

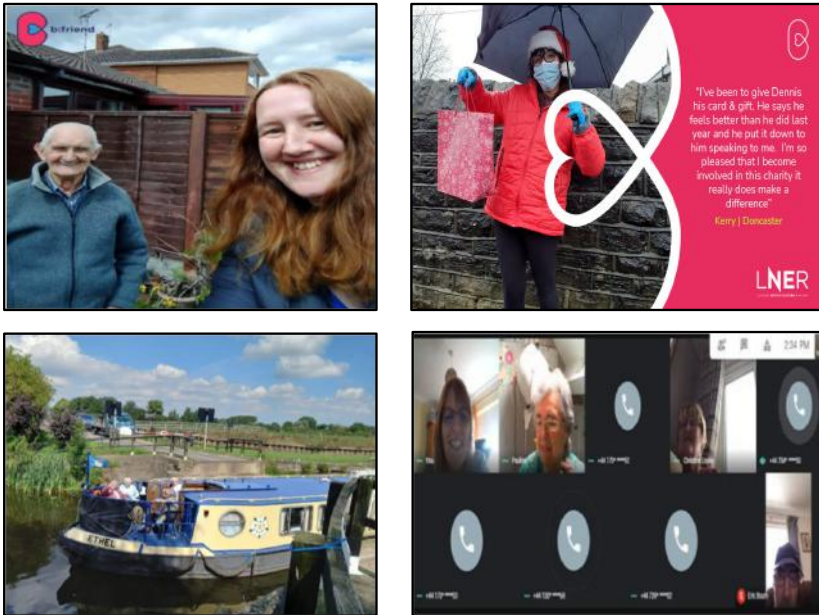
Customer and Community Investment Fund 2020/21 Project



Eyup Duck!

No one should have no one. In Doncaster, around 6,000 over 65s living alone go weeks at a time without seeing or speaking to another person. This project facilitated meaningful long-term friendships for isolated older neighbours along with weekly Social Clubs in two localities in the town.

It deployed a mixture of video, voice calls and, when restrictions allowed, in-person visits and group gatherings.



Training Suite Upgrade

The Bassetlaw Action Centre delivers a range of training courses to support employment. These are delivered in a fully accessible training suite with 12 laptops.

The existing laptops were 10 years old with windows software that would no longer be supported by Microsoft from the end of 2019, and therefore would have become obsolete. The funding was used to replace the laptops to enable the training courses to continue.



Life in Colour

A piece of theatre was created and shared with schools via a video, and used to create conversations around mental health, explaining the signs and symptoms, offering guidance on how the individuals can support their own (and others) mental health, and looked at why there is stigma around mental health.



Bringing Music to Life

Bringing Music to Life offered a taste of the transformative power of music to older people unable to experience it for themselves.

Performances were delivered to older people, particularly those with dementia, in care homes, day centres and hospices –promoting social inclusion and wellbeing.

As a result of Covid restrictions, the performance were delivered via Zoom or pre-recorded and then shared with care homes, day centres and hospices.



Community Outreach

We supported 13 Samaritan branches along the East Coast Main Line, including Aberdeen Samaritans.

The aim of Aberdeen Samaritans' project "Unearthing Farming" was to improve the community feel of the services offered around the city and Aberdeenshire, with a particular focus on the farming community.



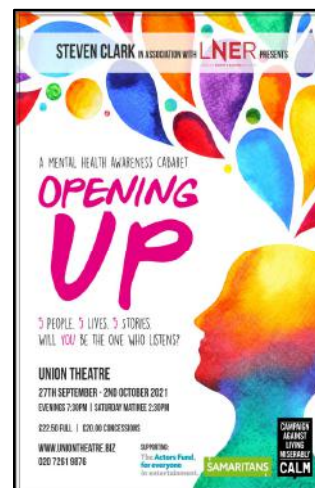
"Unearthing Farming Lives" is a film that examines some of the most common causes of mental health problems, as well as their potential solutions, within the farming and wider agricultural community

https://youtu.be/k_CVh_jX6Mc

Opening Up

A theatrical piece was delivered for a week from 27 September 2021, at the Union Theatre in London. This highlighted the effects that mental health challenges have on people, their surroundings, and family and friends.

The show focused on the audience being the listener and understanding the issues the characters faced and looked to make them question themselves, and how they deal with mental health challenges.



On board with Stories

This was a learning and wellbeing programme that used books and stories to help vulnerable young children build their happiness and resilience, understand themselves and others, and make sense of the world around them.

This largely took place in children's centres to engage children and families living in disadvantaged communities in the north east.

The project supported early learning, readiness for school and childhood resilience – key factors in positive education and mental health outcomes for children. It also reduced isolation for both parents and children during the period of the Covid-19 pandemic.



Therapeutic Gardening

This project delivered a mental health and wellbeing programme, enabling homeless people in Newark to take part in gardening projects as a means of getting them outdoors.

It provided opportunities for the participants to offload issues in a calm none threatening environment, learn new skills and gain confidence.

Update — Volunteering funded by LNER Community Fund

We continue to make very good use of the funding from LNER.

The gardening project at our properties has given the residents purpose and focus. Whilst making use of practical skills, this is a fantastic activity for our residents honing transferable skills whilst at the same time improving well-being and lifting the mood!

Volunteering is so rewarding – NET young people have been volunteering at Beaumont House and helping to maintain the grounds there as well as creating a new herb garden. Volunteering in the community is the best way to help gain confidence and to feel a sense of achievement.

Supporting Beaumont House has meant that our young residents have met new people, giving them an opportunity to develop their social skills. They are engaging with the local community and gaining skills to help them into employment and improve their CV's. The work is ongoing for the herb garden and the residents are happy to give their time to help. We have been busy weeding, digging up dead plants and clearing the area.



Health Parks Healthy People

Grow Together Eat Together Holiday Programme supported families on low incomes during the school holidays to keep their children active and entertained, whilst providing good quality nutritious food.



Dentist Service

KEY provide meals and other services to the homeless and socially excluded in York – including a access to a mobile dentist as many clients are either unable to register for a dentist or are unable to afford treatment.

Access to a dentist is usually provided once every three months, and the CCIF allocation was used to increase this frequency to once every two months, so that more individuals could access the service and also to enable a shorter timescale for follow-up treatment.



CCIF Scheme	Details of specific issues
Mind Your Step	This project is designed around community-based delivery. Which has provided 1-1 customised intervention to fit the needs of the clients. The service supports mental resilience and stimulates social and economic engagement.
Caring for the Mind	Delivered a holistic package of support for unpaid carers. Which has supported vulnerable, unpaid carers with their mental health by ensuring they can access the right support at the right time.
The Key to Skills & Confidence	This project has enabled young people facing challenging circumstances to improve their self-confidence, build essential life skills and form a growth mindset
All Aboard	This project has increased the level of support available to young people with sight loss, and their families. It has enabled parents of children with sight loss, to access a support network, resources, activities in York and links into public services.
The Lantern Initiative – Moving on Together	This project focused on homeless people, the marginalised and those with mental health issues. The cathedral provides a listening ear, a place to sit or sleep, access to new toilets and a shower and information about partner organisations across the city. Individuals are also offered the opportunity to volunteer in roles around the Cathedral which will improve their self-esteem and help them move towards potential employment.
'Ask for Clive' York	The scheme will help to ensure a welcoming and safe environment in social venues across York by promoting an ethos of zero tolerance on discrimination, with a specific focus on the LGBT+ community.
The Health and Wellness Hub	<p>This project provided weekly community health and wellbeing hubs. These “hubs” provided a means of addressing health and wellbeing needs and concerns of attendees, and assist in reducing the high levels of social isolation that exists in Motherwell.</p> <p>Given the impact of COVID and associated restrictions our plans for this work had to be adapted. In the last 12 months we have delivered COVID emergency response service; food parcels, prescription collection etc.</p> <p>As we moved out of the initial emergency response we started up some longer term support services; online yoga, pilates and tai chi classes, and, what has become a core part of our services, online/telephone wellbeing and befriending support. This befriending support has been hugely beneficial to our service users who, through consultation, informed us that they wanted a service like this to continue beyond COVID. Consequently we are now starting to operate the Hub Buddies Befriending and Peer support programme.</p>



CCIF Scheme	Details of specific issues
HenPower	HenPower engaged with older people in accessible creative activities and hen-keeping. It aimed to improve older people's lives, by reducing social isolation, feelings of anxiety and depression, and in turn improving wellbeing and positivity in care settings. It also supported the participants in building strong relationships and friendships within their communities.
Black and Blue	<p>Filling a need with those trying to flee domestic and honour-based violence, by working with safe houses, refuges and services trying to assist them, in staying safe.</p> <p>The project delivered goods to more than twenty five refuges and safe house services for people fleeing domestic abuse and violence. The vast majority were directly on the LNER route, from Scotland to London and between. We sent out hundreds of face masks, toilet roll, hand sanitiser, cleaning goods and mixed essential toiletries. We also provided 200 items of much needed bedding. We also supplied one refuge with much needed emergency nightwear that they issue to new arrivals who come into the service in just the clothes they stand up in. During the pandemic one refuge badly needed baby items that we supplied. Our expectation was exceeded as we managed to send out goods to the value of more than two and half times what they cost to services who always struggle to source practical help, no more so that during a pandemic.</p>
Early Intervention for Children with Challenging Childhoods at risk of developing poor mental health	<p>Think Children have delivered support to disadvantaged children who are struggling to cope with adversity and trauma, but do not meet the threshold for statutory services. The aim is to help the children develop strategies to cope with adverse influences in the future, and to overcome emotional strains through opening up about their difficulties and talking through them. In the longer term hopefully this means that the children reach their full potential both educationally and meet their aspirations. Teachers say the children return to class more settled and ready to learn, so evidence is there in the short term. Follow up evaluation after 3 months shows that improvements made, remain and sometimes even improve which would suggest a long term benefit. This benefit means peers, parents, siblings and the wider community all gain.</p> <p>All children were positive on how they felt their sessions had gone and gave an average of 9.5 out of 10 on a star feedback form.</p>
Positive Travel Project	The Positive Travel Project has supported disabled people and carers of all ages to tackle the barriers they face in accessing transport and travel. The project offered a range of options including individual travel training, group access to social and leisure opportunities for disabled people and their families, and group participation to tackle issues affecting disabled people.



LNER

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way to travel for generations to come

