

Heart of Birmingham Teaching Primary Care Trust Mental Health Grants 2010-11 Applications Approved

Mental Health Grants 2010-11:			
REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3193	St Andrew's Church Handsworth	<p>Friday Friends – Extra support work</p> <p>We run an existing project – Friday Friends – for parents and toddlers. It is a long-established, well-respected, multi-racial group, which includes people from the Muslim, Sikh, Hindu and Christian communities.</p> <p>Some parents who attend – especially refugees and asylum-seekers – are under a lot of pressure because of what has happened in the past, and insecurities about their future. They sometimes do not interact well with their children in some situations, or find it hard to learn to play with their children. We want to provide extra support for them (and maybe for some other parents) at Friday Friends, and link them with the resources of the Welcome Project, which works locally to give general support to asylum-seekers and refugees. Welcome is a flourishing initiative of the North Handsworth Inter-Church Council (Anglican, Methodist, United Reformed, Roman Catholic, New Church), offering a weekly drop-in over Friday lunchtime and afternoon as well as ongoing support and advice for local asylum seekers.</p> <p>We are aware of the potential for considerable overlap between the clients of Welcome and Friday Friends and wish to assist users of the former to access the latter and vice versa. A worker, who is linked with Welcome, would be funded to spend an hour and a half each week to make links and support parents. The beneficiaries would be helped to link up with Welcome, where food and signposting to other organisations is available. We also wish to offer better publicity, including posters, leaflets and a banner to indicate the services available.</p> <p>This extra work will broaden and deepen the support given to parents and children by our existing group, which will continue as present week by week. Specific plans include mentoring for parents in how to play with their children, the provision of toy boxes and guidance on healthy eating.</p>	£1,330.00

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3195	The Boy's Brigade in Birmingham	<p>Veteran Volunteers</p> <p>Veteran Volunteers has been developed to particularly satisfy the needs of older people 50+ who, through forced retirement/redundancy or sudden life changing event (i.e. bereavement or permanent disability) may be at risk of developing severe mental health issues (i.e. severe depression). This project has been spurred on by new volunteers in the past year who are over 50, cannot work any longer through ill health which itself causes depression and have found that by doing a worthwhile leadership role with young people in our organisation, they have experienced a positive impact on their mental well being.</p> <p>The Boys' Brigade in Birmingham can offer training in youth work and play work without any age limit; we can give the older person the opportunity to use their experience in many projects such as "Life in the Sixties" or learning to do furniture restoration, upholstery to repair or make new items. We are also aware of flower arrangers, artists and carpenters who could teach our members basic household skills – all active now and looking for opportunities to engage with the younger generation.</p> <p>This project is an ideal intergenerational opportunity where older people can socialise, continue to learn about modern lifestyles i.e. our members could help older volunteers with their IT skills, using mobiles and fashion news and become part of a respected network of leaders using their volunteering hours to empower a younger generation of leaders to become engaged in their community.</p> <p>It would be hoped that the relationship nurtured between young people and the older leaders will become evident as old age prevents that leader being as active, but they will still receive social inclusion by younger people interacting with them by inviting them to events and visiting them as they grow older. This will assist in providing the older people with volunteering, leisure and learning opportunities as well as developing their network of social contact at a time in their lives when this network would be naturally shrinking.</p> <p>Professor Paul Kingston (Wolverhampton and Keele Universities 1999) wrote a paper describing the beneficial effects of preventing dementia by using regular conversational opportunities to keep older people engaged as the ageing process progresses. The Everyday People Strategy adopts the Ten Element Framework which identifies negative impacts that beneficiaries of this project may be experiencing. Social Alienation because work colleagues or spouse is suddenly withdrawn from their daily socialisation; stress often caused by diminished income and lifestyle changes and emotional</p>	£6,670.00

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		<p>negligence encourages within the beneficiary feelings of low self esteem and lack of self worth.</p> <p>Veteran Volunteers promotes the positive impacts described in this framework; i.e. opportunities for social participation that brings respect and need by the young people for the skills and knowledge the beneficiary can offer. The project will build the self esteem and self confidence because they will experience being needed as they see young people want to participate in the activity they are offering.</p> <p>Self management skills are encouraged as they will be working with the young people to Plan and achieve the milestones within our action plan; they will have the opportunity to pursue indoor and outdoor activities and to experience intergenerational skills such as becoming more IT aware, being more able to search the internet or use more applications on their mobile telephone.</p> <p>The Boys' Brigade already have established links with Job Centre Plus and their personal advisors in these wards as they are already providing Future Jobs Fund placements and taking referrals for participants in their Working Neighbourhood Fund training provision. JCP advisors and the identified 100 GP practices in the Heartlands PCT geographical area, will be provided with a booklet identifying different level of volunteering opportunities for the beneficiaries ranging from low skill levels like serving the sweets in the group or tea making to providing arts and crafts skills; a carpenter reaching picture frame making or gardener doing various sessions on growing vegetables in containers.</p> <p>The project will encourage all health practitioners who may have patients who are 50+; are on income support/pension/JSA and are suffering from any symptoms of lack of self esteem, lack of self worth or the onset of even mild depression, who may mentally benefit from the impact of sharing their time and skills with young people and children.</p> <p>When a referral is made, a group leader will invite the referral to meet with them on a one to one basis to assess what they feel they would like to do; what their interests are and how they would like to engage with the young person. The project must be beneficiary centred to encourage the referral to become part of the group. The group leader will take them to the group and help them firstly work alongside other youth leaders so that they can build their confidence and slowly take part in delivering their skills into that particular group. The sessions last a maximum of three hours per week and will not overpower any newcomer. The BB members attitude to more elderly leaders was summed up by one member when discussing the possibility of this piece of work: Joel Campbell</p>	

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		<p>aged 16 years said: "I think that older people are important to the Boys' Brigade as they can pass on skills that younger leaders may not necessarily have picked up yet. I think they have the ability to mentor lads because they have an affinity to us like a grandparent, that's care and life experience."</p> <p>This project will prevent the effects of Ageism, Age discrimination and social exclusion. Social Care Institute for Excellence website: "60% of men and 50% of women who leave work before state pension age do so against their will. One fifth of volunteering organisations admit using upper age limits. Age discrimination can have a very negative impact on mental health. Older people report suffering depression, frustration, feeling devalued or rejected."</p> <p>Veteran Volunteers will ensure our beneficiaries are engaged with our organisation in a positive experience and are kept in contact with as they grow older. The beneficiaries may be giving their time and skills to our members but they will have the opportunity to learn new skills from these young people who will enable them to live healthy and more independently for a longer length of time. Older people have identified areas such as internet banking and general use; how to shop online, particularly for food; how to play games on mobiles and the computer and how to use an iPod with their favourite music.</p> <p>Once involved with our organisation, our young people will maintain contact with these beneficiaries as they grow older and it is hoped that this experience will engage our membership with the responsibility they have for the older generation in their community. Each ward in Heartlands PCT has a BB group which can develop its responsibility to its intergenerational outputs.</p>	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3197	RSVP	<p>SOCIAL CONNECTIONS GROUPS – FOR ASYLUM SEEKERS AND REFUGEES</p> <p>This will be a partnership project between RSVP, Birmingham Law Centre, ASIRT & the Medical Foundation, with RSVP acting as lead. All partners will identify clients who wish to attend a “Social Connections” group, which are specifically for asylum seekers & refugees, who have experienced sexual violence, abuse or torture. Since we are unaware of any other social group, in Birmingham, run specifically for this client group this is a new approach to developing mental health (a Mental Health Grant Programme aim). We will also use our new approach as an evidence based pilot. The group will encourage this isolated & marginalised group of people to:</p> <ul style="list-style-type: none"> a) Meet and make social connections with each other (another Mental Health Grant Programme aim). b) Share knowledge and coping strategies (a Mental Health Grant Programme aim) so people will be better resourced to cope with the effects of sexual violence and abuse. c) Undertake social activities together. d) Take part in Birmingham as a city and feel welcome in society, as a whole. e) Access alternative ways to build and maintain positive well-being & mental health. f) Participate in activities such as art, culture & physical activity (e.g. yoga; relaxation & museum trips) <p>When partners have referred new clients, RSVP staff will complete a brief assessment, at RSVP with each client, to check their suitability for the groups, to ask information so we can manage clients’ needs relating to language or disability and to update clients of the nature of the group. We will then invite clients to attend the next group session, each 3 hours long, which will be co-ordinated by 2 group facilitators, to ensure the safe participation of all clients. Interpreters will also attend, if appropriate, to ensure there are no language barriers in accessing our support. In order to be culturally sensitive, we will also alternate between a women only group one month and a men only group the next month. We anticipate that 15 women and 15 men will attend the relevant group.</p> <p>On-site activities, like yoga, relaxation and art sessions, will take place at RSVP premises in Ladywood, Birmingham city centre. When activities are taking place off site, such as museum trips</p>	£6,998.00

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		<p>and visits to local attractions, RSVP premises will act as a client meeting point. Group facilitators will be responsible for organising all activities in response to clients' needs to requests. RSVP will canvas the needs & wants of: a) our current asylum seeker & refugee clients & b) our partners' clients. So, beneficiaries will be involved right at the earliest stages of project planning and delivery. We will continue to consult clients throughout, so that the group is planning activities which are responsive to client need. RSVP already has a variety of contacts with providers of different well-being activities, as a result of our current social groups. These providers range from belly dances to jewellery makers and from African drummers to yoga instructors.</p> <p>Since all partners are fully aware of the financial hardship facing this client group, all activities will be free, free snacks will be provided at each group and a public transport day ticket will be reimbursed to clients, so they can get to and from each group.</p> <p>RSVP knows this "formula" works, since we have been running social groups for survivors since October 2008. However, RSVP and partners now wish to have a social group specifically for asylum seekers & refugees, something we have not done before. This new approach to mental health will act as a pilot. All partners will collect evidence to show the effectiveness of our approach, which can then be used to strengthen future funding bids and the sustainability of this project. We will use client feedback, case studies and evidence of client's improved well-being (illustrated by WEMWBS results taken at the beginning, middle and end of our service) to demonstrate this. A brief report outlining the effectiveness of our approach will be written. This will contribute to the health improvement agenda, as it will act as evidence of what works in the promotion of good mental health and well-being (another Mental Health Grant Programme aim) with asylum seekers and refugees.</p> <p>This project will begin in November 2010 but the first two months will be taken up with planning. We will begin our new social groups in January 2011, when we will have 2 separate groups – one for women and one for men. We will then alternate the groups – a female group one month and a male group the next, until October 2011. We will then hold 2 separate groups in this month to celebrate the ending of the project – making 12 groups in total.</p>	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3200	ICU Transformational Arts	<p>Taking care of me Project</p> <p>“Taking care of me” is a new pilot project which will be used as a preventative measure, working with 2 groups of 15 vulnerable and hard to reach girls, aged between the ages of 8-10. Based on the panel’s feedback we have split our target group between children in care and school children. Group A will consist of 15 school girls that have been identified as having unhealthy eating habits, self harm issues, low self esteem & poor body image. Group B will consist of 15 girls that have been identified as being in the care system and exhibiting signs of behavioural and emotional difficulties.</p> <p>The project will consist of 24, 2 hour long weekly sessions per group, plus one to one sessions for added support. The project will combine personal development strategies with a wide variety of high quality creative arts activities the girls wouldn’t normally have access to, such as creative writing, visual art, drama and physical theatre. A volunteer will be supporting the project by working with the children as a drama worker assisting with some of the sessions.</p> <p>All sessions will use the concept: “Taking care of me” as a starting point for their work. This will be used to engage the girls to look at their own experiences & how they see themselves. Each session is designed to raise the girls’ self-esteem and help them to develop an increased level of mental and emotional well being. “Taking care of me” supports the Mental Health Grants Programmes Aims by enabling the participants to come together to meet, learn from each other and develop mutual understanding by utilising the creative arts as an effective vehicle to empower the girls, and provide a supportive environment for them to share their experiences in a group setting. Group A sessions will take place at St James Primary school and Group B sessions will either take place at ICU Transformational Arts’ premises or at a suitable venue within the Soho area.</p> <p>The project will finish with an art exhibition & a promotional event to which stakeholders will be invited (e.g. Mental Health statutory bodies, PCTs etc). We will also video & audio record some of the sessions & take photographs. A DVD will be produced to provide a unique insight into the experiences and views of these girls and the issues that they struggle with today. In order to improve the sustainability of the project, we are working in a number of partnerships. Zara Bailey from Advocacy West Midlands and Louise Clarke from LACES will provide links to the appropriate children in residential care homes and foster care. Head Teacher Mark Lanyon will identify suitable school children at St James primary school for the project as well as provide a safe space for the school sessions to be delivered. Daljit Hayre who is the cluster co-ordinator for Soho will be supporting the project as a whole by identifying the needs of the target groups and also looking at ways we can continue to work together in partnership across the Soho cluster after the project ends.</p>	£7,000.00

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3206	<p>Birchfield Residents Action Group</p>	<p>Tackling Lonliness in Birchfield, urban Shed and Garden Oasis</p> <p>A plot of land, made available by Birmingham City Council at Livingstone Road allotments, will be used to develop and oasis of quiet and serenity which will help those suffering from loneliness to be part of a healing group. This will be complemented by activities in the Allotments Community Hut that will offer opportunities to ameliorate symptoms of depression with participation in a Wellness Recovery Action Plan programme. This model of “Shed” sharing therapy will help lonely men build confidence to share their problems and get involved in meaningful activity and raise their social skills. Eventually it will be for women but the main emphasis will be for men.</p> <p>The Community Hut will have a workshop area where craft skills can be practised, as well as a relaxing area for talking, playing games, learning new media skills (IT, video, photography). The plot work will be seasonal so that is why we propose the use of the Hut as well. We will aim for delivering the project with the help of volunteers from the Residents Action Group who have skills with counselling and psychotherapy, as well as horticultural skills. Consultants will offer advice and support where professional expertise is required, for example, Well Being Assessment and Participatory Appraisal. Local Police Community Support officers and Community Health workers will refer users. The hut activities will be offered on two days a week at first depending on take up and volunteers, with the plot being available on a daily basis for those wanting to use it. Raised beds will enable those with limited mobility to be accommodated, and the poly tunnel will provide opportunity to raise crops over a wider growing season. Reclaimed materials will be used as much as possible, and the users will have opportunities to contribute to the design of the plot. Our project will have an impact on the mental well being of community members, which will help them as individuals as well as contributing to the well being of the wider community. The project will hopefully be recognised for an innovative and constructive project providing benefits that ameliorate symptoms, build confidence and give a sense of belonging (acceptance) to the users, as well as addressing their deeper inner needs, to avoid loneliness. We will have addressed some of the evidence which supports the relationship between lifestyle and mental health, such as “there is promising but limited evidence that contact with nature produces mental health benefits”. As well as being an important social group.</p> <p>Publicity will be through our magazine and website as well as Neighbourhood networks and links with statutory bodies.</p>	<p>£6,680.00</p>

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3208	Community Vibe	<p>‘Mind Up’</p> <p>The need for this project has come from consultation with four service user groups that we run and Birmingham and Solihull Mental Health NHS Foundation Trust, Head of Creative and Performing Arts. However, this project will provide an opportunity for new referrals to participate in a new grass roots mental health promotion drama and DVD project. We will provide an interactive drama storytelling project for 30 self-referred/clinical referrals from BSMHFT, to run from Oct 2010 - June 2011. Participants will attend weekly drama sessions that will help to build confidence, enable them to develop group working skills and provide a mutually supportive environment that will foster creative work. Primarily, engagement in this project will enable 30 service users to create a vital resource that can influence marketing around mental health issues and also provide an invaluable aid in influencing the shape of services on offer and how they are delivered.</p> <p>The purpose of the drama sessions is to generate material which can be presented as a mental health awareness promotion DVD, the content of which will be personalised and specific. The main theme of the drama sessions will be focused on storytelling. Creative writing/Storytelling is a tried and tested method of engaging people, in a non-threatening and positive way, as a means of empowering and enabling them to express themselves and tell their stories in a safe environment. We wish to explore experiences about how people have overcome stigma/discrimination in the local community and to look at ideas about how to maintain mental health and wellbeing in different circumstances and from different perspectives. From the material collated we will write and devise short stories which will be incorporated into a film. Although the source material may be factual, we will fictionalise the sequences to ensure clarity and also to allow appropriate anonymity. Further to this, we will use professional actors to maintain required protocol who will provide six hours each in the recording process for the finalised main scenes for the DVD content.</p> <p>The work from the project will culminate in producing a Mental Health promotion DVD. This will be used to promote better understanding of mental health and to influence the wider public's attitude to issues around this subject. Because of the factual, specific, local and personal nature of the source material, we believe that this project will provide a unique and valuable resource for mental health marketing. There is currently a popular drive where mental health promotion is being covered on a national and general basis, for instance using high-profile names for 'Time To Change'. We believe that our approach allows specific issues from particular members of the local community to be promoted, along with their direct involvement, and will provide a positive, unique and local contribution to this current thinking.</p>	£6,480.00

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3209	SIFA Fireside	<p>MENTAL HEALTH ADVICE AND ACTIVITIES PROJECT</p> <p>Prior to the employment of a mental health link worker 6 months ago, it was difficult to ascertain the specific needs of service users with mental health problems and there did not appear to be a forum where they could discuss common themes. Although there was limited support from the homeless mental health team, this was in an individual advisory capacity rather than picking up on groups of people accessing our services. We therefore identified a need for a link worker with experience of mental health because of the sizeable numbers accessing the drop-ins. Apart from facilitating referrals on a one-to-one bases, the worker also identified isolation amongst this group and a complete lack of confidence in accessing any mainstream activities for social and health purposes. This was also clear in assessments and case work. In discussions with other staff members, it was also recognised that a large number of clients admitted to some form of mental health problem, depression, in particular, because of social isolation, bad housing, homelessness, physical illness and a lack of self-esteem and confidence. Although there are regular monthly service user forums, they tended to exclude those with mental health problems, who did not appear comfortable in this setting. Some key workers in resettlement, tenancy support and the alcohol service had links with a mental health worker, others did not. We have therefore concluded from individual feedback from the service users admitting a mental health problem, that they would be more willing to explore mutual problems and attend group activities initially with their peers. This would be the first stage in the proposed action plan, persuading them to join small, comfortable groups before ultimately introducing those with mental health problems to our mainstream training, groups, activities or pre-employment.</p> <p>We estimate between 25 and 30 immediate beneficiaries for this approach, with the aim of building confidence to start accessing our mainstream activities and groups. To provide a slot for this proposed group, we are utilising both sites and propose the following:</p> <p>* A well-being service user group facilitated by the SIFA Fireside mental health link worker to discuss mental health issues, which may also be supported by local Community Mental Health Teams, including the team specifically for homeless people. Other mental health professionals would be invited and we would use suggestions from the Group for topics. This could also include training and discussions about different disorders to increase awareness and look at coping strategies. Information from this Group could also be used to inform staff members and volunteers about mental health issues and promote understanding.</p> <p>* From the above service user group, we will ascertain what activities they would like to undertake,</p>	£6,700.00

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		<p>with a view to encouraging people with mental health issues to use SIFA Fireside activities, which may include arts, crafts, living skills, healthy eating, discussion and sport. Initially, we will look at small groups in order to build confidence amongst potential beneficiaries. Our staff are all experienced and effective in encouraging and supporting vulnerable adults, often with challenging behaviour, to engage with our services.</p> <ul style="list-style-type: none"> • We would use our links with organisations such as Crisis, who will be providing activities and educational opportunities in Birmingham from the end of July (using SIFA's training room and Pershore Street facility), Routes to Work, to provide buddies for training and possible employment (a WNF funded initiative) and our own service user volunteer programme to restore confidence and provide mainstream opportunities. • Through our resettlement service, we would also look to ensure that individuals are in the appropriate accommodation and our link worker will also ascertain that they receive necessary support. Improvements in lifestyle should follow by taking part in group work, looking at issues around budgeting and healthy eating. However, where an individual may still find a group setting difficult, we will endeavour to provide support through existing programmes, for example, we have a resettlement worker in place through an Access and Well-Being funded scheme specifically for people with mental health problems in the Shard End and Sheldon areas. This will, however, feed into our established resettlement team. • Unfortunately, the target group have no existing provision specific to service users with mental health problems. Therefore, our Mental Health Worker has canvassed service users and staff key workers and produced the following programme of activities to engage those with mental health problems: art therapy, relaxation sessions, dance, yoga/Thai chi, drama/creative theatre, creative writing, choir and drumming. Some of these activities could be covered by existing support, including our new links with Crisis Skylight. Others, including art therapy, would have costs attached. The MH Link Worker is contacting The HOB Health Exchange to discuss setting these up. Partaking in these activities, some of which are quite similar. • The Mental Health Worker has utilised her time working in the drop-ins to make herself known tactfully and discreetly to service users, who are known to have or are believed to 	

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		<p>have mental health problems and has built up a relationship with a number of them, hence the feedback regarding appropriate activities.</p> <p>Publicity: We intend producing in-house leaflets and posters for this Project, based upon our present templates for other services. They will also be sent to hostels and community health teams in the HOB area. This will be at the initial phase of the Project (see Action Plan).</p> <p>The activities will be determined by service user consultation amongst those described above. Once established, we would expect service users to take a full part in the running of the groups, although facilitated by staff members and volunteer support through the Project lifetime.</p>	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3221	Karis Neighbour Scheme	<p>“Grow Well” In Ladywood</p> <p>Planning: Produce posters & leaflets to advertise “Grow Well In Ladywood” - an opportunity for residents to take part in a Horticulture Therapy project. KNS & therapists (Project Staff) to promote the project within the community & give people confidence to ‘have a go’ and see how taking part can help their well being. People with well managed gardens will be approached to contribute with expertise and encouragement to new gardeners.</p> <p>Implementation: There will be an opportunity for participants to attend up to 2 sessions / week: Thursday am at KNS allotment; & Friday am at another project site in Ladywood such as Ladywood Health and Community Centre, Planters outside shops, Perrotts Folly, Medical Centre grounds etc, and garden share sites. With two staff the team may choose to split and garden at two venues. Four venture out trips will be arranged to local gardening projects or nature sites. Three talks/ films will be arranged hopefully with input from local gardeners to prompt discussion and information sharing. The June meeting will be a Garden Safari to tour the local project sites and hear about their development with input from participants.</p> <p>Monitoring and Evaluation: Participants will be told about the evaluation procedure & asked to complete WEMWEBS at the start, middle and end of their involvement. Also session feedback forms will be devised so that we can i) refine and tailor the project as it progresses & ii) get qualitative and quantitative feedback from participants on a weekly basis to see any trends in health and well being.</p> <p>Emphasis will be both on working and being together as well as working in the outdoors and for horticultural outcomes i.e. people: people relationships as well as people: plant relationships. Spring to Life CiC will provide the therapists to staff the project. They have worked with KNS for a number of years and in other nature, eco and gardening projects.</p>	£7,000.00

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3223	ILIRIA	<p>“Stronger 2gether” DESCRIPTION OF PROJECT: Beneficiaries come from disadvantaged parts of Birmingham City population. They experience mental health issues due to the negative impact brought on them by their past and present life experiences; they will also be able to learn new skills and life experiences in healthy cooking, which they can use in order to improve their lives and their families lives;</p> <p>We aim to bring together women and their daughters aged 13-19 years old, who are asylum seekers/refugee mainly from Albanian backgrounds, currently living in B’ham City Council Areas;</p> <p>We will run 4 hourly weekly sessions every Saturday; Mothers and their teenage daughters will take part on the cooking project where they will also gain knowledge and new experience on healthy cooking and will be able to assist in Albanian traditional/other cooking, which will be shared in the group; These ladies who live in total isolation will also be able to meet up with ladies/young girls from other nationalities and backgrounds, and sharing experiences about different cooking recipes they used in their countries etc.</p> <p>As the venue where we intend to do the project already has other facilities used by different refugee charities (Turkish, African, Iranian etc.), we expect at least a third of project participants will join in our project as these ladies already attend this centre through ESOL courses and other cultural activities. Speaking with a guy that leads one of these charities, he confirmed that ladies from his charity would be interested to attend a project like this one; These ladies had previously requested a cooking project, but this charity had been unable to do due to financial difficulties.</p> <p>All ladies will be encouraged to contribute during the planning and running of this project, purchase of cooking materials, etc.</p> <p>Also, there is a great number of Albanian men married to women from other refugee communities. We will also invited these ladies and we feel that we will need a great publicity in order to give the chance to pass information to all those wishing to attend. At the moment, these ladies live in total isolation and they face domestic violence from their husbands/brothers and we feel it is crucial they are given the opportunity to meet with other women who live in Bham and who are in the same position, and also start to gain self esteem and confidence for their future; 30 women and their 42 young daughters aged 13-19 years old will participate; Project will be coordinated by Pranvera Smith (Project Coordinator), working with 8 volunteers/Board of Trust of Trustees; As we are currently</p>	£6,996.00

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		<p>working towards the opening of Supplementary Schools for children aged 4-13 years old, the project will take place close to the venue for these schools as the mothers participating will drop their children off on the Supplementary Schools and then take part on the healthy cooking project during the time their children are studying.</p> <p>HOW WE WILL DELIVER THE PROJECT: We aim to employ an Albanian Chef who will provide new recipes and cooking sessions for all the participants; We aim to work alongside "Food Net" in Birmingham in order to expand the project success and to provide even more useful information to the participants; Our volunteers will work alongside the participants during cooking sessions, and information on everyday healthy cooking will be provided to all participants;</p> <p>PROJECT IMPACT: Women will be able to start to break the isolation barrier, by coming out of their homes and meeting up with other Albanian friends, and by making new friends; These women will be able to learn new skills and gain information in healthy cooking; Project will improve their lives as they will be more confident and also learn about education and employment locally; They will be able to ensure their children and families are provided with the best of healthy food; We will ensure project is publicised throughout communities across Birmingham; Our project will have a great impact on the Mental Health Wellbeing of all participants; Women and their daughters will get close.</p>	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3224	Birmingham Chinese Society	<p>Promoting wellbeing for the Chinese community Chinese individuals, families due to the language barrier lead to variations in health experience – health inequalities. The project aims to address the health inequalities by supporting the Chinese elderly people and Chinese carers by raising the awareness of their mental health and wellbeing in order to reduce the level of depression, anxiety and worries due to isolation, and economic downturn. Activities included:</p> <ol style="list-style-type: none"> 1. Organising health promotion seminars and to reduce the causes of ill health and raising knowledge of mental health to the Chinese people 2. Organising activities such as Chinese dancing, Chinese Tai Chi for the Chinese people, a day trip in order to break isolation and allow individual to socialise with each other 3. Offering one-to-one bi-lingual support to the Chinese people in relation to health issues <p>The project will be promoted to all the Chinese voluntary organisations in Birmingham, i.e. Chinese community centre, Trident Housing Associations, Reach the Charity, Chinese Schools, restaurants and supermarket in Chinatown area. The project will be published widely in the Chinese community, and be eager to keep in contact with Chinese organisations such as Chinese Cultural centre, ReachtheCharity with similar aims and services regarding Chinese mental health needs via organising meetings with these organisation to advertise and promote this unique project to them and welcome any input from them in relation to clients’ needs. All leaflets will be distributed to all Chinese organisations and general Chinese in Heart of PCT area.</p>	£6,510.00

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3228	Big Handz	<p>Play for Life Birmingham City Council's play service offers young people age 14 plus the opportunity to train as junior play workers, enabling them to assist adult play workers during after school clubs and holiday play schemes. Alongside the practical and theoretical learning about play that this provides there are the added outcomes of developing self-esteem and confidence, increasing social skills and giving them an opportunity to meet other young people from diverse cultural and social backgrounds.</p> <p>Learning disabled young people have been excluded from this training because the learning materials being used are not inclusive of their specific and additional learning needs. In response to this, and at the request of learning disabled young people themselves, parents/carers and professionals, Big Handz initiated a pilot training day to start exploring a positive way forward.</p> <p>The training took place at the BCC Play Service training centre at Ladywood Arts and Leisure Centre, 10am-4pm. 8 participants were registered, 6 attended. The session was facilitated by 2 experienced play work trainers, with support from a qualified play worker.</p> <p>The programme featured a range of creative, interactive activities, group games and group discussions. Each element of the programme was timed to support participants with low concentration span. The activities encouraged the participants to think about and share their own play experiences, skills and qualities. The programme looked at: Our favourite play activities, what children learn through play and what makes an effective play worker.</p> <p>A successful application will allow Big Handz to implement phase two of our plan.</p> <ul style="list-style-type: none"> • A refresher day for the trainees on the pilot session (October 2010) • A repeat of the Play for Life Introduction to Play work session for 6-8 new trainees. The programme will be delivered over three short sessions in response to the earlier evaluation (October/November 2010) • Play for Life – Next Steps. A new session to be planned on the basis of feedback from trainees, mentors and placement managers. (December 2010) • Supported training placement opportunities in play centres and after school clubs • Training day on Person Centres Planning for trainers, management committee members and mentors. • Participants will have an individual, person centred plan and a targeted assessment of 	£7,000.00

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		<p>need.</p> <ul style="list-style-type: none"> • Develop effective monitoring and evaluation of the programme to inform future development and delivery. • The training will be delivered by experienced trainers in inclusive play work settings to ensure quality, interactive and creative learning. <p>The training programme is being delivered across a short time scale to support the learning of the participants. Work placements will sustain this in the longer term.</p> <p>The new programme is being supported by Birmingham City Council (BCC) through access to its training rooms and facilities.</p> <p>Alongside this but (hopefully) through other funding Big Handz will be working with BCC to:</p> <ul style="list-style-type: none"> • Adapt existing mainstream play work training materials to become more inclusive • Register the training programme with an appropriate accreditation body. <p>Trainees will:</p> <ul style="list-style-type: none"> • Develop self esteem and confidence • Experience improved personal mental health and wellbeing • Increase social networks and support mechanisms, reducing social isolation • Have improved work and vocational opportunities <p>The project will:</p> <ul style="list-style-type: none"> • Target some of the barriers to employment • Providing and promoting access to mainstream provision • Contribute to a decrease in the number of young learning disabled people at risk of and living with mental health issues • Tackle discrimination and promote social inclusion of learning disabled young people. 	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3229	SCAWDI	<p>Amazing Active Geezers</p> <p>We intend to deliver an exciting programme of mainly sporting and physical activities aimed at engaging 'hard to reach' members of society who are often 'under the radar' in terms of accessing mental health services. The project will target men aged 45+, often living in supported housing, and identified through either other agencies or self referral as being at risk of experiencing poor mental health due a range of circumstances including: alcohol/ substance misuse, family or relationship breakdown, medical issues, isolation.</p> <p>The programme, starting in October 2010 and running until October 2011, will engage participants and improve their confidence, physical, and mental health. Some activities will take place indoors during the winter months (Oct-Feb) and will vary in physical strenuousness from being gentle (indoor golf, archery, snooker, bowling) to hard (indoor climbing). All activities will be aimed at being accessible to every potential participant. By using licensed activity providers, insurance will be covered in the cost of the activity.</p> <p>The value of having fun, making new friends, reducing loneliness and improving mental health will be emphasised. Participants will have opportunities to try new activities that they might not previously have considered as being achievable for them, such as dry slope skiing, horse riding, boating and team building/ leadership skills gained at local outdoor activity centres, Ackers Trust locally or Closer to the Edge in Baggeridge Country Park, Dudley. The programme will encourage outdoor activities with participants re-discovering some lost or long forgotten skills, such as cycling, and learning what resources are available locally for them to experience, such as walking routes.</p> <p>The programme will offer a combination of unusual, inspirational activities aimed at engaging individuals who wouldn't normally consider participating on a targeted project. Once confidence and trust has been gained, which will vary for different individuals, participants will be signposted and supported in accessing local opportunities such as free swimming or gym for free. Opportunities will be developed for participants to volunteer on community projects, such as a boat restoration project, enabling them to develop skills and a sense of ownership and achievement at fulfilling a challenging aim.</p> <p>The regular programme will offer a structure that is often lacking for some participants who often have chaotic lifestyles which impact negatively upon their mental health. We will engage and work closely with Housing Associations (Midland Heart, Trident) who will signpost clients to participate. Agencies that work specifically with clients that have been identified with mental health issues will</p>	£6,950.00

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		<p>also refer individuals to the project. Over the duration of the project, many different people will be integrated and participate alongside other members of society, making new friends and acquaintances and helping to alleviate feelings of isolation and loneliness. New skills will be gained with individual and collective confidence improved. We anticipate that many potential participants will not be employed and, in some cases, never have experiences a continue period of full time work, leading to cases of depression and lack of self worth. Participating on the activity programme, and accessing opportunities to volunteer on community initiatives, will help to combat this.</p>	

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3230	Soul City Arts	<p>THE HUBB</p> <p>Aims: The aim of our project is to improve the well being of the most poor and vulnerable members of the communities living in Sparkbrook who are susceptible to low level anxiety and depression. We promise to do this by delivering “creative expression” an innovative approach to health and wellbeing, which is fun, interactive, innovative and creative (first of its kind in Birmingham and most importantly community & voluntary sector led).</p> <p>Activities: Our Resident Artist Mohammed Ali who is an international renowned artist will be supported by three new local Community Volunteers to deliver a series of 'creative expression' activities to express, explore, raise awareness and desensitise young adults to social and mental health issues. The activities will be held at the newly established Arts Centre called THE HUBB, which was opened in partnership with ISRA-UK charity and is now open to public. A total of 50 young adults from the Sparkbrook area will be engaged through our promotion at the centre and support from our local expert resident volunteers. Over a period of 12 months the project will deliver a total of 34 sessions on the activities outlined below. Subject to the success of this proposal, and internal review we will work closely with HBT-pct to prepare a bid to the big lottery fund to deliver this project on a full time basis and to sustain the project post Mental Health Grant.</p> <p>Impact: Towards creating a healthier, tolerant, co-operative and functioning society in Sparkbrook our project will have sustainable impact for young adults who will be mentally empowered by accessing new services and health promotion delivered to them. As a result of this positive activity young adults will have better understanding and will work with the wider communities on mental health and wellbeing issues. Furthermore, the project will certainly have an impact on the health agenda, providing positive stimulation and reduction in anxiety & depression among young population and by developing an evidence base that can be used to design future research and policies around health and wellbeing by health related or non health related agencies.</p>	£7,000.00

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REF.	APPLICANT	PROJECT TITLE PURPOSE	AMOUNT
3246	Birmingham United	<p>Fight the Stigma (presents the Barbershop) <u>What will you do?</u> Fight the Stigma presents The Barbershop is a pilot project that aims to target a multi-ethnic group of 18 – 25 young people and their families living in the deprived wards of Aston, Nechells, Lozells, Newtown, Perry Barr and Handsworth. Birmingham United Voluntary organisation will commission professionals to work with the group to devise and produce a theatre piece, exploring the effect of depression and how the African Caribbean community can look at ways of socially including Afro Caribbean males who have suffered mental health problems into working environments. This project is set to provide young people and their families with factual information about depression and the stigma it has have on local communities and develop ways of embracing and encouraging people who have suffered depression and how we can support them as a community to get them back into mainstream society and secure employment. From this standpoint, young people will have a chance to share the learning with other young people through the presentation of a stage production.</p> <p>A 50 minute piece will be devised which will be shared with other young people and their families through performances in a local professional setting (The DRUM Arts Centre). Young people will be supported to research the subject matter and contribute to the content. Support will be available through theatre artists, directors, researchers and mental health advice professionals.</p> <p>The content will inform and educate an audience of 250 people and up to 30 participants and volunteers. We have started brainstorming and discussing with Lady Constituency possible showcases of three community venues which will look to target up to an estimated 200-400 direct beneficiaries.</p> <p>The DVD production will include the live performance of the Drum, however in addition the video footage will be filmed and acted in a real local Barbershop (KrissKut Barber). This will be edited and put together on DVD presentation to the public. We believe that is important to place a nominal value of £1.00 on the cost of DVD, as it will contribute to producing more copies and more significantly persuade our target audience to watch the DVD as from experience of presenting community events and running community projects we find that although locals come from income families they are the hardest to reach even when they are given free goodies, you will find that they feel much more convinced to watch the DVD when they spend an affordable e, as it reflects value and worth. From experience, sometimes freeness can seem a little patronising and paints the picture and add perception that is a typical community event steering away from the fact that we are trying to raise quality awareness and generate a local society that appreciates information, recognise community</p>	£6,792.97

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		<p>projects' efforts instead of taking for granted support that is available around them. The footage of the DVD will also include signposting of organisations, with contact information and relevant mental health promotions.</p> <p><u>Where will you do it?</u></p> <ol style="list-style-type: none"> 1. The launch event is essential to this project because of the target audience, many community groups who run projects fail to inform the BME community, because they are not able to promote and notify African Caribbean residents in a manner that they will understand. Based on the research work of Patrick Kwesiga, "Western culture is mainly communication through the written word." Most BME communities rely on word of mouth through friends and family, and attending opening events to encourage their participation otherwise they will find out about the project too late or they remain unsure if they are eligible to attend. 2. The live performance will be held as a theatre production at the Drum Arts Centre. The Drum is well known locally and has held many community projects. The Drum is based at a central point in the deprived communities therefore the project will meet local society at grassroots level, and is easily accessible to most of my target audience. The capacity of the venue hire will hold up to 250 people. This cost is inclusive of chairs, food and refreshments, as well equipment and pre-rehearsal hire. 3. For other community audiences, who may not feel comfortable to access the arts in formal arts settings (Drum Arts Centre). We have considered additional partner venues such as Handsworth Library/Oaklands Community Centre, and Birmingham Central Library to stage the performance. We have made contact with Acting Senior Manager of Ladywood Constituency Neil De-Costa, who will invite relevant Neighbourhood managers to assist in providing facilities in support of the project and accessing local residents (target group). Neil has been supporting me in identifying possible community centres and venues in the area. We have also contacted Kevin Duffy about presenting the work at libraries in my target area. 4. The video footage of the DVD will be available through our website, and will be linked onto other relevant websites such as The Barbershop Magazine, Myspace, Solihull Mental Health and Youtube. 5. The interviewing and the workshops will take place at the Wallace Lawler Centre. 	

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		<p>6. The research will take place in the Kriss Kut Barbershop.</p> <p>7. The filming of the live performance will take at the Drum and the DVD video footage will be filmed at location of the Kriss Kut Barbershop.</p> <p><u>How will you do it?</u></p> <p>The project will work with 2 elderly and 2 young african caribbean men who suffered with depression, sixteen participants will be involved in interviewing the storytellers. The sixteen participants will be trained interviewing techniques by the workshop faciliator. The sixteen participants will be split into four groups of four and will be assigned to conduct an interview with a storyteller. The information collected by the sixteen participants will be used to develop a script and will be partly improvised by another team of six participants who will be playing the acting roles in the play. The stage setting of the play will take form in a Barbershop, carrying the social element and environmental association that "where most black men meet and chat in peace, without the hype- is barbershop". The play titled will be "The Barbershop" and will be composed by Tennesa Young, locally known playwright who has worked with ITV and Channel 4, and a managment committee member of the organisation. The production piece will be delivered by 3 volunteers, 6 participants and one professional actor.</p> <p>I will be looking to work closely with the Mental Health professional Patrick Kwesiga to support with facilitated discussions after each performance and throughout workshops. This will allow communities to respond to the issues raised in the work, and gain valuable information about services related to the issues and provide key sign posting.</p> <p>The volunteers will be trained to deliver sessions therefore, the legacy of the project strengthened after the grant is finished and five volunteers will be trained to develop a website for the project by the Barbershop Magazine and will gain an accredited qualification.</p> <p>To achieve the above a professional coordinator will be contracted to select the creative professional, organise workshop sessions and event launch, book rehearsals, organise promotion for audience development, book performing venue, work with storytellers (using Project Mental Health service users), arrange the evaluation, document activities and report to Birmingham United Vol. Org. Committee. The project will have three phases starting with the research, recording stories and translating experiences, second stage will be the delivery of theatre performance and the final</p>	

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		stage will be the evaluation. The project will be working in cohesion with Pippa Frith (Women and Theatre) as acting mentor to the project in terms of giving creative advice and support, Neil-de Costa (Acting Senior Manager Ladywood Constituency) providing community support and links, Kriss Kut Barbershop (local barbershop) for filming and research, and Mental Health workers Stephen Lewis (Barbershop Magazine) and Patrick Kwesiga (Mental Health Exchange).	
		TOTAL Approved	£90,106.97