



**Mental Health and
Wellbeing Fund
2024/25**

Leicester, Leicestershire and Rutland

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Introduction

Getting Help in Neighbourhoods (GHIN) is part of our plans to transform mental health services across Leicester, Leicestershire and Rutland, known as Better Mental Health For All. Its aims are to provide more support for mental health and wellbeing, closer to home and relevant to local communities' needs.

A key part of the GHIN project is the grant scheme which aims to invest more into local voluntary and community sector partners (VCS) to deliver mental health and wellbeing projects. Funded by the NHS in partnership with Leicestershire County Council, Leicester City Council and Rutland County Council, over £2 million has been awarded to 51 local VCS organisations since May 2022.

Key

Each organisation provides one or more support offers. This has been colour coded into the following themes for this booklet:

- MH Mental health
- A Advocacy
- C Counselling
- PS Personal support
- AS Asylum seekers/refugees
- LI Loneliness and isolation
- FS Family support
- PA Physical activity
- SA Survivors of abuse
- H Homelessness
- CS Cancer support
- YP Young people
- B Bereavement

ADHAR Project empowers people to manage their own mental health difficulties by offering a language specialist service, hoping to fill the current gap for vulnerable individuals and families within the BAME community in Leicestershire not currently accessing services due to language specialist services not being made available.

This is leading to a lot of people missing out on receiving support and ADHAR believe their service will help tackle ongoing stigmas and barriers currently identified within the communities. With the option of language, they can also help and build relationships within communities.

ADHAR offer therapeutic support using arts, social and cultural activities both as individual support and group sessions, advice information and signposting, advocacy on behalf of individuals and communities on mental health, ensuring they understand their rights, educating society on mental health issues, challenging stigma and encouraging people to seek early intervention and counselling support (CBT/DBT) with some low-level weekend emotional support.

www.adharproject.org



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A

C

The Afro Innovation Group aims to address the very specific needs of client groups (migrants, refugees and asylum seekers), who face language, employment skills, and social/educational barriers to accessing employment/training to be able to live economically sustainable and integrative lives in the local community.

Their project will work with refugees and asylum seekers in Leicester and Leicestershire, supporting their mental health and wellbeing to help them further settle into and engage with their local community. They will provide a range of support including:

- 1-1 and group mental health sessions
- Discussion and activity sessions to encourage engagement
- Raising awareness of mental health issues amongst the BAME community as well as help them to develop skills and techniques to help them manage better in the future

www.afroinno.org



**AFRO
INNOVATION
GROUP**

Empowering Local Communities

MH

PS

AS

After18 works with asylum-seeking and refugee young people up to the age of 25 who are living in Leicester and the surrounding area. They were established in 2013 and are now working with over 200 young people every year.

Their aim is to be a consistent long-term point of reference and safe space, and to create a sense of belonging for young refugees. They seek to improve their educational opportunities, increase the skills, knowledge and understanding that will enable them to participate in daily life in the UK, improve their social support networks and build confidence in their own cultural identity. Led by the needs of the young people, After18 have evolved a broad programme of educational and wellbeing activities to enable them to deliver these outcomes.

The GHIN funding will support the operation of their weekly wellbeing group for young asylum-seeking or refugee women in Leicester City Centre. By facilitating mutual support and encouraging participation in a range of creative and wellbeing activities every week, they aim to increase confidence and reduce isolation among young women, including victims of trafficking, who have arrived in the UK without their families.

www.after18.org.uk



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

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

The Getting Help in Neighbourhoods Grant enables Age UK Leicestershire & Rutland to continue providing a volunteer befriending service in Rutland.

The service provides regular low-level support to older people who are at risk of becoming chronically lonely and who have been disproportionately impacted by the COVID-19 Pandemic in terms of increased levels of isolation, bereavement and loss of confidence.

www.ageuk.org.uk/leics



Angels and Monsters are a small registered charity providing free services to young people and their families, including:

- A.I.M accredited courses
- On-site Ofsted registered childcare
- First aid
- Health and safety/basic food hygiene qualifications
- Workshops
- Support sessions
- In-house counselling
- Therapy and sexual health services.

Their ultimate aim is to encourage learners into more formal education, training and employment.

The grant will enable Angels and Monsters to provide much needed mental health services to young parents, including one to one sessions, group workshops and advice. It will also provide them with a further crèche staff member, enabling them to offer more places to local people, as well as covering the cost of staff training to enable them to fully support users.

www.angelsandmonsters.org



FS

Better Outdoors: Wellbeing with Nature CIC is a small social enterprise supporting mental health and wellbeing from various sites in the National Forest area of Leicestershire.

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

The Getting Help in Neighbourhoods funding will help to provide resources and support throughout the year for their 6-week wellbeing course for adult mental health, continuing fortnightly drop-in sessions, as well as Forest Bathing and monthly social walk and talks.

www.betteroutdoors.org.uk



B-Inspired is a community anchor that works with and for the people of Braunstone.

Its community services include a befriending service and Braunstone Foodshare, that runs a weekly foodbank and pantry, alongside debt and advice sessions.

The Getting Help in Neighbourhood funding enables B-Inspired to integrate support for reducing low mood, stress and anxiety and improving general wellbeing.

Another project, 'Get Connected, Stay Well' has wellbeing activities and mindfulness taster sessions (Slow Down & Relax), allowing people to try new activities that will benefit their wellbeing.

As well as one-to-one support, there is further tailored mindfulness sessions and a weekly wellbeing group - Chit & Chat.

www.b-inspired.org.uk



MH

LI

BrightSparks Arts in Mental Health CIO is a mental health service user led charity that works with professional artists to support people living with mental health conditions to build confidence, skills, self-esteem and social networks through creative activities.

BrightSparks delivers weekly workshops, performances, events, exhibitions and publications all aimed at developing opportunities for participants at all stages of recovery, while challenging stigma associated with mental health in their wider communities. They deliver programmes of music, creative writing, poetry, comedy and visual arts, and we collaborate with partners in the mental health, cultural and community sectors in Leicester, Leicestershire and beyond.

The GHIN grant will enable BrightSparks to extend their hugely successful programme, The Comedy Asylum into areas of Leicestershire in which people may not readily be able to access their programmes. The Comedy Wellbeing Hubs in Loughborough, Coalville, Newbold Verdon and Burbage will enable them to work with local partners to support people living with poor mental health and support their recovery & wellbeing through weekly workshops led by their team of comic poets, stand up performers and musicians.

www.brightsparksarts.uk



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

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

The GHIN Grant will be used to run their vital counselling service, which offers face to face counselling at either Hope House, Griffydham or the Marlene Reid Centre, Coalville. Sessions can also be provided by telephone or zoom at home and this is a popular option for many.

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

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

www.brighthope-nwl.org.uk



Bright Hope
in North West Leicestershire

Giving support when you need it

Communities Food and Wellbeing Hub CIO's goal is to help individuals gain increased independence through professionally supported conversations tackling food insecurity, budgeting and social factors that lead to health inequalities.

The GHIN funding will enable Community Food and Wellbeing Hub to train volunteers working with experienced GP's and social prescribing professionals, to help individuals vulnerable to food and financial insecurity.

The five week programme will provide a series of weekly group educational opportunities to improve food security, diabetic and hypertension risks, self-esteem, healthy lifestyle and social activities for people vulnerable to food poverty.

This workshop series is facilitated by a GP, social prescriber and artist who provide activities to help with budgeting, nutrition and promotion of positive mental wellbeing.

Participants will receive culturally and health informed food packages to try at home throughout the series.

www.cfwhub.org



MH

PS

Diabetes Self-Help Group was set up in January 2012 in Belgrave, to offer help and support to people with diabetes in taking control of their sugar level and to self-manage, as well as people who are socially and emotionally isolated.

Diabetes Self-Help Group is open for non-diabetic individuals who have High Blood Pressure, Heart conditions or are living alone or socially isolated

Aims include:

- Share feelings, anxiety and experiences
- Promote a healthy lifestyle
- Improve mental and physical wellbeing
- Understand the condition better by attending talk and workshops

The GHIN funding will be used to offer further sessions twice a week which includes activities such as: walking, yoga, laughing yoga, seated exercises, meditation, breathing techniques, Thai Chi, upper body movement, arts and crafts, healthy lifestyle, juice therapy, gardening and pampering sessions.

www.diabetesselfhelpgroup.co.uk



Diabetes Self-Help Group©

Enrych supports adults living with disability, including those experiencing poor mental health, to enable them to live independently and achieve their individual goals and aspirations. They do this through a variety of initiatives including:

- One to one support
- Work coaching
- Social activities
- A range of wellbeing and mindfulness initiatives

Enrych will deliver a programme of activities in the community including a range of wellbeing initiatives and engaging those who would like to work on a structured programme of employability. They will provide support with digital inclusion to help individuals access mindfulness apps and online support. They work collaboratively to ensure that they take a person-centred approach by engaging participants in other additional projects which may be appropriate to improve mental health and address wellbeing.

www.enrych.org.uk



PA

MH

Eyres Monsell Club for Young People provides a service that addresses mild to moderate mental ill health in adults in the local community, including depression, anxiety, trauma related stress, bereavement, relationship breakdowns and COVID-19 related mental health issues.

The project is aimed at encouraging people to become emotionally and physically healthy, to promote physical activity, sport and exercise to create a feeling of physical, emotional and psychological wellness. The project helps to develop a sense of wellbeing, encouraging self-confidence and self-esteem and allowing people to feel good about themselves through living a healthy lifestyle. It will provide a hub on their doorstep in a place with staff they are already familiar with to prevent the extra anxiety and stress of getting on a bus and going into the city for help.

Other outcomes include:

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

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

www.eyresmonsellcyp.co.uk



Eyres Monsell Club For Young People
EMCYP
•Building A Brighter Future•

Falcon Support Services aim to improve the mental health and wellbeing of those most vulnerable members of the community.

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

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

www.falconsupportservices.org.uk



Headstrong Wellbeing CIC are a therapeutic and wellbeing centre.

The GHIN funding is for the provision of therapeutic support for domestic violence and sexual assault survivors, who would otherwise struggle to find and fund therapy appropriate to their needs.

This includes offering individual and group sessions, face to face or online. Clients can access psychotherapeutic sessions which utilise a range of therapy approaches, including holistic approaches to mental health to develop self-efficacy and enable clients to better manage their own mental health in the long term.

Alongside this, Headstrong will be offering a number of client workshops on managing mental health and training sessions for professionals, relating to trauma informed practice and communication over the next 12 months.

www.headstrong.org.uk



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

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

The funding will provide 3 workshop/drop in sessions per week. All sessions will include a meal, refreshments and any materials required to complete activities.

The first session for all groups will be an informal introduction to the workshops and to each other as well as self-reflection on current mental health and wellbeing.

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

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

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

www.hthleicester.co.uk

H

Home-Start Horizons delivers family support and services throughout Leicester/shire and Rutland.

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

This funding will provide four Mums in Mind (MIM's) courses (8 x weekly sessions to support mums suffering post-natal illness) plus wraparound home-visiting and group support, to help mums and dads to improve family mental health and wellbeing and reduce isolation that occurs at this life-changing milestone.

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

www.homestarthorizons.org.uk



Horizons

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

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

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

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

www.home-startsouthleics.org.uk



**South
Leicestershire**

MH

FS

Leicester Combat Academy provides physical activity programmes.

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

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

www.totalcombatacademy.com

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As the largest provider of specialist debt and social welfare advice in Leicester, **Leicester Community Advice and Law Centre (LCALC)** supports clients to address some of the practical issues that may be impacting on their mental and physical health, such as debt, welfare benefits, housing and immigration matters. They work from their office in Leicester City Centre and at outreach venues across Leicester City in order to reach clients most in need of their help.

However, poor mental health can sometimes act as a barrier to clients accessing and staying engaged with LCALC's support, making it harder for them to resolve their problems.

LCALC will be using the GHIN funding to employ a specialist worker to support people through the advice process in a holistic manner, helping their most vulnerable clients to stay engaged, prepare for appointments effectively and follow through on agreed actions. They will also be providing training for all of our front-line staff in order to enable them to support clients with mental health difficulties more confidently and effectively.

www.leicesterlawcentre.org.uk



Leicester Community Links CIC delivers a 12 month wellbeing and activity program from a community hub in Belgrave.

This is complimented by a community allotment project.

The community hub delivers 2 weekly wellbeing and activity sessions, the community garden project is a weekly session.

There is a regular wellbeing cafe/information session with talks on long term health conditions including diabetes and an exercise session including yoga, tai chi and wellbeing walks.

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

www.leicestercommunitylinks.co.uk



Leicester
Community Links
CIC

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The Leicester Counselling Centre provides affordable, long-term counselling to adults who are experiencing disadvantage caused by mental health, social and emotional distress that disrupts their daily living. Its service reaches individuals across Leicester, Leicestershire and Rutland, making it one of the largest general counselling providers in Leicestershire. The Centre provides a comfortable and confidential environment on the edge of Victoria Park and its large team of dedicated volunteer counsellors offer a non-judgemental space in which clients can explore the difficulties they may be facing.

The GHIN grant will enable to Leicester Counselling Centre to reach more individuals, providing necessary long-term support to significantly improve its client's mental health and wellbeing. It will also enable a separate remote service stream, to engage marginalised and harder-to-reach individuals and communities to access the support they need via online or telephone counselling.

www.leicestercounsellingcentre.co.uk



**The Leicester
Counselling Centre**

Supporting the people of Leicester,
Leicestershire and Rutland since 1981

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Leicestershire LGBTQ Centre is a voluntary organisation, established in 1976.

They continue to work closely with a range of statutory, voluntary and private organisations to work towards the eradication of discrimination and prejudice as well as providing direct social and support services to LGBTQ+ communities.

The Getting Help in Neighbourhoods grant funds three main areas of work for LGBTQ+ communities, including a weekly drop-in, 1-1 support, social activities and counselling services.

www.leicesterlgbtcentre.org

the CENTRE

LESBIAN GAY BI & TRANS

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Leicester, Leicestershire and Rutland (LLR) Mind is dedicated to supporting the mental health and wellbeing of people across LLR. The organisation is currently operating as a project under Coventry and Warwickshire Mind, but it is hoped that LLR Mind will become a separate, independent organisation in 2023.

Their **vision** is of a society that promotes good mental health for all. Their **purpose** is to provide quality support that promotes positive mental health and wellbeing, and campaign to raise awareness, reduce stigma and address the issues that cause poor mental health.

Their **values** are at the heart of everything they do: inclusive, empowering, collaborative, innovative, sustainable.

The Getting Help in Neighbourhoods grant will enable Mind to deliver their Active Monitoring service to residents across North-West Leicestershire. Active Monitoring is a tried and tested early intervention service, developed by Mind and designed to improve the mental health and wellbeing of adults. It is a guided self-help programme facilitated by trained and supervised Mental Health Practitioners. The service aims to support people to improve their lives by developing key skills and strategies to manage their own health and wellbeing.

www.llrmind.org



Living Without Abuse support survivors of domestic abuse who, due to their circumstances, have significantly high rates of mental health needs.

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

With this project they have co-located two full-time specialist domestic abuse support workers within Leicestershire Police, so that when a survivor of abuse is identified, the workers can respond alongside the Police Officer, to offer additional support, information, and advice.

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

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

www.lwa.org.uk



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

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

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

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

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

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

www.skateparlour.com



Skate CIC.

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

These problems can cause all sorts of mental health and emotional issues. With the Getting Help in Neighbourhoods grant New Life Community Church have been able to employ a Mental Health Support Worker. Their presence at foodbank sessions enables them to provide specialised support to those in need on a one-to-one basis.

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

www.newlifeloughborough.com

new *life*
COMMUNITY CHURCH

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LI

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

Their programmes are based on mindfulness research and is combined with their own specific research. They have range of mindfulness solution from Living with cancer and responding to pain, Building resilience in today's world, Stress & Anxiety all in the Mind and Building Resilience for Employment. They secured GHIN funding to design and deliver two bespoke programmes for the BAME communities. These are two 8-week programmes: Resilience & Living Mindfully and Enhancing Resilience and Creating Empowerment through Mindfulness. Both are focused on supporting Asian women and elderly disabled Asian people.

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

www.nowunlimited.co.uk



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

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

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

www.new-futures.org.uk



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LI

At **Pepper's - A Safe Place**, they offer drop-in sessions and therapeutic activity workshops for any adults struggling with their mental health or loneliness.

Locals are invited to come and take some time out to reconnect with the community and chat to the wonderful team of listening volunteers. Peppers have centres in Oakham and Melton Mowbray.

The GHIN grant funds the role of the Melton Centre Manager to expand and develop the running of weekly drop-in sessions and activity groups. The Centre Manager will ensure resources needed, or preferable for each session, are available and that the appropriate number of volunteers attend each session. The Melton Centre Manager's role is to listen and respond to the needs and suggestions of members. It is the Melton Centre Manager's role to promote our services to locals through appropriate means and network with local community groups, as well as assisting in the organising of events as a means to raise awareness.

The funding also provides training planned for volunteers, including Mental Health First Aid and Safeguarding.

www.peppersasafeplace.co.uk



The Peter Le Marchant Trust is the longest serving and busiest canal boat charity in the UK.

Their primary aim is to provide services to people, of all ages, living with physical and mental disabilities by offering an opportunity to reap the proven health and wellbeing benefits derived from their serene and tranquil local waterways.

The GHIN grant enables them to:

- Expand their portfolio of positive and proven health and wellbeing projects
- Run bespoke and stimulating canal boat trips
- Offer positive and attractive volunteering opportunities
- Innovate and develop new companionship and creative projects at their accessible base including award winning gardens, sensory garden and community hub
- Pilot a range of innovative Special Days of Interest and Shared Interest Groups to expand their health and wellbeing offering

www.peterlemarchanttrust.co.uk



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LI

Pink Lizard is a youth and community development organisation created in 2011, based in Saffron Lane and Eyres Monsell, two deprived areas of Leicester City. They are a locally trusted organisation with years of experience of working with both the older and younger people in their two areas.

Their goal is to support, develop and educate people living in their communities. They create self-belief, confidence, and a positive outlook in lives of young and older people who need their support/services the most - NEET young people, single parents and elderly people and people suffering from mental illness and other health issues brought about from isolation. Pink Lizard offer new experiences, delivering a range of activities to use as a tool to support their participants into further education, employment and voluntary work.

The GHIN funding helps Pink Lizard to deliver the Esteem Team Project. This non-judgemental project allows the community to come together and take part in a hub of activities to engage, develop, up-skill and educate the people across Saffron Lane and the Eyres Monsell. The project will also help signpost people to the relevant support organisation in the area.

www.pinklizard.org

MH

PS



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

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

Their work enables survivors to transform their lives, giving them time and space to begin to recover, helping them build stronger family and community links and improves their chances of future growth and development.

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

www.quetzal.org.uk

The logo for Quetzal features the word "Quetzal" in a green, sans-serif font. The letter "Q" is stylized with a red outline and a red swoosh that extends from the bottom of the letter.

SA

Root-and-Branch Out CIC work with all ages to 'nurture the community through nature' and use a variety of different outdoor spaces to enable people to engage with the environment: planting, growing, exploring, investigating and harvesting - for the strengthening of wellbeing and for enjoyment.

The GHIN funding enables Root-and-Branch Out to offer a certificated gardening course running throughout 2023, based in their community allotment in Oakham, offering outdoor skills and stress management techniques together for those with any form of anxiety, depression and other mental health issues.

They can provide transport and travel buddies to enable all to attend. Root-and-Branch Out work in partnership with other agencies and groups in the area, and also will signpost the users of their community fridges towards this new project.

www.rootandbranchout.co.uk



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PA

The Rural Community Council (RCC) is a charity providing outreach and support services to tackle disadvantage in rural Leicestershire and Rutland. Funded by this grant, Little Cup of Joy will be based around their high-profile mobile barista van.

They will travel to rural communities across Leicestershire and Rutland and pip up a safe and welcoming informal cafe space for people to enjoy a hot drink, chat and build connections with their community.

Through Little Cup of Joy, the RCC want to keep everyone connected with their community, ensuring those at risk of loneliness or poor mental health are supported, and anyone suffering connects with someone who can help. They believe that by keeping things simple and working together with communities, they can make a big impact on combating loneliness. Their tried and tested approach is based around three C's: Coffee, Conversation and Community. By combining these basic elements, they build connections, confidence and help people overcome loneliness and other mental wellbeing challenges. They will also use this as a platform to raise awareness of other mental health issues and suicide.

www.ruralcc.org.uk



MH

LI

Alongside providing meaningful volunteering opportunities, **Saffron Acres** run therapeutic gardening sessions and activities for people with disabilities and poor mental health.

The GHIN funding will enable Saffron Acres to:

- Expand the programme they offer
- Increase the number of sessions and activities they run
- Increase the level of support they are able to provide for people with poor mental health who engage with the project

They will be running multiple weekly sessions, including quieter sessions as well as social sessions on busier days.

Saffron Acres is based in the city (LE2) - but welcome anyone from across Leicester, Leicestershire and Rutland.

www.srcentre.org.uk/our-projects/saffron-acres



MH

PA

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

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

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

Services include:

- 1-1 and group counselling to overcome bereavement, anxiety, depression and suicide ideation
- 1-1 befriending with our Corona Comrades volunteers and interactive peer support workshops
- Help into work through job club, accredited qualifications in IT, ESOL and Textiles training. Access to onsite nursery and gym/ sauna to improve physical wellbeing.

www.shamawomenscentre.co.uk



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

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

Support available includes:

- Applying for council tax relief/discretionary benefits.
- Reading and translating official letters and providing 1:1 support with the client to respond appropriately.
- Aiding clients to apply for social housing.
- Debt management and budgeting.
- Accessing internet facilities, digital services, printing and scanning.

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

- Anxiety management
- Coping with children's anxiety

www.socopa.org.uk



A

PS

Sue Young Cancer Support in Leicestershire and Rutland is a local, independent charity that provides emotional and practical support to anyone affected by cancer.

Support is available to family, friends, carers and the bereaved as well as the patient. Services include, Counselling, Complementary Therapies, Activities such as gentle yoga and meditation classes, as well as Support Groups.

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

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

www.sueyoungcancersupport.org.uk

**Sue
Young
CANCER
SUPPORT**
in Leicestershire
and Rutland

CS

Somali Development Services (SDS) was established in Leicester in 2001 to support the growing Somali community and other ethnic minorities to ensure that disadvantaged people were able to participate in the city's economic, social and community life and to safeguard their wellbeing and human rights.

The GHIN grant funding will provide advice and guidance sessions. These sessions will cover issues such as housing, personal finance and benefits support. There will also be bi-weekly drop in personal wellbeing support group sessions. Each session will have a particular theme e.g. healthy eating, the benefits of exercise and how to reduce stress and ESOL lessons.

SDS will provide 1-1 intervention sessions with service users suffering from mental illness such as depression, anxiety, stress, low self-esteem. They will work with service users to create an action plan on how to support themselves which takes into account their own cultural-religious preferences. SDS will also raise awareness of mental health amongst their service users and highlight the importance of positive mental health through seminars. They will be providing a referral service with partner agencies.

www.somdev-services.com



Spring Educational Society (SES) aims to promote general charitable purposes for the benefit of the public, in particular but not exclusively to the Turkish speaking community in the UK.

Some of the objectives of Spring Educational Society are:

- The advancement of education
- The relief of poverty
- The promotion of racial harmony
- The preservation of public order
- To develop the skill and capacity of the socially and economically disadvantaged community members

SES aims to support asylum-seekers and refugees to cope with the difficulties and stress they have met in healthy ways, achieve sustainable well-being, and integrate into their new lives in the post-migration process. With the GHIN funding, this short-term project will help to raise awareness and develop self-help skills.

www.springeducation.org.uk



MH

PS

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

Mental health has played a big part in the projects at Team Hub as this has been the biggest issue within the community. The community cafe is the heart of the hub and the starting place that the residents felt comfortable to initially access, within the cafe they have been able to discuss challenges they are facing and how this is impacting on their wellbeing.

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

www.new-parks-community-hub.jimdosite.com



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

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

The service provides free and confidential short and longer-term housing related support to individuals over 18 to positively manage their accommodation, assist with tenancy sustainment and reduce the risk of future homelessness.

The funding allows The Bridge to provide a focus on mental health and benefit around 117 clients via face-to-face and telephone support as well as a drop-in service for one off needs.

www.thebridge-eastmidlands.org.uk

The bridge™

H

The Carers Centre Leicester, Leicestershire and Rutland provides a range of services for anyone who is supporting someone who couldn't manage without their help due to their disability, physical or mental illness, frailty, addiction or long term conditions (unpaid carers).

Services include information and advice, respite/ social activities, mental health and wellbeing support, self-advocacy groups and training for carers and professionals.

'Caring for Carers' provides dedicated support for any carer who is struggling with their mental health and wellbeing. Offering local 1-2-1 support and group activities, the project will help carers to focus on their own mental health and wellbeing needs whilst caring for someone else.

Caring for Carers is open to any unpaid carer who is living in Leicester City or Rutland or caring for someone who has mental health needs that lives in Leicester City or Rutland.

www.claspthecarerscentre.org.uk



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

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

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

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

www.centreproject.org



MH

PS

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

They offer the same support to anyone bereaved by a Covid death.

The Getting help in neighbourhoods grant helps them to provide:

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

www.thelauracentre.org.uk

the
Laura
centre

For when a child dies or is bereaved

B

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

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

The complex needs service provides intensive, wraparound support to young people who have a range of co-occurring needs which can include homelessness, mental health difficulties, relational difficulties, maladaptive coping mechanisms such as self-harming and substance abuse.

The GHIN funding helps to develop this service by:

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

www.ymcaleics.org.uk

YMCA LEICESTERSHIRE



MH

YP

The 'Thrive Project' run by Without Walls provide weekly singing cafés, a fun activity which is proven to have mental and physical benefits and also helps those who are feeling socially isolated. They also offer a seated exercise activity at some of the cafés, through partnership with the 'Love to Move' programme, developed by the British Gymnastics Foundation.

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

Both activities have a proven track record of helping people with their overall health and wellbeing whilst helping them connect with others in a safe, supportive, community network which service users and carers can access as much or as little as they wish.

Both arms of the project don't require any abilities, e.g. singing, so guests can participate at whatever level they are able.

www.thrivewithus.org.uk



Women 4 Change was founded by a group of mothers from St Matthews and the surrounding area to support, educate and empower women and young people but not exclusively.

The funding helps Women 4 Change to host 12 bi-monthly group sessions with a counsellor. They also run fortnightly face to face and zoom sessions in Somali language, hosted by a health professional to inform the local community about mental health and raise awareness such as noticing signs, asking for help and benefits of counselling. Their project will help and support the ethnic minority communities who have not engaged due to language and cultural barriers. They want to remove this stigma in the community and help individuals understand the effects of mental health, reduce isolation and reduce health inequalities.

Women 4 Change also aim to help the elderly by connecting them with others in their area so they can share their perspective and relay their struggles. Finally, the funding will help to educate people on the effects of drugs and alcohol abuse and its links with mental health, such as self-medicating on account of mental illness. They want to remove the taboo of speaking on these issues so they can isolate the root causes of the problem and provide support where needed.

www.women4change.co.uk



Women 4 Change



SCAN HERE



Find these organisations and more
Find what matters to you at

LLRjoy.com



Getting Help in Neighbourhoods is a partnership:



On behalf of



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