has supported those in distress or at risk of suicide, answering calls, replying to texts and emails and talking in our community.  We know the key to our work is our volunteers. With many currently shielding, self-isolating or supporting those on the NHS Helpline, we must ensure the branch is safe and clean for our existing volunteers.  We have had to invest in a thorough, enhanced cleaning routine which enables us to ensure that contact points, including our phone booths and computer stations, are regularly wiped down and cleaned, as well as entry ways and security key pads. While this is vital, it has come at a significant cost.  Our volunteer expenses costs have also grown. Our volunteers come from across Norfolk, and with public transport now not a safe nor reliable option, many are having to drive into the branch and several are taking on existing shifts.  We would also like to continue with our local advertising so that our community knows they can still contact us at any time day or night.  We are now considering how we adapt our approach to recruitment and training new volunteers to maintain our service, and will need to spend more to meet social distancing requirements. Those costs will include extra training materials, which would have been reused, and renting a larger premises.  We desperately need funding to help keep our branch running, so we can continue to take calls from people struggling to cope both now and in the coming months as the country begins its recovery." |
| Organisation: Overgate Hospice  Project title: Connecting Calderdale  Amount awarded: £10,992 | "Overgate provides an essential service to the community of Calderdale and feel it is vital to offer our patients the option of video messaging loved ones from the hospice beds. We do not have the technological equipment to be able to do this and would like to be considered for funding 16 iPads.  • The iPad's will be used for 12 x patients to contact their loved ones from their hospice who now cannot visit due to the virus; mothers calling their children and husbands calling their wives. This will enable last words to be spoken ‘face to face’ as best as possible and goodbyes said when time is short. Having an ipad next to each bed will mean that patients can quickly get in touch with people when they want to without waiting for others to finish using them and minimise the risk of spreading viruses by sharing equipment.  • The Day Hospice team of nurses, doctors, social workers and physiotherapist can use their ipads to video message patients who would normally attend day sessions. These patients are usually earlier on their diagnosis of a terminal illness, and feel even more isolated, scared and worried than before because they are particularly vulnerable to the virus and will be self isolating from all friends, family, community support and care. Counselling sessions, nursing and doctor advice, and social work support will provide a vital life line to these patients over video messaging if we have ipads. Funding our project will mean that we can continue to offer understanding, emotional support and encouragement though very difficult times." |
| Organisation: PAPYRUS Prevention of Young Suicide  Project title: HOPELINEUK Webchat  Amount awarded: £17,616 | "From calls to HOPELINEUK many young people are struggling with the changes covid-19 has made to their lives, whether that is due their time at school or university being curtailed, exams not being sat, the impact on those in employment (many of the frontline workers will be under the age of 35 and therefore in our demographic) and the worries about how the virus is affecting their family and friends. Many are stuck at home with little privacy to make a call to HOPELINEUK, which has this has been borne out by the rise in the number of texts and emails compared to call received since we went into lockdown. As a result, we would now like widen access to HOPELINEUK and introduce webchat, which is another vehicle by which someone can contact us in confidence from those around them.  This can be designed and implemented by our IT providers within 20 days and all HOPELINEUK staff will receive comprehensive remote training to enable them to manage this additional pathway. The advice is the same that would be given on the phone or by text and email so the training is just one day of each Adviser’s time to bring them up to speed. No additional hardware is required and yet the outcome of this additional route to seek life-saving advice makes it now an urgent project to complete. A dedicated social media campaign will also be run to inform the general public of this additional service." |
| Organisation: Sheffield Women's Counselling and Therapy Service  Project title: Skills for Wellbeing: supporting survivors of trauma and abuse impacted by Covid 19  Amount awarded: £20,000 | "We have a two-fold plan to scale up our support for women in Sheffield who have experienced abuse and trauma, and are on our waiting list for specialist trauma therapy:  1:1 wellbeing sessions  We will scale up provision, to offer every client on our waiting list up to three 1:1 “skills for wellbeing” sessions with a therapist.  The sessions will be personalised and tailored to each clients’ needs to enable them to:  ~identify and manage personal risk  ~undertake groundwork that will enable them to function better, and feel more confident and able to access further support  ~support their mental health/functioning, and  ~to manage their trauma symptoms while they wait for therapy.  By offering this support on a 1:1 basis, over the telephone, or via video calls, the work will be accessible for all women on our waiting list who are struggling even more than usual due to the pressures of the pandemic.  1:1 Specialist Trauma Therapy    We will increase our capacity for 1:1 specialist trauma therapy, in order to meet the increased demand for therapy resulting from increased rates of trauma and abuse due to Covid 19. We will offer an additional 10x 1:1 therapy sessions per week.  As a specialist trauma therapy service, we are well-positioned to safely respond to the increase in demand from clients whose underlying trauma symptoms have been aggravated by the pandemic, and clients who have experienced trauma or abuse, due to the unique circumstances of the pandemic." |
| Organisation: SignHealth  Project title: Supporting Deaf Key Workers' Wellbeing  Amount awarded: £10,000 | Some of our front-line staff have requested mental health support during the COVID-19 crisis, reporting an increased level of stress and anxiety as a result of caring for and supporting clients. We anticipate a later need for supported therapy sessions dealing with the long-term effects of the pandemic. We will address this issue by introducing facilitated, group therapy sessions for staff. We will run 9 sessions, with approximately 5 persons per group, reaching 45 Deaf key workers in total. Facilitated by a psychological therapist in BSL, these sessions will help staff manage and mitigate the impact of COVID-19 on their stress levels and emotional wellbeing. For most of our front-line staff, BSL is their first language; having an interpreter (a stranger) present during a therapy session would be inappropriate. Our hearing staff are fluent in BSL, negating the need to have interpreters present.  Certain staff may be at risk of chronic psychological difficulties (including but not limited to burnout and post-traumatic stress) so we need to ensure we have the capacity to support them. Sessions will be made available to all 90 front-line staff (80 social care/outreach and 10 domestic abuse); and we anticipate around half will want to seek support. As such, this project will reach 45 beneficiaries.  We will make space for taking stock, and discussing thoughts and feelings, utilising our trained therapists to facilitate reflection and processing of experiences. This will include a needs assessment of staff – what they found helpful, what ongoing input would they want now and so on.  As added value, we can offer self-referral to our IAPT compliant BSL therapy service and provide opportunities for ongoing peer-to-peer support.  Finally, we will create mental health videos in BSL on topics such as stress, anxiety and mindfulness. These will be published on our website. |
| Organisation: Surrey Drug and Alcohol Care Ltd  Project title: Telephone Counselling Service  Amount awarded: £20,000 | "This is an ongoing service but, from recent figures and because of our awareness marketing campaign (social media, website and radio), we estimate that we will receive an additional 35 clients a month due to the pandemic.  Clients referred by our Helpline or other agency will be contacted by a counsellor within 3 days and offered a treatment session there and then, as we know that a speedy referral improves the chances of engagement and likely outcomes. We currently have 8 counsellors available to take on new clients at short notice. Telephone Counselling clients can also access our 24 hour Helpline for extra support and information. Both services are provided at no cost to the client.  The service has been designed to British Association for Counselling and Psychotherapy (BACP) standards and sessions can be scheduled at a time to suit the client, such as after children are asleep. It provides a programme of one-hour counselling sessions (normally 12), conducted over the phone, to address issues related to and arising from the individual's problem with drugs/alcohol, or with other mental health issues. These may be weekly or as often as twice daily if the client is in crisis. They also receive weekend check calls and follow up calls after treatment to ensure that their recovery is still on track.  Counsellors produce a weekly treatment plan for each client, checked by the TCS Manager to ensure it fits our remit, is individually tailored to a client’s current needs, and clients and counsellors are engaging well and do not require further input from outside sources. All clients are asked to complete a detailed questionnaire after their treatment to ensure that their recovery is still on track and to provide feedback on the service and how it might be improved." |
| Organisation: The Bungalow Partnership  Project title: Talk-Kin Together  Amount awarded: £6,295 | "Talk-Kin Together will provide emotional support to Kinship carers and the children within their care. Therapists and support workers will ensure Kinship carers feel supported and are supported to be emotionally available to children and young people who have experienced early life developmental trauma. Families will access a support package that offers support for 8 weeks and is then reviewed in terms of longer term need.  This project is targeted at a population that is often overlooked in terms of support, and that through this lockdown will be under greater pressure in terms of having the children at home without the respite of school, having less support from friends and family available to them, increased pressure in terms of restrictions on contact between the children and parents/ siblings.  Having supported a high number of families living under kinship care, we have evidenced an increased need in this particular population.  With our reduced income because of the Covid 19 situation, we are unable to support the number of families approaching us for help.  The support will be delivered virtually by phone, skype, zoom and other virtual methods. The support will be weekly, with separate sessions for kinship carers and the children." |
| Organisation: The Happy Baby Community  Project title: HBC Task Force to Combat the Impact of Loneliness and Isolation During COVID-19 Pandemic  Amount awarded: £19,990 | "On 23rd March 2020 the Happy Baby Community stopped its drop-in community groups and set up a Task Force (made of leaders, management team and partner organisations) to ensure we continued to reach and support our beneficiaries. Following phone calls to users and other community leaders, the management team identified the priorities as:-  1.Increased counselling provision - with 4 trained psychotherapists available throughout the week to meet the growing need.  2.A texting system to contact every member who's been in contact with the Community in the last 9 months. Text to include important contact numbers and news updates. It will remind beneficiaries that we offer a call back service, should they need additional help.  3.A single phone number and point of contact available 9-6pm every day.  4.Reduce Isolation-every week, 23 volunteers and 12 of the Leadership team, call over 3/4 of our beneficiaries - feedback logged in our CRM system called Charity Log with additional support provided as per the need identified (i.e nappies, books, toys, clothes, equipment).  4.Clear Voice to translate where volunteers in beneficiaries own language are not available.  5.Change in delivery of our ""Doula"" project which is 1:1 support for expectant mums and mums with new babies, delivered in partnership with NHS England - now delivered virtually, with all mums given a smart phone and data. Includes ante and post natal and breastfeeding support - contact made 2-3 times each week. 40 mums currently supported.  6. Provide every new mum with nappies and babies and children's clothes.  7.Additional education provision provided by 2 volunteer English teachers using Zoom for English language courses, children's classes in groups of 3-4, support with reading and provision of books and educational toys.  8.Provide IT equipment (approximately 180 beneficiaries) and data for beneficiaries that have little to no access to this (300)." |
| Organisation: The Lily Mae Foundation  Project title: Baby Loss Support Outreach Service  Amount awarded: £20,000 | "This funding is specifically to maintain one to one support to bereaved families during the Coronavirus.  We have adapted our traditional support channels, of group meetings and face to face counselling, by offering one to one support sessions through the Baby Loss Support Outreach Service using Video Conferencing, online advice and care, a strong social media presence and via the increased availability of our digital tools. In addition, we have committed additional resource to meet the demand.  Our one to one support programme is delivered by a trained and bereaved parent, to give support to anyone who has experienced the loss of a baby at any stage. These sessions are critical to the ability for the bereaved parent to manage their mental health and deep, complex grief.  This service is supported by CRUSE Bereavement Care and offers families an opportunity to explore their individual bereavement issues following the loss of a baby. What makes this service even more unique is that bereaved parents are counselled by Amy Jackson, co-founder of The Foundation and Mum to Lily Mae, who was Stillborn at full term in 2010. This combination of personal experience of loss and the highest quality professional training means that the service we are able to provide is one of a kind and highly effective  The funding will ensure we can deliver this vital outreach work with vulnerable families, so they receive the support needed during three months while we are living within Social Isolation measures. This essential grief rehabilitation will provide bereaved families with the support needed to manage their mental health." |
| Organisation: The Sara Lee Trust  Project title: Remote Counselling and Group Support for People Affected By Cancer and Other Life Threatening Illnesses  Amount awarded: £15,000 | "We will provide counselling support, including Cognitive Behavioural Therapy, mindfulness and specialist psychotherapy to people in Hastings and Rother who are affected by life threatening illnesses. This will enable people to:  - discuss their worries and fears;  - help to mitigate the effects of anxiety around their illness and the current situation;  - explore existential concerns;  - manage symptoms with a psychological component, such as breathlessness and insomnia;  - manage existing mild-moderate mental health problems, and those brought on or exacerbated by their diagnosis and/or the current pandemic;  - reduce their sense of isolation    In addition to vital counselling support, we will provide virtual group activities, with online mindfulness and yoga sessions already successfully trialled, and other activities in development. This is a significant step and will allow people to continue to receive appropriate group support and ""meet"" virtually with their networks while still remaining at home. Appropriate gentle exercise is also extremely important for many service users, helping them to remain as active as possible, and benefiting their emotional wellbeing.  Our services make a huge difference to people who are lonely and isolated due to life threatening illnes. This group will experience the most hardship during the coronavirus lockdown, as they deal with their illness in the face of further isolation, heightened anxiety and fear for themselves and loved ones.  Our services also support carers, families and other loved ones, who are eligible to be referred for themselves. In addition, the support given to the patient often results in reduced burden on those around them. This effect is extremely important at this time, as many will no longer be able to visit or provide care for family members or friends who are vulnerable. The reassurance to know they are being cared for, even remotely, can be powerful." |
| Organisation: The Thornbury Centre  Project title: LACO My life  Amount awarded: £19,985 | "This project brings together two organisations with extensive experience of working with EU/ Roma communities. We share:  The belief people’s mental health is influenced by socio-economic and personal factors  A person-centred approach, believing by listening to people’s own experiences we can better help them create a solution focused pathway to recovery.  This partnership will enable the sharing of best practice and upskilling of our EU/Roma Lead Worker to address identified mental health needs in EU/Roma in Bradford East.  It will provide telephone befriending for EU/Roma community members experiencing:  Isolation  Loneliness  Depression  Trauma/ loss/ bereavement  Low self-esteem/ confidence  The service will be:  Provided by LACO Lead Worker (LLW)  Supported by Sharing Voices EU Mental Health Lead (SVEUL)  Developed with its clients  Promoted via community networks/ social media/ local organisations  Provided in EU languages  In Q1 SVEUL will provide non-accredited training to our LLW in three areas:  Emotional support and counselling  Cognitive Behavioural Therapy  Behavioural Activation in treating depression  SVEUL will provide a ‘helpline’ for our worker should clients present with multiple/ complex mental health needs e.g. psychosis. This will ensure the correct course of action is taken including referrals into wider mental health provision.  Initial involvement of EU/Roma in the development of the service will be difficult as EU/Roma groups often:  Rely on phone data as they have no WiFi precluding use of most interactive applications  Have poor literacy skills prohibiting use of written communication  However, using telephone conferencing will provide some opportunities for clients to help us develop the project.  When it is possible to have meetings, we will draw together an EU/Roma Steering Group to help us plan for sustainability once this funding ceases. This could include:  SVEUL training EU/ Roma volunteers to become befrienders  Linking with on-going befriending projects to create a ‘bespoke’ EU/Roma service within their offer" |
| Organisation: Trevi House  Project title: Sunflower Rapid Response for Mental Health  Amount awarded: £19,870 | "Covid-19 is and will affect our vulnerable beneficiaries (women and children) disproportionately as many reside in communities found within the top 10% deprived in the UK. We know that domestic abuse has surged; depression and anxiety has increased; and alcohol sales have increased by 22%. Ultimately women’s long-term recovery is threatened. We’re experiencing a rise in referrals; as a trauma informed organisation, we anticipate more linked to the societal trauma from Covid-19.  Our plan is to mobilise a Sunflower Rapid Response programme: (1) adapting to deliver a virtual holistic offer to women in recovery and (2) scaling up our offer to a wider audience (including professionals). The rapid offer will be promoted as an early intervention programme consisting of courses, groups and counselling via virtual means.  A virtual version of our accredited “Heal programme” will be designed and published for online use. This will incorporate “BBC style” bitesize modules on practical support: how to keep well, talks on physical and mental wellbeing, trauma - how it manifests and how it can be released, exercise classes, creative therapies, managing yourself at work, mindfulness and self-care. Delegates can then take up the virtual Grow programme (moving on) leading to them gaining access to 1-1 counselling support.  The Sunflower team will distribute mental wellbeing packs (lockdown and transition preparation) with course handouts and materials (including creative art therapy packs), using this as an opportunity to check-in at a safe distance with course delegates.  A dedicated Support Worker will maintain contact with women on a regular basis to monitor their mental health needs. Our Peer Mentors will set up a specific Covid-19 Mental Health support group to monitor feedback on the course and to feed in any learnings to the virtual offer regarding women’s mental health and wellbeing." |