

SIB Call for Projects - Emotional Wellbeing

Project Name	Organisation	Funding Requested
Social Motivator	B Active N B Fit CIC	£3,000
<p>The project will aim to meet the priority of the Coalfield area addressing Emotional and Mental Wellbeing by engaging with organizations who work closely with those who are affected with mental health, providing our social motivator to provide 1 `happy hour` each for 10 weeks. The organizations and community settings in coalfields we will engage with are psychological wellbeing services, Sunderland Carers, Age UK, GPs surgeries, ShARP, ELCAP, Shiney Row CA</p> <p>The project "Social Motivator" will provide a Happy Hour with activities such as therapeutic exercise movement and dance, laughter yoga and relaxation using music and equipment in each venue. All have a proven effect to reduce stress, depression, anxiety and social and physical wellbeing, increasing low mood and elevate confidence giving joy, fun, laughter and an overall wellbeing both physically and mentally, helping to promote the individuals own natural endorphins {feel good factor} healthy mind healthy heart. The project looks to reach over 40 individuals. Over the period the individuals will have a clear knowledge of understanding the importance of therapeutic exercise movement and dance, laughter and social wellbeing, bringing benefits that help to elevate stress, depression and pain, all playing a major factor into emotional and mental wellbeing. The project will be delivered from July 2018 for a period of 10 weeks.</p>		
Recommend Approval		
Project Name	Organisation	Funding Requested
Arts for Better Living	MBC Arts Wellbeing CIC	£2,877
<p>We propose to build on a previously successful SIB project to further engage service users at Cherry Tree Gardens in Houghton le Spring, and at SELF in Hetton – both sheltered accommodation schemes. Specifically, this project will teach participants everything they need to know about a new creative art form, lino cut printmaking. We will teach participants a range of lino cutting print making techniques, and provide participants with their own equipment that they can keep. The project has been designed to enable participants to continue independently in their own groups beyond the programme, aiming to cultivate three self-supporting groups.</p> <p>Participants will research local sights, stories and landmarks using our digital equipment and share stories from their memories of the local area to inspire their print making subjects. We will then work with each individual to produce a range of inspired lino cut prints, made using their own design ideas.</p> <p>We will provide information on wider support networks across the area, and invite speakers from specialist services such as Space4 to give a talk and with the support of our tutors, to lead an interactive discussion workshop on each programme designed to help participants talk about mental health, helping to overcome taboos. We will complement workshop discussions with resources from MHFA (Mental Health First Aid) and Mind – using these resources in sessions and signposting participants to these websites for further support and information.</p> <p>Overall we will aim to engage 35 targeted individuals experiencing low mood and low self esteem. Each programme will be 5 sessions long. We will monitor outcomes via evaluation forms, mental health wellbeing scales and star rating graphs to measure impacts of the programme on the mood, self-esteem, confidence and general wellbeing of participants before and after taking part in this programme in order to measure the impact of this project.</p> <p>The project will run August to October 2018</p>		
Recommend Approval		

Project Name	Organisation	Funding Requested
ShARP Explorers	ShARP	£2,880
<p>We will deliver a series of activities and opportunities to support people who are experiencing low mood and/or mental health issues, using creative activities that will build skills and confidence, and encourage people to achieve their potential. We have consulted with some of the customers who use our services and our volunteers, some of whom do have mental health issues, anxiety, depression etc and the following activities have been requested: Creative writing, poetry, sharing memories through the history of Shiney Row, book club – sharing favourite and new authors. This could be shared through social media for example Bookworms (online informal book club), drawing and painting.</p> <p>Through the medium of arts and creativity we will provide opportunities for people to join in activities in a safe non-threatening environment, these will be a mixture of courses, groups as well as some “one off” activity tasters. As well as referring to ShARP’s services if required, we will signpost to other projects within the Coalfield area for additional opportunities and support for example MIND, Health Champions, Space 4, and externally if needed for example, Mental Health Crisis Team. Where people may be experiencing anxiety due to debt or financial worries we can refer them to the Advice on Prescription project for support. We aim to support a minimum of 20 people who will experience a positive impact on their health and well-being demonstrated through initial assessments prior to the programme and final assessments at the end to measure distance travelled.</p> <p>We work in partnership with MIND to deliver the Coffee Club sessions each Thursday for socially isolated people and those with mental health issues. We work with Springboard to deliver the Know IT All digital inclusion project and with Penshaw CA to deliver elements of the Playzone Project. We work with Wear able who refer people to us for volunteering and training opportunities, as do Jobcentre Plus. Through the Advice on Prescription project we work with 6 GP surgeries across Coalfields who refer their patients to us who present with anxiety and depression where causal factors can be debt or financial worries. The project will run from September 2018 to March 2019.</p> <p>Recommend Approval</p>		
Project Name	Organisation	Funding Requested
Space 4 Exploring Creativity	Space 4	£2,954
<p>The project will provide a new informal crafting group for 18 adults with low mood, confidence, or a self-perception of low skills. Our current users have found our creative craft sessions improve their mental health, provide them with purpose, and encourage them to try new things. This group will provide an opportunity to:</p> <ul style="list-style-type: none"> - Explore creative self expression through various techniques including writing, textiles, painting on various media. - Develop new skills and confidence. - Create a portfolio of works together to exhibit in August 2019. - Address mental health issues by providing a safe space. <p>The project will provide weekly 3 hour sessions where 18 adults with low self confidence or skills will improve their emotional well being and tackle the stigma associated with mental health difficulties, creating a portfolio to display in August 2019.</p> <p>We have close working relationships with ShARP, Gentoo, City of Sunderland Council, Live Life Well Service, Sunderland Carers, Apextra and local GP surgeries, to which we can refer clients.</p> <p>The project will run August 2018 to July 2019.</p> <p>Recommend Approval</p>		

Project Name	Organisation	Funding Requested
Improving Health – Emotional and Mental Wellbeing	Washington Mind	£2,966
<p>We will work in partnership with young people to publish a book which documents the challenges faced by them with regards to their emotional wellbeing. The content of the book will be developed with young people at the helm and will encourage their involvement in photography, art and other creative forms of expression that can be printed and published as they inform and educate the ‘reader’ of the world through their eyes and how they face up to the challenges of struggling with emotional health.</p> <p>Through this we will tackle stigma, and normalise aspects of the human condition which can at times be subject to misconception. This in turn will begin to break the ‘mental health taboo’ and allow us to present possible solutions to this from a young person’s perspective. Participation in the project will provide a sense of purpose through engagement in a meaningful activity, which will in turn impact positively on the mental health of our young people.</p> <p>Washington Mind will ensure the young people involved will have access to support throughout the development of the book. We aim to work directly with 30 young people on the book project. We will then make the book available for schools, youth settings, families and other agencies in the local area reaching a wider target audience.</p> <p>We already work in partnership with local schools in the Coalfield area of Sunderland through a targeted approach to promote the project and engage with hard to reach young people who are experiencing mental health issues and low levels of well-being who are not currently participating in organised activities. Washington Mind’s YPP is part of CAMHS Partnership, and has been involved in both the CAMHS Transformational Plan and Mental Health Chartermark. We will actively aim to work with organisations in the local area and with those organising events.</p> <p>The project will be delivered July 2018 to March 2019</p>		
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Movers on the Move	Empire – Creative Learning	£3,000
<p>The project will look to establish a weekly group with sessions involving a 2 hours dance session that focuses on ballet and contemporary dance techniques. Each session will aim to engage 20-25 participants.</p> <p>The sessions will teach ballet techniques focusing on developing core strength and balance, a break with tea and coffee; this is an opportunity for the group to bond and socialise with other participants and develop new friendships, contemporary choreography: participants will learn a phrase of movement to a piece of music that will support memory and co-ordination.</p> <p>The weekly group will be delivered from July - Nov 2018, potential venues are Metcalfe Centre and Philadelphia Cricket Club. Weekly sessions will be delivered in the Coalfields area by the Creative Learning Team. These sessions will also be supported by AGE UK Sunderland. We will work with other local partners to target the relevant client group.</p> <p>Participants confidence, physical and mental improvements will be measured after each taster session through July-Aug and again after the core sessions that will be delivered through Sep - Dec. This will be captured through an evaluation form created by Creative Learning.</p> <p>The project will run July 2018 to December 2018</p>		
Recommend Approval		