

Brentwood mental health and wellbeing small grant scheme successful applicants

We are delighted to share with you that the Brentwood mental health and wellbeing small grant scheme has now funded 9 successful applicants working towards improving mental health and wellbeing within the Brentwood community. Please find brief descriptions of each project below.

1. Brentwood Leisure Trust – Dementia friendly Rock n roll dance Grant awarded £1,176

Brentwood Dementia Friendly Rock 'n' Roll Dances are a new addition to the successful Brentwood Tea Dances health and wellbeing initiative co-produced by Brentwood Leisure Trust and Right At Home – in association with the Fitness In Mind™ Brentwood programme. This new programme is targeted at a younger group of senior 'post war' citizens, who associate tea dances with their parents, and have request something more 'modern' based on their youth.

This programme will address physical inactivity (a priority for Active Essex), independent living (a priority for Essex County Council), fall prevention (a priority for Brentwood Borough Council), early intervention for dementia (a priority for National Government), and mental health and wellbeing associated with social exclusion and loneliness for elderly residents (a priority for everyone!).

2. HYPE

Grant Awarded £1,176

HYPE Holiday Activities will provide positive activities during the school holidays for young people aged 12 – 19 years old. The aim is to; Reduce social isolation, encouraging young people to connect with their peers in a youth club setting; Increasing good mental health through gaining support from trusted youth workers and bridging the gap between other youth services; Creating opportunities for young people to be involved in something positive outside of school.

The activities, such as boxing, yoga, photography courses, cooking and crafts will be diversionary activities for young people, focusing their mind towards positive and healthy activities. Activities available will be chosen by the young people encouraging them to think about the benefits activities can have on mental health and wellbeing of others. Majority of clubs stop during the school holidays. Many of the young people we work with who rely on the support from their school, such as teachers and counselors, are not available during the schools. Therefore, we would like to run an exciting programme for young people during the school holidays to offer a service that will meet that need. During Half Terms, Easter and summer.

3. St Martins School

Grant Awarded £1,176

The project will provide youth mental health first aid to 8 schools (Schools who attend the Brentwood Behavioral & Attainment Partnership also known as BAP) in the Brentwood area helping to raise awareness of mental health and wellbeing as well as support staff and pupils to understanding how to better support pupils emotional wellbeing. The funding will provide 2 places on the training programme per school for staff (support or teaching) with the idea that this training will then be cascaded within each school.

4. Brentwood Recovery Gardens

Grant Awarded £460.75

The Brentwood Recovery Gardens hopes to raise awareness and understanding about mental health, and the benefits of gardening and green spaces on mental health recovery. The aim is to establish a safe, enjoyable and inclusive garden, that is supportive and enabling to people in their own mental health recovery.

The year round garden programme will be based on the principles of social and therapeutic horticulture i.e. using the activities to help participants reach their physical, emotional and social recovery goals. Guided activities include growing edible and ornamental crops, arts, crafts and nature sessions.

5. Open Arts

Grant Awarded £1,080.00

The project has the aim of promoting positive wellbeing and social inclusion for people with mental health difficulties. The course offers an opportunity to learn new skills and techniques within a safe and support environment.

The project will support vulnerable adults with mental health problems and carers, reducing isolation. This will aid recovery and help to prevent further bouts of ill health which in turn should improve participants quality of life and increase levels of social inclusion.

The 12-week visual arts courses include: art materials, a creative excursion, links to further learning and community involvement, optional accreditation and exhibition opportunities, follow up studio placement and volunteering opportunities.

6. Larchwood Primary School

Grant Awarded £1,080.00

The purpose of the project is to extend current counsellor support available to pupils with mental health and wellbeing needs to parents of these children as well as to other vulnerable and harder to reach parents, looking at the wider picture rather than just focusing on the children.

By offering counselling in a non-threatening, familiar environment, Larchwood Primary School hopes to tackle health inequalities. The School is a place where the parents regularly visit and would feel comfortable in.

The school also hopes to increase its awareness raising of mental health through providing this project and providing signposting to services and groups in the community that aim to support and improve mental health and wellbeing.

7. Havering and Brentwood Bereavement Service **Grant Awarded £952.00**

After already delivering counselling sessions in local school, Havering and Brentwood bereavement services became aware that many other young people who are not already receiving counselling could benefit from their support but not necessarily as intense as one to one counselling.

Havering and Brentwood bereavement service would like to facilitate an open house pop up café in the school open to all pupils, led by qualified and experienced counselors to support the emotional wellbeing of young people. This gives young people the opportunity to talk to someone in a safe environment and help them to understand what support counsellors can give them.

8. Beautiful Things **Grant Awarded £639.00**

The project aims to engage with those who are socially isolated and/or those with a long term illness in a tried and tested creative project that through supportive methods designed to meet their specific individual social needs, teaching new skills and providing access to a crafting community – both physically and online.

At the end of the program, participants will have not only gained a new hobby but will have increased confidence and self-worth as well as improved social connections.

The project is to provide therapy through crochet – various statistics and reports are available on crafts & in particular yarn related ones, being effective therapies for mental health and other long-term illnesses.

9. Active Bingo **Grant Awarded £840.00**

Active Bingo is a project where those inactive and socially isolated are given the opportunity to take part in a traditional game. The active bingo session will be a slower version of the traditional game with fewer numbers (10-20). When a number is called the attendees will take part in a specific activity. Each activity will be inclusive and can be adapted when required.

The project targets those who are inactive, have dementia, or those with mental health barriers affecting their physical activity and wellbeing.