**List of all awards from the Wales Coronavirus Mental Health Response Fund**

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| **Project information** | **Project Description** |
| Organisation: ACE - Action in Caerau and Ely  Project title: Phone Friends  Amount awarded: £19,852 | Funding will allow ACE to increase the capacity and reach of Phone Friends; a telephone befriending service established in response to emerging mental health needs during Coronavirus. Beneficiaries can self-refer or come through established referral partners. Beneficiaries complete a person-centred questionnaire which explores interests, support needs and ability to support others, allowing appropriate matching of beneficiaries to a peer, volunteer or staff member, prioritising those without current support / social networks. All volunteers receive full training in compassionate listening, communication skills and safeguarding procedures to ensure that they can provide a safe service to their peers.  ACE will employ additional staff to support volunteers and increase the capacity of the Phone Friends service. We will also offer additional signposting support to people identified through the Cluster’s Integrated Care Hub. The Hub telephones vulnerable people who have been discharged from hospital in the Cluster and refers on to ACE for mental wellbeing needs. ACE then contacts each person for a holistic conversation around needs and interests and provides support to access other activities and services as relevant, including Phone Friends when capacity allows. This funding will allow ACE to offer more staff time to contact people identified through the hub whilst offering extra capacity to ensure that patients also get the opportunity to join the Phone Friend service. It is anticipated that approximately 10 referrals a week will come from this referral method.  The funding will also allow ACE to expand and consolidate our working partnership with Cardiff People First, a self advocacy organisation run by and for people with a learning disability in Cardiff. All staff and volunteers will receive accessibility training and we will specifically recruit volunteers with learning disabilities and lived experience of mental health to ensure that the service we provide matches the community's needs. |
| Organisation: Adferiad Recovery  Project title: Adferiad Recovery  Amount awarded: £49,628 | We want to build on the reconfiguration of services undertaken already to allow us to begin to deliver some careful, socially distanced face to face support again, as we believe it is essential for the immediate wellbeing of those we support.  Our plans are to adapt our building with screens, signage and additional staffing to offer an appointments facility to those most in need of our support. We are not able to offer open access support yet, but this will be the next best thing.  We will offer appointments to discuss housing, health, finances and other immediate needs of the client group, or the provision of counselling, on a one to one basis, using our large drop in room which will allow for social distancing whilst support is being delivered.  We need to double staff this provision, to ensure we are able to have a staff member on reception to greet visitors, issue appointments at busy times and ensure all visitors follow hand sanitising procedures and offer masks for their use. Staff members will wear appropriate PPE while working with service users. The second member of staff will also provide for added security in case of aggression or challenging behaviour from service users who do not want to comply or who are not aware of the need for social distancing. It also prevents staff from lone working in the building which is a safety concern at this time. The room and reception area will be fully sanitised in between appointments to minimise the risk of transmission. |
| Organisation: Avant Cymru  Project title: Hip Hop for Better Mental Health Sharing  Amount awarded: £8,017 | We are looking to create an aim for our participants to work towards. A strong sense of purpose can help to imporve a person's mental health and well-being.  We find that the participants are more energetic and driven when they have a goal and a perfect opportunities are coming up in October this year and in February 2021.  In October Wales will have its first dedicated Mental Health Arts Festival, hosted by The Mental Health Foundation. The festival aims to demonstrate how the arts can support people affected by mental health. The programme will be delivered online in October, due to Covid-19 restrictions, with a view to holding a live event in February 2021.  Our work at the festival will involve showcasing our latest project, Dark Thoughts, a new piece of Hip Hop Theatre discovering the benefits of art as a mental health treatment. We will be connecting and networking the artists and participants we work with to highlight how Hip Hop has improved all of our mental health individually and collectively.  Running up to the festival in October funding from Mind would allow us to work with experienced dancers and rappers to create digital performances and training goals for participants. After the online festival in October, we will work towards adapting the interactive performance for the live event in February 2021  Working on this project will allow those involved to feel connected and give them an outlet to express themselves – all of which will have a positive impact on their mental health.  At all points it will be creating hope for all involved. They will be able to reach others as part of the festival audienceand it will create opportunities for new people to get involved in digital sessions beyond october festival and a live event Feb 2021. |
| Organisation: Caerphilly Borough Mind  Project title: Information, Assistance and Advice Service  Amount awarded: £15,073 | Our Information Assistance and Advice project will provide individuals living in Caerphilly with a single point of contact where they can receive guidance on how to access help for their mental health, and what services there are available to them in the area to support their well-being.  We will also provide someone to listen to their concerns and issues and help them recognise their own strengths and devise a plan to address many of the issues that we are being told they face on a daily basis.  Although we do not provide some of the services individuals will require, we have very close working links with many of the providers in the area and will support individuals to access those services. We are aware that for many people who contact us making the first step or phone call is a huge barrier to them receiving support, our staff will help them overcome that barrier.  We were funded to provide this service by the health board this came to an end during lockdown. We had planned to continue with a reduced provision but this current crisis has prompted a huge increase in the demand for our service which is increasing weekly.  Our service will run through a manned telephone line Monday to Friday 9am to 4pm, a 24 hour answer phone, a face book page and a WhatApp group. All contacts who leave a message will be phoned or messaged the next working day.  This service will be advertised on our Website and Social media pages including on the 20 community Facebook pages we use across the borough. We will also share this project details with the Integrated well-being networks across the Borough and with our established networks in the statutory and third sector. |
| Organisation: Hafal  Project title: Hafal Promise  Amount awarded: £49,569 | As a member-led organisation, we think it is unacceptable that so many of our client group face loneliness and isolation.  Hafal’s promise is that ‘No-one in Wales need be alone’. This means that Hafal’s services across Wales will never turn away anyone in our client group. To every person in our client group who seeks our help we promise lasting friendly contact through membership of Hafal and through our online community Clic, by email, social media, on the phone, or in person, depending on what is practical.  Hafal have recently conducted a survey that has shown that: 75% of respondents reported that the Covid-19 pandemic had negatively affected their mental health. Similarly, another recent Hafal Survey found that 72% of respondents reporting that loneliness and isolation worsened their mental health. People reported:  "I'm very teary, struggling to cope with everyday things which normally don't phase me, I'm very fatigued"  “I’m suffering with loneliness, isolation, and money worries  As a result of the pandemic, this project has seen an increase in users of 100%.  Delivery  Funding will allow us to allocate dedicated time to delivering this service and provide a telephone and video call low level befriending service. The aim of the service will be to offer regular contact to reduce feelings of isolation and loneliness, and during these calls, help individuals identify support needs, develop confidence to live full and active lives. In addition to the practical support offered, staff will support clients to assist them in addressing the range of associated symptoms such as anxiety, low mood, lack of motivation, low confidence etc.  This work will be delivered across all 22 counties of Wales, utilising existing Hafal staff across the county. Staff working on this project will conduct their work from home and engage with clients over the phone. |
| Organisation: Llanharan Community Development Project  Project title: Happy Dayz  Amount awarded: £9,311 | Happy Dayz is a supportive self help well being group in Llanharan Drop in Centre, that was established in January 2019 by local community members in need of advice and guidance. Individuals wanted to support those in the community experiencing mental health problems while supporting themselves. It became clear that participation in the group increased their self-esteem and gives them a higher personal confidence of recovery.  People who are participating in the group regularly have reduced symptoms as they are seeking support much sooner than prior to being part of the Happy Dayz. The group want to scale up the support they offer each other and be able to establish themselves as a go to group locally to support each other and have fun in a safe environment.  The group support each other by meeting weekly prior to lockdown (face to face) as well as digitally during lockdown. The group support each other with confidence and self esteem, promoting and boosting positive conversations, each have very different experiences from lack of confidence, anxiety, low mood, depression and physical conditions they restricts their interaction within the community.  Following research the best self-help groups offer emotional support and practical help with a mental health challenge, experience, or concern shared by all the members. Happy Dayz does this and members are made up of peers with similar mental or emotional issues. Since the group was established it has offered a peer-led and informal, with mental health professionals supporting at various times on request by group members. |
| Organisation: Mid and North Powys Mind  Project title: Youth in Mind  Amount awarded: £10,247 | Our youth service works with people aged 16-25, creating networks of support and learning to equip young people with skills to manage their wellbeing.  Pre covid-19 our Service offered a weekly Youth Group (at our base) and a drop-in service in 2 local schools.  The Group’s average attendance is 7 people, with 14 different individuals using the service. Our school work was new and was being developed (we'd seen 8 people).  Since the pandemic we’ve seen a huge increase in demand for our youth service. As the school work was paused, we were able to direct all of our Youth worker's time to group work. It soon became apparent that we needed to offer 1:1 support to these young people, as well as increasing to 2 weekly groups.  Moving forward we want to increase the hours within the Youth Service to:  • Continue to offer 2 Youth Groups per week (digitally/in person) offering peer support/a safe space  • Continue to offer 1:1 tailored support  • Continue and develop our school-based youth work (we know that this is particularly important now, with all the stresses covid-19 has placed on young people and their schooling. The schools are also really keen for us to continue to work with them) offering 1:1 support, drop-in space, peer support groups and courses - delivered in 2 schools.  • To increase our offer in terms of geographical area as we know there is a distinct lack of services for young people in north Powys, working with 1 college.  We see so many young people struggling with their mental health, with the majority engaging in self-harm/attempted suicide. We want to continue to be able to provide/develop our pathway of support to help combat these issues; empowering young people to look after their wellbeing, becoming resilient, healthy adults. |
| Organisation: Steps4Change  Project title: Alienated  Amount awarded: £5,422 | ‘Alienated’ has been designed for young people, aged 14-18 in Cardiff, who are struggling to manage current extra stresses, anxieties and feelings of isolation. This group is finding their education and future in jeopardy: they should now be preparing for exams, thinking about future education or career options, and simply enjoying their youth. However, this seminal part of life has been scuppered by Covid.  ‘Alienated’ is a participant-led magazine: planned, designed, and written by BAME youth. A vehicle for expressing their unique viewpoints, feelings, creativity and cultures - and improving their mental health and wellbeing through creative activities. We aim to relieve anxieties around employment by developing practicable employable skills and experience.  24 young people will participate, working in 5 small groups, overseen by our Project Coordinator and volunteer Mentors. They will be given a brief, but will have complete creative control from the logo, to social media, and content - including personal and community stories, cultural explorations, BAME issues, young people’s interest pieces. For the first 6 weeks, all participants will attend weekly Zoom trainings led by local professionals, developing practical skills across subjects crucial to magazine creation. Each will be followed by a short quiz and a related fun, creative activity for them to complete at home.  For the following 6 weeks, participants will create the magazine, after deciding which area of production they want to focus on: Marketing; Website building; Graphics and layout; Content; Photography or Illustration. Working in small teams, they will complete their section - via weekly Zoom calls and 2-hour meet-ups for teams to work together with laptops - ensuring Covid-19 safety, the Project Coordinator will oversee all meetings to ensure safe social distancing.  We intend to publish online and sell a limited run of print, raising money towards the next edition. |
| Organisation: Swansea Carers Centre  Project title: Family Carer Mental Health project  Amount awarded: £9,954 | This funding will match fund our initial 6 months Voluntary Services Emergency Funding, which will enable our (Covid - 19) Family Carer Mental Health project to be extended & support 275 + more carers for 3 months until 31st March 2021.  Our Family Carer Mental Health project increases telephone & online support & activities helping to improve vulnerable carer’s well-being during the Coronavirus (Covid-19) pandemic, in Swansea. We will be able to respond & cope better with the noticeable increase in service demand for family mental health. COVID-19 has severely affected the mental health of people during lockdown and the impact on the carer (many can’t take a break from caring and their mental health is suffering) is taking some to crisis point.  We will identify and addresses carer’s needs through telephone and online access to our Family Carer Mental Health worker, offering a range of family carer information, support and access to other service through this challenging period. We will also offer a volunteer “keep carers connected” telephone service & provide regular calls , to make sure that carers who are already lonely and isolated can keep in touch with others.  Mental health carers (these can be young adult carers supporting a parent or family member too) support someone with a condition that has a negative effect on the way someone thinks, feels, and acts. This covers a range of problems and conditions, including:  • Anxiety  • Bipolar disorder  • Bulimia and Anorexia  • Depression  • Obsessive Compulsive disorder (OCD)  • Personality disorder  • Phobias  • Post-traumatic stress disorder (PTSD)  • Psychosis  • Schizophrenia |
| Organisation: The DPJ Foundation  Project title: Share the Load  Amount awarded: £20,000 | "Share the Load" is a 7 day a week, 24 hour freephone telephone & text service that service users can contact when in need of support. It provides access to farmers and their families to bespoke counselling to seek to tackle issues around mental health and isolation. The service is based around self referral, and is 24 hours and volunteer run. The volunteers are all Samaritans trained and after taking the referral they securely send the information to an employed administrator who makes contact with one of our approved qualified counsellors. We offer a service that is flexible and appropriate to the service users: counselling is offered in a format, language and location suitable to the user and we match the counsellor to the need. Service users will be seen by their counsellor within a week of the initial phone call.  By making access to counselling easy and convenient we try to remove the physical barriers that prevent farmers talking about their mental health issues. Current waiting times for talking therapy services are on average between 6-9 months, by providing this service we are giving support to those most at need. Talking therapies are also seen as one of the most effective ways of dealing with poor mental health so by providing this service we are providing a proven effective service. We want to change the statistic that agriculture is an industry with one of the highest rates of suicide. We propose to extend this service to an additional 45 beneficiaries.  Alongside Share the Load, we will train those working with farmers to have conversations about mental health, to spot the signs of poor mental health in themselves and others and to sound out suicide. We will train an additional 85 beneficiaries and build their resilience. |
| Organisation: Women Connect First  Project title: Together We Can  Amount awarded: £49,427 | Based on the outcomes from BAME women’s experiences of the pandemic, its psycho-social impact and sources of psycho social support is urgently needed. Cultural and spiritual creative activities to engage women and families within the diverse communities, and to provide inter-generational activity opportunities and alleviate loneliness and social isolation. From our experience in dealing with BAME families from diverse ethnic backgrounds, mental health problems are rarely discussed and are considered a taboo within their communities, and due to the lack of awareness and understanding of the range of mental health conditions, and the individual or societal challenges. The project aims to make a difference in the BAME participant’s lives, and overcome the mental health stigma. The different awareness training and well-being sessions provided remotely, will focus on incorporating the social and cultural beliefs, and tackling different issues affecting the participants’ lives such as bullying & isolation with teenagers due to the clash of cultures. The sessions will be tailored to the needs and age groups of the participants and delivered remotely in a relaxed and highly confidential atmosphere to help participants feel safe and confident to open up and talk about their experience, thus overcoming the barriers raise awareness to the different mental health conditions and help find solutions to overcome the barriers they face.  Activities that will be delivered will include:  ● Self-Acceptance Therapy  ● Mindfulness and emotional resilience sessions  ● Good parenting for teenagers and effective communication  ● Laughter Yoga therapy  ● Sleeping disorders  ● Unheard voices workshops in partnership with Fio: an inter-generational chat session which joins the benefits of arts and well-being of the participants in a creative way  ● Healthy cooking for Fun  ● Gardening sessions  ● Counselling & emotional support  ● Social Gathering & Cultural celebrations - with social distancing or online |
| Organisation: Ystradgynlais Mind  Project title: Peri Natal Mental Health Support  Amount awarded: £23,500 | The Peri Natal support project will uniquely support new mothers and their partners. This programme is tailored to respond to the specific peri natal mental health needs that have arisen during the CORVID crisis. Face to face support from primary care mental health teams had largely been withdrawn or reduced. Visits from midwives and health visitors have also been withdrawn. Only blood tests, weight, blood pressure is conducted at the local hospital, all follow ups are via the phone. Partners are currently excluded from attending scans etc. Partners have stated that they feel like they are, 'missing out on a major life event'.  As a consequence of the restrictions of CORVID 19, women's needs during the peri natal period are not being fully met and potentially placing them at high risk of developing mental health issues. Partners feel excluded and 'useless', feeling unable to fully support their pregnant partner. The stress of economic uncertainty in this deprived community is playing a major role in adding further layers of distress. Pre CORVID the incidence of Mental Health issues in the peri natal period is 10 to 20%. We anticipate, from the evidence we have gathered, there will be an increase in the incidence of mental health need in the peri natal period. The issues faced by families in the peri natal period will be multi faceted, including the impact of isolation from wider support networks and the anticipated socio/economic impacts of the Pandemic. Further economic uncertainty, including the ripples still felt following the introduction of 'Austerity' in a community that is already in the top 10% on the Index of Multiple Deprivation has the potential to create greater demand for mental health support for these families. |