

Mental Wellbeing Innovation Fund 2016

Report on 2016 projects

What is the innovation fund?

Brighton & Hove City Council and NHS Brighton & Hove made a commitment to promoting mental wellbeing as part of their shared strategy, *Happiness: a mental health and wellbeing strategy for Brighton & Hove*.

During the consultation with a range of groups for the strategy, people who live and work in the city told us that they want more opportunities to build their emotional resilience, through low-cost activities, with taster opportunities and in groups of people with similar interests and backgrounds.

The Five Ways to Wellbeing provides an evidence-based summary of the best ways to build emotional resilience:

Connect

Be active

Take notice

Keep Learning

Give

To support opportunities for local people to build the Five Ways to Wellbeing into their lives, NHS Brighton & Hove and the public health team at the Council set up a Mental Wellbeing Innovation Fund.

Priorities for funding in 2016

- 2016 was the second year of the Innovation Fund.
- The priority for funding was **reducing loneliness and building connections**

What was
achieved by
the projects?

15

projects were
funded

602 adults

108 children

& 474

volunteers
participated
directly

364,000

people were
reached through
social media,
webpages or
attending events

Projects that
used the
Shorter
Warwick
Edinburgh
Wellbeing Scale
reported
improvements
of up to

30% in

clients'
wellbeing
scores.

Banyan Tree
Singing groups

*'Using my voice in
this context is
helping me stand
up in my own life.'*

Carers Centre
Photography for young
carers

'It was fun and joyful'

Fabrica
Creative
workshops for
senior housing
residents

*'I love all the
laughter we
have together'*

Go Skate
Skateboarding for
young teens with
mental health
problems

*'My son has come on
leaps and bounds'
(parent)*

Food Partnership
Community shared
meals

'It makes my week'

**Hangleton & Knoll
Project**

Activities for young
men

*'Without the group.. I'd
probably be in more
trouble, so it means
quite a lot'*

Justlife Foundation

Activities for people in
council emergency
housing

*'it was like starting a new
chapter in my life...like
having a family'*

**Southdown
Housing Recovery
College**

Bushcraft course
for men

*'bonding with
people, everybody
mucking in'*

No Holds Barred

Aerial circus for differently
abled people

*'Life inspiring...it was a
wonderful thing'*

**Time to Talk
Befriending**

For older
people

*'My volunteer
befriender
has literally
transformed
my life'*