

Mental Wellbeing Innovation Fund Projects 2016

1	<p>Banyan Tree Theatre Group – Family Workshops</p> <p>Banyan Tree Theatre Group promote understanding of the Black, Asian and Minority Ethnic experience to all children and families through storytelling, music, dance, puppetry, poetry, spoken word and theatre. The group seeks to use their combined skills in performing arts for the therapeutic benefit of the wider community. Developing a programme of family activities, Banyan Tree Theatre Group will offer one workshop per month on a free, drop-in basis, open to anyone living in the Turner area. Workshops will include Community Singing Sessions with crèche facilities, with the overall aim to promote social cohesion among participants in the neighbourhood.</p> <p>www.facebook.com/Banyan-Tree-Theatre-Group-184451418329786/</p>
2	<p>Brighton & Hove City Council – Go Skate</p> <p>Go Skate is a programme to improve mental health and wellbeing in young people aged 14 – 18 years, in collaboration with Brighton Youth Centre. Young people who could benefit from improved confidence and reduced anxiety will be referred for six free sessions facilitated by skateboarding coaches. Young people will develop the skills to participate in skateboarding and establish a group of peers to skateboard with. Volunteer mentors will offer one to one encouragement and support, providing role modelling, connection and shared celebration of the young person’s success, as well as friendly faces at local skate parks. Following the initial six sessions, monthly meet ups will provide ongoing opportunities for participants to meet up, and foster an ongoing sense of community and a supportive network. The project will also help to highlight other services and activity sessions that are available.</p> <p>www.brighton-hove.gov.uk/content/leisure-and-libraries/sport-and-activity/supporting-you-lead-active-lifestyle</p>
3	<p>Brighton & Hove Food Partnership - Community shared meals</p> <p>To help more people in Brighton & Hove benefit from shared meals in their communities, improve wellbeing and increase social connections. Taking a citywide approach to community shared meals, this project will help more people to benefit from free / low cost nutritious meals and the chance to socialise with others. Meals also help to connect people with other</p>

	<p>community activities and services. As such, this project will focus on reaching more people who are isolated and / or at risk of poor mental health. Brighton & Hove Food Partnership will also facilitate the sharing of good practice between shared meals settings and groups involved in food waste reduction.</p> <p>http://bhfood.org.uk/Blog/eating-together-report</p>
4	<p>Carers Centre for Brighton & Hove – Photography exhibition</p> <p>This project is a collaboration between young carers aged 10-16yrs, a life coach and a photographer, to increase resilience and reduce social isolation of young carers. Participants will produce a photographic exhibition that will offer an insight into the experiences of the young carer role, with the theme of ‘connections’. Participants will be encouraged to establish connections in relation to their own identity, with other young carers, and the wider community. Group work, facilitated by a life coach and a professional photographer, will offer young carers the opportunity to explore issues of identity and to share their individual and collective experiences through photography. This project will culminate in the production of a digital platform and a photographic exhibition displaying images and text created by group participants.</p> <p>www.thecarerscentre.org/resources/young-carers/</p>
5	<p>Cultures Club – Generation W</p> <p>Generation W will support better connections between older people and young people on the Whitehawk estate, helping both groups to feel less isolated and more connected with each other. The project will work with deprived young people, in collaboration with East Brighton Bygones – an older people’s group focusing on local and family history in the area. Generation W will offer high quality art therapy sessions, using an array of art forms to explore and define emotional landscapes and self-perception, aiming to increase emotional articulacy and make connections between peers and between generations.</p> <p>www.culturesclub.co.uk/</p>

6	<p>Fabrica - Creative Connections</p> <p>Creative Connections is a five-month programme of creative activity to reduce the social isolation of older people. The programme will comprise of 16 sessions delivered across two sheltered housing sites by an artist facilitator, plus five cultural-social outings to city locations. Creative Connections will engage socially isolated people, who may have difficulty in seeking support for their emotional wellbeing, via creative activity. It will build new relationships with artists, neighbours, sheltered housing residents and staff, Fabrica staff and volunteers, shaped by shared interests. The sessions will focus on improving mental health outcomes for participants through an emphasis on social and creative processes, rather than aesthetic outcomes. Activities will be free, non-prescribed and accessible to all levels of interest and skill in the arts and crafts.</p> <p>http://fabrica.org.uk/projects/</p>
7	<p>Fresh Start Sussex - Easthill Park FC</p> <p>Easthill Park FC is aimed at men aged 50+ at risk of social isolation, which may be through divorce, death of a partner, health issues or their role as a full-time carer. The project will reduce social isolation and support older men in Portslade to make new friendships and connect with the outside world. Each Saturday from August to December 2016, a get together will be hosted at the Easthill Park community café at which participants will watch sport and socialise. In addition to this, each week a young volunteer from the local secondary school (PACA), will introduce a new skill or idea e.g. how to use a laptop, how to cook brownies in a microwave, how to beat your grandchildren on X-Box live. It is hoped the older generation will also pass on their skills and experiences to others in the group, including the young volunteers.</p> <p>http://easthillpark.co.uk/events/</p>
8	<p>Friends, Families and Travellers (FFT) - Equine therapy</p> <p>Friends, Families and Travellers will work with housed and / or isolated Gypsies and Travellers throughout Brighton to improve mental health, wellbeing and isolation. The project will support those Gypsies and Travellers who prefer not to engage in mainstream therapies, to reconnect with their heritage by working with Gypsy Cob horses (Equine Therapy).</p>

	<p>Participants will work individually and as a team to care for and ride the horses, facilitated by an FFT worker and horse handlers from a local stable. Less able bodied participants will be able to take part in carriage driving. The project will address social inclusion, health inequalities, access to culturally pertinent exercise, wellbeing, community involvement and personal growth.</p> <p>www.gypsy-traveller.org/</p>
9	<p>Hangleton & Knoll Project - Support for young men</p> <p>A short term programme of interventions for individual young men aged 13-18 years. The overall aim is for young men experiencing mental health issues and displaying chaotic behaviours to have improved mental well-being and emotional resilience, thereby enabling better connections with their peers and local community. Participants will develop the skills and confidence to engage in mainstream and broader community based activities. Each session will include a life-skills activity (e.g. planning an activity, budgeting) and a health element (e.g. cooking or a sports activity). Sessions will also include producing an action plan to support transition to mainstream activities. Participants will go on a 'reward trip' at the end of the project and the venue will be agreed, budgeted and booked by the young men. Ongoing support will be provided to the young men as they attend local community events and mainstream activities.</p> <p>www.hkproject.org.uk/youthwork</p>
10	<p>Justlife Foundation – Five Alive</p> <p>Five Alive aims to improve the mental health and wellbeing of single homeless adults who are living in unsupported temporary accommodation. This objective is central to Justlife's organisational mission of 'making people's experience of housing vulnerability as short, safe and healthy as possible'. There is significant need in this community for effective interventions to prevent the deterioration of a person's mental health when they are living in emergency accommodation and at risk of sleeping rough. Five Alive will provide a wide variety of weekly activities to engage clients in the Five Ways to Wellbeing: Connect, Be Active, Keep Learning, Take Notice, Give. For example, a group being taught to bake bread and supported to deliver it to homes for the elderly will be 'learning' new skills, 'connecting' as a team and 'giving' to others.</p>

	http://justlife.org.uk/projects-new/brighton-2
11	<p>Leach Court Social Club - Shuffleboard</p> <p>In September 2015, Sloane Court hosted a Shuffleboard Tournament at which 20 older people attended from three different Seniors Housing Schemes in the Kemp Town area of Brighton. Shuffleboard is a very recognisable game to many seniors, due to its similarity to historical games such as skittles and shove ha-penny. The tournament had the effect of energising players and increasing social interaction. This initiative will set up further Shuffleboard competitions and provide all four schemes who originally took part with their own shuffleboard. There are many seniors in the Kemp Town area, especially those not living in Council, Housing Association or sheltered accommodation, who are socially isolated and not aware of a wider community. This initiative will promote the local Council Housing Schemes as places that seniors in the wider community can visit and take part in social activities, to create a more robust sense of community within the Kemp Town area.</p>
12	<p>No Holds Barred (NHB) – Accessible circus skills</p> <p>No Holds Barred will run ten free circus and performance workshops for people who have disabilities, as part of an ongoing series of current activities at Hangleton Community Centre. NHB is run by people with disabilities and from minority / marginalised groups, for the benefit of those groups. Some of the people who are already involved have severe mobility difficulties, hearing impairments, mental health issues and physical difficulties. Volunteers will be a significant part of the project, which will be beneficial to both the people attending and the volunteers themselves. Participants will work towards a performance for friends and relatives, which can be developed into public performances at a later date. The project will develop connections within and between marginalised groups, breaking down barriers through shared participation in developing skills. Those who get involved will develop a shared sense of identity and broaden their outlook on life.</p> <p>www.facebook.com/groups/556282961141743/?fref=ts</p>
13	<p>Refugee Radio – Radio production training</p> <p>Refugees and asylum seekers have been misrepresented in the media. They faced persecution in their home countries and continue to suffer in the UK. Refugee Radio runs projects in the community to help bring people together. This much-valued support group for refugees, asylum seekers and vulnerable migrants helps those with mental health problems resulting from war, torture and/or sexual violence in their country of origin. The group provides a safe space for sharing problems and</p>

	<p>providing peer-support. Refugee Radio will offer training in radio production to group members, so they have the skills and confidence to interview other isolated and vulnerable refugees. This will expand social connections and reduce isolation of participants and the people they interview. The overall aim is to improve the wellbeing of the participants through attending the support group and joining in with the therapeutic arts projects.</p> <p>www.refugeeradio.org.uk/</p>
14	<p>Southdown Housing - Conservation and bushcraft courses</p> <p>Southdown will offer two conservation / bushcraft courses within Brighton and Hove Recovery College for men who are socially isolated and find it difficult to seek support for their emotional wellbeing. This project will work in partnership with Sussex Wildlife Trust and courses will be held at Stanmer Park. During the courses, a trained Peer Tutor will encourage informal discussions about mental health and wellbeing, for example around the camp fire. Being part of a group and working together on a shared goal will encourage men to share their experiences and develop peer support, increasing social connections and reducing isolation. A film will be produced that illustrates the activities and captures the men's experience. The film will encourage others to seek support if they feel alone and will be shown to a wide audience to positively encourage men to seek help when they need it.</p> <p>www.southdownhousing.org/mental-health-recovery/brighton-hove-recovery-college</p>
15	<p>Time to Talk Befriending – Honouring Older People Event</p> <p>During August and September 2016, workers from local services such as Sussex Police, CareLink Plus, LifeLines and Possability People, along with representatives from local churches and faith groups, will undertake door to door outreach across Woodingdean, inviting older people who are living alone or not connected to the community to a special event. In October 2016 an Honouring Older People Event will be hosted, to coincide with Brighton and Hove Older People's Festival (1st to 7th October). The event will honour the lives of older people living in the Woodingdean community, with traditional afternoon tea and entertainment. Guest speakers and agency representatives will host the event and provide one to one befriending throughout. Individuals will be connected to local people and services and older people will be asked to contribute their views about what services or activities are needed in the Woodingdean area to help improve individual well-being and promote community cohesion.</p> <p>www.timetotalkbefriending.org.uk/our-service/honouring-older-people-events</p>

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