

List of all awards from the first panel of the Coronavirus Mental Health Response Fund

Large Awards

Project information	Project Description
<p>Organisation: Ambitious About Autism</p> <p>Project title: Mental health and well-being support for autistic young people and those who support them during Covid19</p> <p>Amount awarded: £43,726.00</p>	<p>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.</p> <p>During Covid19, we want to provide:</p> <ul style="list-style-type: none">•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. <p>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.</p>
<p>Organisation: Bath Mind</p> <p>Project title: Live, Learn, Share'</p> <p>Amount awarded: £50,000</p>	<p>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.</p>

	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Bluebell Care Trust</p> <p>Project title: Bluebell - Support for Perinatal Mental Health</p> <p>Amount awarded: £42,000</p>	<p>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.</p> <p>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.</p> <p>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</p>

	<p>these groups for mothers and enable them to still connect with each other and form safe, supportive, social networks.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Campaign Against Living Miserably (CALM)</p> <p>Project title: Helpline and webchat efficiency and capacity improvement</p> <p>Amount awarded: £69,805.50</p>	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Changing Faces</p> <p>Project title: Adapting Changing Faces psychosocial support for people with visible differences</p> <p>Amount awarded: £48,797.00</p>	<p>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.</p> <p>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.</p> <p>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</p>

	<p>world again.</p> <p>To adapt our 'low intensity' interventions for those coping but wanting information, we will:</p> <ul style="list-style-type: none"> • 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. <p>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:</p> <ul style="list-style-type: none"> • 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. <p>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.</p>
<p>Organisation: Daisy Chain Project Teesside</p> <p>Project title: ASD Embrace My Happy</p> <p>Amount awarded: £49,836.00</p>	<p>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:</p> <p>Tier 1: Self-Referrals and referrals from trusted partners. Offering well-being and mental health support accessed via telephone:</p> <ul style="list-style-type: none"> • 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 <p>Tier 2: Referrals identified as having complex and higher level mental health needs requiring specialized support delivered by DC Well-Being Expert:</p> <ul style="list-style-type: none"> • Crisis management support • Implementing de-escalation strategies aimed at reducing high

	<p>levels of anxiety</p> <ul style="list-style-type: none"> •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. <p>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.</p>
<p>Organisation: Islington Mind</p> <p>Project title: Get2getherCovidSpace@Mind – Breaking social isolation @ (Covid-19) social distancing times</p> <p>Amount awarded: £49,702.00</p>	<p>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.</p> <p>Get2getherCovidSpace@Mind will offer:</p> <p>1.an Initial assessment facilitated by the Get2getherCovidSpace@Mind support worker(s) – a mental health professional, to help:</p> <ul style="list-style-type: none"> •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. <p>2.lockdown virtual community support provision, including:</p> <ul style="list-style-type: none"> •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

	<p>•group support/discussion sessions, provided by Islington Mind's staff and trainee therapists around issues such as trauma and bereavement</p> <p>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).</p>
<p>Organisation: Mind in Tower Hamlets and Newham</p> <p>Project title: Connecting Communities - Rapid response to Covid-19 Crisis</p> <p>Amount awarded: £49,505.00</p>	<p>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.</p> <p>We wish to expand this service by:</p> <p>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</p> <p>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.</p> <p>c) Expand our telephone support line until 20.00 every evening when clients feel most at risk and isolated.</p> <p>Over the next three months:</p> <p>* We will expand our team by 1 advice worker (full time)</p> <p>* Employ 2 additional support workers (part time) offering 42 hours of one to one support</p> <p>* Extend our telephone/reception service to extend the telephone support out of hours. .</p> <p>* 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.</p> <p>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</p>

	from the statutory services (CMHT, home treatment, Primary Enhanced Psychiatric services) providing vital support for the statutory services.
<p>Organisation: Rugby League Cares</p> <p>Project title: Rugby League United</p> <p>Amount awarded: £31,720.00</p>	<p>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.</p> <p>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 necessary 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.</p> <p>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/Shawn Wayne). We anticipate >400new participants will engage and complete evaluation measures (e.g. WEMWBS).</p> <p>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.</p>
<p>Organisation: Shama Womens Centre</p> <p>Project title: Covid -19 Mental health support service</p> <p>Amount awarded; £33,143.00</p>	<p>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</p>

	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Suffolk Rape Crisis</p> <p>Project title: Online@SRC</p> <p>Amount awarded: £50,000.00</p>	<p>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.</p> <p>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:</p> <p>Women and girls who have experienced sexual violence have improved mental health</p> <ul style="list-style-type: none"> - Women and girls who have experienced sexual violence feel less isolated - Women and girls who have experienced sexual violence feel more informed and empowered <p>In the initial 3 months of the project it will:</p> <ul style="list-style-type: none"> - 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

	<ul style="list-style-type: none"> - 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 <p>Support will be needs-led and flexible to meet the differing needs and experiences of diverse women during this pandemic.</p>
<p>Organisation: Support After Rape and Sexual Violence (SARSVL)</p> <p>Project title: SARSVL ISVA</p> <p>Amount awarded: £40,847.00</p>	<p>"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 can't 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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Take Off</p> <p>Project title: Helpline and Virtual groups</p> <p>Amount awarded: £40,477.00</p>	<p>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.</p>

	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: The What? Centre</p> <p>Project title: What? Covid Project</p> <p>Amount awarded: £50,000.00</p>	<p>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.</p> <p>The counselling will happen online or by telephone.</p> <p>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.</p> <p>We would like to increase the counselling provision to 200 sessions per week.</p>
<p>Organisation: Tower Hamlets Friends and Neighbours</p> <p>Project title: (Tele)befriending service</p>	<p>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.</p>

<p>Amount awarded: £18,045.00</p>	<p>Our telebefriending service will also:</p> <ul style="list-style-type: none"> •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; <p>It is unclear how long the lockdown will continue however as most of our clients will require shielding on a long term basis many of these will require our tele befriending service until such a time we can begin visiting them.</p>
<p>Organisation: YoungMinds</p> <p>Project title: Parents Helpline Plus</p> <p>Amount awarded:£99,847.00</p>	<p>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.</p> <p>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.</p> <p>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</p>

	<p>the service.</p> <p>Additionally, our digital and helpline teams will work together to create trusted digital resources that any parent or carer can access.</p> <p>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.</p>
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Small Awards

Project information	Project Description
<p>Organisation: AFRICAN HEALTH POLICY NETWORK (AHPN)</p> <p>Project title: Human Touch Project; One-Stop Shop for Connecting and Wellbeing</p> <p>Amount awarded: £19,940.00</p>	<p>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):</p> <ul style="list-style-type: none"> •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
<p>Organisation: Cambridge Acorn Project</p> <p>Project title: COVID-19 Trauma Teams</p> <p>Amount awarded: £19,800.00</p>	<p>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.</p> <p>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.</p>

	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: Dementia Forward</p> <p>Project title: Dementia Extra</p> <p>Amount awarded: £5,746.00</p>	<p>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!</p>
<p>Organisation: Eating Matters</p> <p>Project title: Telephone/video counselling service for people with eating disorders</p> <p>Amount awarded: £20,000.00</p>	<p>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</p>

	<p>potentially at risk. We also need to make provision for an influx of referrals post lockdown, when we anticipate numbers requiring support will increase.</p> <p>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</p>
<p>Organisation: Illuminate Charity</p> <p>Project title: Confidence for Change</p> <p>Amount awarded: £20,000.00</p>	<p>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.</p> <p>Increased;</p> <ul style="list-style-type: none"> - 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 <p>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.</p> <p>This would help reduce the gap between our current capacity and our demand.</p> <p>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.</p>
<p>Organisation: LGBT Foundation</p> <p>Project title: LGBT Online Talking Therapies</p> <p>Amount awarded:£19,750.00</p>	<p>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.</p> <p>We anticipate that some service users will not be able to participate</p>

	<p>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.</p>
<p>Organisation: London Friend</p> <p>Project title: London Friend LGBT Lockdown Support</p> <p>Amount awarded: £19,910.00</p>	<p>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.</p> <p>We want to provide a range of interventions:</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>

<p>Organisation: Maidstone and Mid Kent Mind</p> <p>Project title: Recovery Action Planning (RAPS)</p> <p>Amount awarded: £18,036.00</p>	<p>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.</p> <p>We have variants of the RAP available that are designed for specific needs; Youth RAP; Pre-Teen; SEMH; Adults.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: MindOut LGBTQ Mental Health Service</p> <p>Project title: LGBTQ mental health online support and telephone befriending.</p> <p>Amount awarded: £15,663.00</p>	<p>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.</p> <p>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.</p> <p>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</p>

	<p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: North Kent Mind</p> <p>Project title: Mental Health Support in the Covid-19 Crisis</p> <p>Amount awarded: £19,932.00</p>	<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Outcomes are measured through changes in improvements in emotional wellbeing and mental health.</p> <p>Anyone presenting more serious issues requiring support beyond this period will be signposted and linked into statutory teams or further support as required.</p> <p>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.</p> <p>Marketing will be broad across our networks and locally communities utilising digital technology.</p>

	<p>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.</p> <p>We have a sense of immediacy with this as the demand is being clearly demonstrated already.</p>
<p>Organisation: Oakleaf Enterprise</p> <p>Project title: Building Bridges</p> <p>Amount awarded: £20,000.00</p>	<p>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.</p> <p>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.</p>
<p>Organisation: One Place East</p> <p>Project title: One Place East Digital Wellbeing</p> <p>Amount awarded: £18,556.00</p>	<p>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.</p> <p>We will achieve this aim by: -</p> <ul style="list-style-type: none"> *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

	<p>development support so people can make the most of technology</p> <p>*Provide a telephone call back information and signposting service</p>
<p>Organisation: Share Community Ltd</p> <p>Project title: Wellbeing Reboot</p> <p>Amount awarded: £19,597.00</p>	<p>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.</p> <p>Activities will be structured to provide respite to families/carers (around 70 people), 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.</p>
<p>Shine A Light Support Service</p> <p>Organisation: Share Community Ltd</p> <p>Project title: SAL crisis virtual support delivery</p> <p>Amount awarded: £5,342.40</p>	<p>Safeguarding our counselling sessions</p> <p>Shine A Light work with professionally accredited counsellors 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.</p>

	<p>Enhancing our family support</p> <p>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.</p>
<p>Solace Surviving Exile and Persecution</p> <p>Project title: Refugee and Asylum Seeker Support for Wellbeing</p> <p>Amount awarded: £19,455.00</p>	<p>Our project will:</p> <ul style="list-style-type: none"> •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. <p>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.</p> <p>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</p> <p>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.</p>

	We will use interpreters to enable access to the service when needed.
<p>Speakup Self Advocacy Limited</p> <p>Project title: "Helping ourselves to stay safe and well using Technology and Circles of Support"</p> <p>Amount awarded: £19,741.00</p>	<p>"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.</p> <p>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 whilst in lockdown.</p> <p>How we will do this:</p> <p>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.</p> <p>The work will continue to adapt existing services by continuous development of the following:</p> <ol style="list-style-type: none"> 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.
<p>St Helens Mind</p> <p>Project title: Counselling care</p> <p>Amount awarded: £19,646.00</p>	<p>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.</p> <p>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</p>

	<p>we provide.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
<p>The CLD Trust</p> <p>Project title: Here to Help</p> <p>Amount awarded: £20,000.00</p>	<p>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:</p> <ul style="list-style-type: none"> - 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 <p>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.</p>

<p>The Counselling Centre</p> <p>Project title: Assisted Places Scheme</p> <p>Amount awarded: £15,000.00</p>	<p>The Assisted Places Scheme is an on-going initiative and as such forms the basis for most of our fundraising endeavours.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>
<p>Organisation: The Hugs Foundation</p> <p>Project title: A Daily Hug</p> <p>Amount awarded: £5,297.04</p>	<p>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.</p> <p>Our aims are to:</p> <ul style="list-style-type: none"> • 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

	<p>behaviours and suicidal thoughts, reconnect relationships and keep people involved in the community.</p> <p>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.</p>
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