

Live Grant Awards from 2021/22

26 projects were awarded from 2021/22 grant funding.

Project Provider	Project Name	Finish Date	Project Outline	Target Market	Day/ Time	Project Update
Pittington Community Association	Creative Café	March 2023	Monthly, daytime, Creative Café in Pittington Village Hall. Targeted at those in our community who are at risk of social isolation, loneliness and being left behind after the easing of COVID restrictions (but open to anyone), we will provide a social space for people to come together with food and drink. There would be a different creative activity each month from paper crafts to planting pots, singing to macrame with a 'drop in and give it a go' atmosphere, all led by a professional creative facilitator.	Older people		Awaiting update.
Sacriston Youth & Community Project	Happy Hour	April 2023	There will be two hour open session each week called; Happy Hour. The session will be at the same time, and on the same day each week at our newly renovated, contemporary Family Hub. The hub is used exclusively by Sacriston Youth and Community Project, and acts as a neutral venue. Each session will be "bookended" with information, advice and guidance and an opportunity to talk in a non-judgmental and welcoming environment. Refreshments will also be provided. Establish and qualified Sacriston Youth and Community project staff will be allocated to the project, and we will	Adults	TBC	25 clients were supported during this quarter. 3 members of staff and 2 volunteers have been supported during this quarter. We've had our weekly sessions with a cohort of individuals, as well as some who pop in and out depending on the session content. We have had an attendee who has very recently been bereaved who has joined us which is testament to the atmosphere and environment we foster to ensure everyone feels included and welcome. As well as the various activities including massage and beauty, the group decided to contribute to a fundraiser for Sacriston Youth and Community Project by creating a range of cottage crafts including soya candles, wax food wraps and aromatherapy bath salts. This has now lead to a spin-off group called Crafters Cooperative, who meet up and craft on another day, meaning there is two potential engaging opportunities to get together.

			recruit external high quality and accredited therapists to the project on a sessional basis.			
--	--	--	--	--	--	--

Live Grant Awards 2022 / 2023 Round 1

4 projects were awarded from the 2022 / 2023 first round of grant funding

Project Provider	Project Name	Finish Date	Project Outline	Target Market	Day / Time	Project Update
GTD 'Go the Distance'	18-25 It happens at GTD	December 2023	With this scheme by way of training in the education room, boxing fitness in the gym, talking to our professional staff over a coffee and a biscuit, discussing key issues we can work on and hopefully combat issues that have been holding people back. We will look at life guard training in one of the 10 Durham leisure centres with the NPLQ.	Young People 18-25	Wednesday night at 6.00pm and hopefully Saturday morning class to follow soon.	Awaiting final report.

Live Grant Awards 2022 / 2023 Round 2

20 projects were awarded from the 2022 /2023 second round of grant funding, 1 declined the funding awarded.

Project Provider	Project Name	Finish Date	Project Outline	Target Market	Day / Time	Project Update
St Pauls Centre	A Sense of Belonging	December 2023	The project is to offer a warm welcome and hospitality, support and friendship to refugees and families. We aim do this through a range of befriending and support and empowerment initiatives. We would hope that by meeting together with people from The St Pauls Centre Community, and members of our local community, we can build strong and positive relationships which will be a springboard for additional support for many of our participants. We aim to create a welcoming and safe space for participants to feel valued, listened to and respected.	Adults	Wednesdays Times TBC	Awaiting final report.
Auckland Youth and Community Centre	Bishop Man Cave	December 2023	The environment that this project will create a safe space that will be warm, friendly and supportive with a user lead approach. Staff are trained to listen to our users and signpost to services or bring services into the centre so that it is non-threatening to the users as this can cause a barrier. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need when they are in a place where they are ready to accept it.	Adult Men	Tuesdays 18:00-20:30	Awaiting final report.
Just For Women Centre CIC	Creative Communities	December 2023	Just For Women Centre will provide weekly sessions for women to socialize, develop skills and get mental health support. Sessions will be held at Just For Women Centre, a designated safe space for women to discuss their mental health and wellbeing, and receive additional	Adult Women	Wednesdays 12-4pm	Awaiting final report.

			support if needed. Weekly meetings are open to women in County Durham to attend, however they must book a place. During the 4 hour sessions, women will have the opportunity to meet new people in their local community, talk about mental health and wellbeing, and access additional support if needed. Sessions will cover a range of activities in skills development, personal development and allow women to gain confidence, self-esteem and self-worth in a safe and supportive environment. For example, training on industrial sewing machines to develop sewing skills, or crafting to wellness sessions designed to encourage social interaction and build strong support networks. The activities in this project will be user led, where those who attend will be encouraged to make decisions on the activities they do during sessions.			
Ferryhill Ladder Centre	Wednesday Men		To provide a one stop place for men in the community to offer support, advice and guidance and activities and a service which will appeal to the male members of the community and give them a safe space and welcome environment where they can re-engage and feel valued.	Adult Men	Wednesday's 12-2pm	23 clients were supported during this quarter. 1 member of staff and 2 volunteers have been involved in the delivery of the project this quarter. During this period we have provided weekly sessions for men from across the Ferryhill, Chilton, West Cornforth, Bishop Middleham, Durham, Coxhoe and Trimdon areas. During this period we have provided a safe space for men at risk of loneliness and poor mental health to meet, make friends and seek advice. As well as providing the opportunity to socialise those attending have enjoyed a number of health related activities, social activities, a free lunch and have been able to seek 1 to 1 support in relation any stressors in their lives such as debts, low income and issues with benefits. I am delighted to say that we have had increased attendance from residents of Coxhoe, Trimdon and Durham, with four new men joining the project on referral from NHS Health Navigators.
Ludworth Community Association	Ludworth Happy Hub	March 2024	The environment that we will create will be a safe space that will be warm, friendly and supportive. Volunteers are trained to listen to our users and signpost to services or bring services into the centre. We want to informally educate our users to be aware of their own mental health needs. The end result being that they will then ask for the support that they feel that they need if they need it. When people are living in an area of deprivation or unemployed or suffer with mental health, they spend their days being told what they should or shouldn't be doing. Our aim is for the individual to take back some of that control in whatever way they feel would work best for them.	Adults	Wednesdays & Fridays 2.30-4.30pm	41 clients have been supported this quarter. No staff have been involved in delivering the project but 6 volunteers have been involved in the delivery of the project this quarter. Focus has been on mental health, free food, help with covid, games and signposting.
Jubilee Fields Community Association	Shildon Happiness Hub	December 2023	Jubilee Fields Community Centre in partnership with Shildon Town Council will deliver 26 x bi-weekly session of Shildon Happiness Hub 2.5 hours for 25 people. To include activities such as	Adults	Fridays 10.30 – 1pm	Awaiting final report.

			<p>armchair aerobics, singing, quizzes, bingo and table top games, a warm lunch time meal along with access to guest deliverers such as The Wellbeing for Life Team. The group will be involved in identifying further opportunities they would like to bring on board for example Tai-Chi, Yoga, Training courses, information, advice & guidance (IAG) talks on health, finance, mental health. Support from various external organisations which would include Age Concern, Livin Financial Team, Shildon Alive and Cancer UK etc. We shall provide inhouse staff and volunteer support who will devise a full programme of activities to compliment the third-party guests we invite along to the group.</p> <p>As part of the bi-weekly sessions, we shall have a food offering which will enable time for social interaction over a healthy wholesome meal which at this time, we know is very important due to the current impact of the 'cost of living' crisis.</p>			
SW Health & Wellbeing (trading as SportWorks)	Health and Happiness Hub	November 2023	<p>SportWorks are seeking to deliver an innovative approach to community health and play a significant role in supporting the wellbeing and happiness of local residents living in Consett. Our vision is for health and wellbeing to be placed within the centre of the Consett community and to reduce reliance on the traditional medical model and NHS services.</p> <p>Our Health and Happiness Hub model provides a unique and localised approach to community health improvement through focusing upon the core components of human health: physical, mental and emotional wellbeing in a proactive way. A holistic approach which focuses upon the whole person, not a specific ailment.</p> <p>The Hub will embed health within the Consett over 55's community and residents suffering from poor health.</p>	Over 55's	Wednesday 10-11.30am	Awaiting final report.
Teesdale Day Clubs	Support Matters – rural and town	December 2023	<p>We are an established charity working across Teesdale communities for almost 30 years. We bring people together for a social gathering (lunch club) using community venues. We also provide an outreach community service which offers one-to-one support by phone or at people's own homes.</p> <p>We target any lonely or isolated adults who need social contact and support, but our services are generally mostly used by older adults. Our clubs are open to new people joining us at any time and can come from referrals from partners or self-referrals. The strength of the clubs is that they attract a wide social group, which</p>	Older Adults	Mondays & Tuesdays 11-2pm	Awaiting final report.

			<p>means there is no stigma to attending in a small village.</p> <p>Our aims are to reduce social isolation and loneliness, support people to stay independent, positively impact people's wellbeing and offer a variety of volunteering opportunities that support wellbeing and self-esteem.</p>			
Horden Parish Council	Warm and Welcome Winter Hub	n/a to be a sustainable ongoing project for a minimum of 12 months	<p>The Warm and Welcome Winter Hub is a new project aimed at providing a warm, safe place at Horden Social Welfare Centre where residents are welcome to come along to enjoy regular inclusive drop-in sessions to enable them to cut down on fuel usage at home and provide practical support over the winter months to take some pressure off residents already suffering as a result of fuel poverty. Sessions will be informal where residents can connect over a hot drink or/and a hot meal, read a book in the library corner, access the internet in the IT section, get creative or competitive in the games and craft corner or simply connect and chat with others.</p>	Adults	Monday, Wednesday and Friday	Not due
East Durham Veterans Trust	Mental Health & Wellbeing Program	Ongoing	<p>We are seeking support for our Mates and Baits program, which consists of a weekly hot meal during which we encourage discussion and conversation between the many beneficiaries who attend, this approach is allowing us to not just increase then numbers we support but more importantly reach the many veterans and their families who find seeking support hard. It will allows them the opportunity to mix with others and discuss with fellow veterans their concerns, amongst which are:</p> <ul style="list-style-type: none"> • Ongoing mental health issues, • Loneliness, Isolation and Social Exclusion, • Help people understand their current circumstances, • Helping people to stay connected 	Adult Veterans	Monday – Saturday 10-3pm	<p>64 clients have been supported during this quarter. 2 members of staff and 3 volunteers have been involved in the delivery of the project this quarter.</p> <p>Friday Mates & Bates sessions are support with a meal and social inclusion. We have numerous activities taking place for clients to take part in. These include wood carving, craft, music and model making. Following the activities the members are invited to enjoy a warm meal which is part of the program.</p>
The Well Methodist Church	The Giving Garden	April 2024	<p>The Well Methodist Church and Community Hosting Space is committed to be a place of inclusion that brings about positive transformation in the lives of our local community. As part of our work, we have set about transforming the car park at the rear of our premises into a community garden space. This is designed as a space for people to 'be', participate, contribute, connect, learn new skills, grow and have fun. The tagline of the Giving Garden is 'Grow, Harvest, Share' - not only produce but also relationships, connections and community. We understand the power and potential of therapeutic gardening and the space for solitude, connection, nature, fun, and creativity it provides. Our community users</p>	Adults	Thursdays 10-1pm	<p>This quarter, the groups main focus was to highlight the community aspect of The Giving Garden by preparing the space for community groups and visitors of all ages and abilities. This included during August having themed weeks with garden task and activities that tied in with an existing children's holiday club Make Lunch that ran throughout the summer holidays. We harvested produce such as courgettes, potatoes, tomatoes and onions which we then passed onto the volunteers working in the kitchen of The Well who then used the produce to cater for Community Lunch, Make Lunch holiday club and bring and share lunches for the Church itself. Other community-focused activities we completed was a Pick-Nic which was a local litter pick followed by a bring and share picnic. The group found this in particular extremely rewarding and inspired lots of ideas for more activities that we could do to share the joy of Growing Well with others and make a difference to the local area.</p>

			confirm what research says regarding the positive impacts it has on their physical, emotional, psychological, spiritual and social wellbeing.			
Endeavour Woodcrafts CIC	Drop in Craft Café	December 2023	The Craft Cafe project will run fortnightly for a duration of 12 months. The Cafés are safe, welcoming spaces for people to socialize and express their creativity. From painting and drawing to jewellery making and sculpture, our Craft Cafés will allow individuals to engage in activity away from their homes, creating a vibrant creative space and improving social interaction. We aim to bring a wide mix of target audiences together, with specific focus upon disabled, mental health, socially isolated and elderly individuals. Each Craft Cafe session will provide an opportunity to socialize with others, gain friendly support and guidance if required and to take part in different crafts, painting, sculpture and sewing activities. The sessions will be free for participants and they will have access to teas/coffee and cake and to take away their handmade product with them.	Adults, LD, Elderly	Thursdays 10-12	90 clients have been supported this quarter. 4 staff and 8 volunteers have been involved in the delivery of the project this quarter. April – Easter wreaths and wooden standing easter decorations made & painted. May – Painted ceramics, garden fairies and gnomes and painted glassware, tracing designs and painting on vases and planters. June – Woodburning eg house signs and names and football team emblems, painting, picture making with mosaic tiles. The course is on target our only concern is the classes are oversubscribed so we have had to offer a booking system for the crafts (in order to stay in the materials budget) but we allow anyone to call into the drop in café for free light refreshments and always have a volunteer or 2 on hand for chatting and ensuring they are welcome and receive any support.
The Cornforth Partnership	Healthy Communities	November 2023	Provide the right support in the right place at the right time to enable the development of healthy vibrant and aspirational communities” Its key objective is to tackle and alleviate the issues which local people and local communities face in terms of Health, Social, Educational and Economic deprivation. We provide a robust package of community led support at a grass roots level in communities across County Durham around 4 broad themes: <ul style="list-style-type: none"> • Children, Young People and Families • Domestic Abuse • Older People • Employment and Training 	Adults	Wednesday-Thursday 10-5 /10-12	Awaiting final report.
Age UK North Yorkshire & Darlington	Darlington Wellbeing Hubs	December 2023	Darlington Wellbeing Hubs will provide safe spaces within the community for isolated older people to meet others in their community, build relationships and friendships locally. We have identified wards within Darlington, through our close working relationship with our local social prescribing team, that see higher than normal referrals into the team that would benefit from a place where they can easily access services.	Older Adults	Monday, Tuesday, Friday 10-12	27 clients have been supported this quarter. 1 member of staff and 5 volunteers have been involved in the delivery of the service this quarter. We have continued to support and develop the groups that are up and running and have seen the newest group grow steadily. We’re seeing a nice community atmosphere starting to form and have seen friendships develop that continue beyond the planned hub sessions.
Spennymoor Youth and Community Association	Survive & Thrive	September 2023	Survive and Thrive is a mental wellbeing group for adults recovering from mental health problems and addiction. It has been delivered by Durham County Council’s Support and Recovery team	Adults	Thursdays 11-3pm	Awaiting final report.

			from Spennymoor Youth and Community Centre for two years but due to budget cuts, the Support Workers who have delivered the group to date will no longer be available to facilitate the group.			
The Hospital of God at Greatham	Memory Lane Cafe	October 2023	Utilizing Minerva House as an established community facility, our memory lane cafes will seek to empower and support those living with a dementia or memory loss and their carers by providing meaningful and engaging social inclusion activities. The cafes will be widely promoted and be a free service for the local community held on a weekly basis. The weekly café will be run on an informal drop-in basis and offer a place to socialize, share memories, reflect on bygone days and use music and activities to bring back memories. The cafes will also provide information, advice and support to carers. The café will provide a safe space which is free from the discrimination and stigma often faced in less understanding environments.	Adults	2 nd Thursday of every month 3.15pm-4.45pm	Awaiting final report.
Music Wellbeing, Hayley McKay	Music Wellbeing Hub	November 2023	The Forum Music Studios is a creative and cultural music hub based in central Darlington. I'll be working in partnership with them as lead mentor to deliver weekly mentor sessions. The sessions will be informal and relaxed and people will be encouraged and supported in music making as a way to help build confidence, collaborate and to creatively express themselves. At the start of every session, which will be limited to a group of 10, we will have group fun in interactive ice breakers. Attendees will be encouraged and supported to find their inner voice through singing and songwriting.	Adults	Tuesdays- afternoon 1.30	Awaiting final report.
Upper Teesdale Agricultural Support Services Ltd	Our Farming Futures	September 2023	This project will bring groups of young farmers and farm workers together on a monthly basis over the period of a full year, learning new skills and useful information that interests them and is relevant to their passion for agriculture.	Young Farmers	Wednesday evenings- TBC Once per month, weekday evening time (occasional weekend)	Awaiting final report.
DERIC Youth Bus Project	Creative Drop In	April 2024	One day a week from 10am – 1pm open access for members of the community to come along enjoy a hot snack hot/cold drink, socialize, have access to laptops/internet , help and advice and join in with arts and activities. A specialist instructor will lead arts sessions, engaging in arts helps people improve their mental health through creativity. Making art is a helpful tool helping many people express themselves without having to use words. The specialist instructor has a bespoke	Adults	Thursdays 10-1pm	We had the normal creative arts activities where clients were able to take part with the guidance of specialist instructor, really chilled out sessions with a lot of interaction and group discussions. The biggest topic has been the cost of living, we were able to talk about how these worries are. Having an effect on peoples moods and how having people to talk to about it has eased some concerns. In the next couple of weeks we will have a representative from citizens Advice come visit our groups and discuss energy awareness and advice. We took advantage of the nice weather and had another trip out to the seaside with 21 users. We have recently been awarded a grant to carry out works to outside area so we have had long chats and ideas of what we

			<p>programme to deliver to a range of ages, for example people in later life can rebuild their social connections and extend existing support in their communities. Getting in touch with others helps in alleviating loneliness and isolation, art activities can help increase social interactions which can improve mood and wellbeing. Art engagement also alleviates anxiety, depression and stress. Our aims are to alleviate anxieties, loneliness, depression and signpost beneficiaries to other organisations if necessary.</p>			<p>can do, keeping the group updated and involved has given them a sense of ownership. With colder weather approaching we anticipate an increase in numbers.</p>
--	--	--	---	--	--	--

Project Provider	Project Name	Finish Date	Project Outline	Target Market	Day / Time	Project Update
Daisy Arts	Art in Action		<p>ART in ACTION Passion Creativity Purpose Arts and crafts doesn't just offer adults a new hobby or interest; it also boosts their wellness and lowers stress levels. "Arts and culture play an important role in community health care." ARTS COUNCIL SOCIAL PRESCRIBING</p> <p>Art in Action will be a series of 10 weekly sessions at three different venues between September 2023 and March 2024 with sessions open to all abilities – minimum 10, maximum 20 participants at each venue, with participants dipping in and out if necessary though we would hope that they would join with us for the journey. We will achieve engagement through art and all its wonder; a basic human activity that is in us all and used every day... it gives meaning to our lives and helps us understand the world. Our programme would offer a wide variety of arts-based activities to suit all, activities to stimulate and provide enjoyment to those taking part.</p>	Adults	Monday, Tuesday, Thursday	Not due
Real Lives Real Choices	Articipants		<p>ART in ACTION Passion Creativity Purpose Arts and crafts doesn't just offer adults a new hobby or interest; it also boosts their wellness and lowers stress levels. "Arts and culture play an important role in community health care." ARTS COUNCIL SOCIAL PRESCRIBING</p> <p>Art in Action will be a series of 10 weekly sessions at three different venues between September 2023 and March 2024 with sessions open to all abilities – minimum 10, maximum 20 participants at each venue, with participants dipping in and out if necessary though we would hope that they would join with us for the journey. We will achieve engagement through art and all its wonder; a basic human activity that is in us all and used every day... it gives meaning to our lives and helps us understand the world. Our programme would offer a wide variety of arts-based activities to suit all, activities to stimulate and provide enjoyment to those taking part.</p>	Adults	Monday, Tuesday, Thursday	Not due
CALM In East Durham CIC	CALM Allotment Program		<p>Our aim for the next 12 months would be to continue to develop the CALM Gardens with the following activities on a Saturday;</p> <p>Tutor lead development of the allotment, offering sessions on composting, pests, seasonal planting to name a few. The tutor would be on site each session to offer support and guidance to anyone who wishes to come and get involved. Our aim is to eventually have 16 fully actioned raised beds, 4 standing beds for those who cannot comfortably access the ground, fruit trees, herbs and a greenhouse full of salad produce.</p> <p>Family Workshops will be offered on a monthly basis to engage with children and their parents and help them get a better connection with nature and food as a</p>	Adults (children can attend with an adult)	Saturdays 10-4pm	Not due

			whole. We anticipate more nature workshops as we have been currently running as well as family cook days when produce is ready to eat.			
Teesdale Community Resources	Community Activity & Lunch		We currently provide a community lunch for older people in our area, which runs weekly on a Thursday from 12pm – 1.30pm. We recognise that for a lot of the attendees, this is often the only time they leave the house each week, and for some is the only time they engage in conversation with another adult during the week as well. Our community cook currently prepares them a two course homemade lunch, and we provide minibus transport to and from the Hub for those people who cannot otherwise access the Hub (your comments regarding use of funding for transport is noted).	Adults	Thursdays 12-3pm	We have delivered 10 community lunches during this quarter. We had a small break during the Summer Holidays to enable staff to take Annual Leave. We have served the attendees a variety of meals including Quiche, Jacket Potatoes, Cottage Pie, Apple Pie and Scones. All of the meals we serve are homemade by our Community Cook, sometimes using food rescued from local supermarkets. The attendees really enjoy the lunch. They enjoy meeting each other, chatting about their week, enjoying a hot meal, chatting to the staff and volunteers at the Hub and discussing what other activities they could participate in at the Hub. Sadly our Community Food Co-ordinator Polly resigned from her role in September. A couple of Polly's colleagues have been supporting the lunches whilst we recruit for a new Co-ordinator. We have a good group of volunteers who enjoy supporting the lunch and get on well with the attendees but we need to ensure we support them as a team, in the absence of a coordinator. We have not spent any funds for volunteer car use at present as all attendees have used our bus or used their own method of transport.
St Teresa's Hospice	Creative Cafe		The Creative Café is a weekly creative based therapy session for people living with a long-term condition or progressive illness, utilising art and social connection to improve wellbeing and quality of life. It is led by the hospice's Specialist Palliative Care Counsellor. Addressing people with long term health conditions, we aim to support their wellbeing through undertaking a creative activity in a supportive and comfortable environment alongside peers with the guidance and support of an experienced professional with mental health training.	Adults with long term health conditions	Thursday 1-3pm	Not due
Just for Women Centre CIC	Emotional Resilience		Just For Women Centre will provide weekly emotional resilience workshops to groups of six women to work through trauma, develop coping techniques, and build resilience. The project aims to provide a safe space for women to talk about their mental health, past experiences, and to receive mental health support. The course is comprised of four workshops, with each session lasting four hours, including a break for lunch. Lunch is provided by the onsite café where women can order from the menu a selection of soup, sandwiches, toasties, jacket potatoes etc. which provides an opportunity for women to be social, building friendships and a strong support network. The workshops cover dealing with compressed emotions, tools to cope with anxiety, techniques for building resilience, meditation, and yoga. The physical exercise element of this workshop promotes well-being and encourages women to participate in further exercise.	Women Survivors of Abuse	Thursdays 10-2pm	Not due
Sarah Johnson Photography-Mindfulness and	Click and Connect with Mindfulness and Photography		These sessions will be a relaxed space to gather together with others to offer a safe space to explore mindful techniques, meet new people and also learn a	Adults	Early evening for 1 hour, every other week term time.	Not due

Photography			<p>little more about photography. The sessions will be an hour and include tea and coffee (and biscuits). These sessions will be available to anyone in the local area. The sessions will include practical tasks to help to reduce anxiety through mindfulness, tasters to meditations and also to learn about photography basics with a take home task to work on.</p>		Day tbc	
The Well Methodist Church	Lets Cook Together		<p>We will work with Morrison Trust to offer certificated food hygiene courses, thereby improving confidence and employability. Our current intention is to offer a rolling programme of 6 week/half-termly courses (term-time only) each for up to 6 adult participants (plus children) Related supervised activities could be provided for younger children by suitably vetted Well staff and volunteers. Those completing the course would be awarded some cooking utensils and a certificate, and, subject to completing relevant food hygiene and safeguarding training, encouraged to volunteer on subsequent courses provided for other families. Volunteer opportunities to contribute to the other work we do in our kitchen could be developed, and, for those inspired towards considering a career in catering, connections with catering staff/teaching team at Darlington College could be used as a pathway to further discussions.</p>	Adults	Tuesdays 4-6pm	Not due
Groundwork NE & Cumbria	Greenways to Wellbeing		<p>Sessions will provide vital opportunities for local people to improve their wellbeing by engaging in worthwhile activities where they can share experiences, develop their knowledge and skills whilst also increasing social interaction and reducing isolation. The project is based around our successful models, 'Youth Shack', currently delivered in Redcar/Cleveland and 'The Cabin', delivered in Darlington which are both designed around the '5 Ways to Wellbeing'.</p>	Adults	Mondays 10-3pm	Not due
GTD "Go The Distance"	No Future Now we Have a Future		<p>We would like to break the mould here and step out of the box and help different underrepresented groups in Durham including LGBTQ+-women & girls-disabled girls-unemployed women create a ongoing activity at GTD including social skills-life skills- money matters-employment advice off professional teachers, helping this group to feel safe, secure, confident, motivated and disciplined to achieve a worthwhile course with and end goal without prejudice in County Durham. We would also like to use the power of sport to help them on their way with Pilates-tai-chi-yoga-Hitt classes and boxing training building confidence and discipline.</p>	Adult Women, LGBTQ+, Disabilities,	Tuesday or Thursdays 6-8pm TBC	Not due
Sporting Force	Operation Grit		<p>We will offer non-crisis mental health support alongside improving physical health and well-being using the facility in which we based our Warm Space last year in the centre of Darlington. Participants will benefit from full use of our Wellness Centre, with support from Personal trainers, Gym Instructors and our Wellbeing Team lead by our Veteran Support Officer. Health improvement programmes to reduce smoking, alcohol and improve nutrition. The Resistance Pool and Hydro Hot Tub alongside the</p>	Adults, ex veterans, LGBT	Tuesdays 9-5pm	Not due

			<p>sauna are open 9-5 Mon to Fri. The Safe Space also offers hot drinks, snacks, use of laundry facilities, hot showers and companionship. Eligibility: - Ex service personnel, reserves and serving personnel. This project will also be open to wider members of the armed forces community, partners, family members and close friends or carers of a veteran, reserve or serving personnel who have mental or physical injuries, long term health conditions or are lonely, isolated and in need of support and comradeship. Referral Pathway – from social prescribers, other charities and support agencies, self referral.</p>			
RTProjects	RTProjects Crafty Cafe	July 2024	<p>To deliver 52 weekly sessions of therapeutic creative activity alongside one to one mental health support. The Crafty Cafe Happiness Hub will run on Weds afternoons, from 1.30 – 4pm. There will be places for up to 12 people each session. We anticipate 30 people overall will attend over the period of the grant. The target group will be adults over 18 in Durham who are struggling with their mental health. The project will provide multiple opportunities for volunteering. The Crafty Café will offer activities such as singing, creative writing, painting, ceramics, printmaking, and song writing, and more. These will be facilitated by a bank of creative facilitators. The creative practitioners will teach creative skills using a combination of group demonstrations and one to one hands-on practical support to each individual in the group, depending on the activity and how people respond best to the teaching approach. The sessions will also be staffed by a mental health support worker who will be available to provide one to one support for all participants. Our mental health support workers are trained listeners who help individuals make sense of their feelings and find meaning in their story as they find ways to cope with their experiences. Participants will be supported with loss, anxiety, depression and other challenges that arise from modern humanity. Active listening is used to enhance wellbeing and build resilience. Active listening is not counselling – it allows the individual to explore their experience, however the 'Listener' can identify and can suggest other agencies to help when specific counselling may be needed.</p>	Adults	Wednesdays 1.30-4pm	<p>Since the start date of 3/7/23 we have delivered 14 sessions of creative activity alongside one to one mental health support. During this period the Crafty Café has offered singing, creative writing, painting, ceramics, printmaking, and song writing facilitated by several different creative facilitators. The creative facilitators have taught creative skills using a combination of group demonstrations and one to one hands-on practical support to each individual in the group. A mental health support worker has provided one to one support for all participants. Hot and cold drinks and light refreshments are freely available during every session. Along with healthy snacks. There is a signposting noticeboard to a number of local services. We have had visits from Welfare Rights, Connect Health Pain Management service, Healthwatch, and several Social Prescribing link workers. Participants have used our outdoor space for a variety of different activities.</p>
Community Hub @ Bishop Baptist Church	Community Hub @ Bishop Baptist Church	July 2024	<p>We intend to keep the momentum of warm space going along and renaming it as Open House on Tuesdays and Thursdays ,The garden has a market stall in to store the food in such as bread and salads this allows other people to use the facility such as hospital staff who may feel a little embarrassed about using the facility .We also have at least two rough sleepers who are living out of our bins and so we leave any food we</p>	Adults	Tuesday, Wednesday, Thursday 10-3pm	<p>Our aim was to start some learning sessions, Durham Learn have been supplying some training sessions such as digital, numeracy and literacy. The PCP well-being team have been running eat well sessions as well as calling in to help our guys who slip through the net. We were able to purchase a catering fridge which has a lock on keeping all our food safe, and secure.</p>

			have cooked in tubs when safe to do so.			
Darlington FC Foundation	Think with Your Feet		<p>The sessions have been well attended and targeted at those who are not working due to Mental Health challenges. We have linked with Kooth and have advertised our project through the local NHS as well as through Samaritans and MIND. In latter times, the NHS have brought a small number of inpatients from their mental health ward to join in our activities. This has been particularly successful as we have seen two patients who have been discharged from the ward, continue to come along to play after their release to aid their wellbeing. We also regularly have an NHS Care-navigator directing clients to come to our project. The Football Association states there are three key ways that football can help with Mental Health:</p> <ul style="list-style-type: none"> • Improving people's mental health • Creating social inclusion • Helping physical health 	Adults	Tuesdays 1-3pm	Not due
Tudhoe Community Centre	Tudhoe Cuppa Club		<p>Tudhoe Cuppa CLUB, which is a weekly drop in for adults to use Tudhoe Community Centre to get together on an evening for snacks, chat and a game of bingo.</p> <p>The drop-in attracts 12-14 regulars of mainly older residents, men and women. We would like to grow and develop the drop-in, offering access to advice and information such as health checks, crafts, access to fareshare food etc, working with our partners including wellbeing for life, age uk county durham and others. We will ensure there at least 4 advice and information sessions where partners are invited in to share and talk to project users. These sessions will be guided by the needs of project users and we will deliver more on demand.</p>	Adults	Thursdays 5.30 – 7pm	Not due
Pelton Community Centre	Our Space	May 2024	<p>Pelton Community Centre has always opened its doors to someone looking for a rest spot, a warm room, a cuppa or place to sit and chat, however this project allowed us to dedicate a day and time to being a warm space and encouraged people to use it. After a slow start we now see a regular group of people attending and benefiting in one way or another. Some pop in and out and pop in when they can, others are here every week without fail. We offer the room, and with funding, we purchased board games, mindfulness colouring, activities, knitting and more. We then provide refreshments and something to eat, nothing much, but usually something as a treat for those who attend.</p>	Older People	Older People	<p>We are slowly building the group and trying to entice more people in, we have some exciting event's planned for the near future and we hope this will bring more people through the door. The big expenditure is down to transferring the funds for room hire and staffing for the year. We have also purchased provision for the group including some refreshments. I think we need to entice more people into the group, and we know this takes time. We hope this group will be a permanent fixture to our timetable and this funding can help get it off to a good start and attract more community members in, who we know will benefit greatly from attending.</p> <p>We may need to look at the hurdles which are stopping people from attending, one may be travel, and if we can organised shared taxi's in, this may help.</p>
The Active Life Foundation	Your Wellbeing		<p>The project will feature one session a week, through consultation and discovery of the need, a gentle Mat Pilates been identified as the initial activity. A feedback loop will be created and we will continually be in consultation with project beneficiaries to ensure the activity is co-designed and appropriate for their needs. Aiming to meet the clients' expectations and ensure engagement and retention.</p>	Adults	Wednesday 10.30-11.30	Not due

			<p>The need for a gentle mat Pilates has been identified through consultation we carried out in the local community as well as a need emerging through various inquiries, we received when delivering other projects.</p> <p>Refreshments will be provided at each session, with a 'social time', where clients will be encouraged to provide peer support and share their lived experience of mental health.</p> <p>The project will support the clients and also aim to enhance mental and emotional wellbeing through 5 ways to wellbeing at each session.</p>			
Rose Cottage CIC	Wellbeing Wednesdays		We will be running a weekly wellbeing session for up to 16 people in a fun, warm and welcoming environment for the community of Trimdon and local areas. To enliven and empower people to improve their mental health, reduce social isolation, spark imagination and grow in confidence as they discover a new skill with a focus on creativity.	Adults	Wednesday 10-12.30	Not due
Ferryhill Ladder Centre	Women's Ways to Wellbeing	May 2024	Women's ways to wellness support group at the Ferryhill Ladder Centre. During this time, we have helped over 30 women from across County Durham (including Ferryhill, Chilton, West Cornforth, Bishop Middleham and Spennymoor to improve their health and wellbeing, be less isolated and more involved in their community. Referrals for this project have been excellent and continue to be received on a weekly basis. Funding for this project is coming to an end and we would like to apply for further funding to continue to grow this project. Over the last year we have identified volunteers from the group who are in the process of being trained and mentored to run the group in the long term, however at present this mentoring and training is incomplete and is a work in progress.	Women	Tuesdays 10-2pm	The Project has run every Tuesday from 10am until 2pm. We have had a speaker from NE First Credit union to talk to the group about saving money and ways to access low-cost loans rather than using door stop lenders. and we have undertaken health walks, seated exercise sessions and an introduction to Mental Health awareness. We have a light snack following the exercise and the afternoon is spent with 1:2:1 information advice and guidance sessions. We have also had a trip to Whitby for a health walk and day at the beach which the women thoroughly enjoyed as two members of the group had not been to the beach since they were children.
Live Well North East	Happiness Hub		<p>Providing prevention, early intervention and quick action activities and support for adults to improve mental and physical health and wellbeing.</p> <p>We will deliver three weekly 'fitness with child play' sessions, two weekly 'cuppa time' sessions and a monthly SEND parent support session.</p>	Adults	Sunday, Tuesday, Wednesday, Thursday, Friday 1pm-2.30pm, 9.30-11.30am, 4 – 5pm	Not due
Auckland Youth & Community Centre	Stay & Scran		The environment that this project will create will be a safe space that will be warm, friendly and supportive and works on a drop in basis. Staff are trained to listen to our users and signpost to services or bring services into the centre as and when needed. The project will deliver a variety of weekly quizzes, bingo, play your cards right etc. The emphasis will be on reducing isolation and improving mental and emotional health whilst encouraging healthy lifestyle choices.	Adults	Monday 5.30-7.30pm	Not due

Live Grant Awards 2023/2024 Round 2

The Active Life Foundation	Active Minds		The grant will create a safe sphere for clients aged 18+ to meet socially and participate in appropriate physical activities.	Adults	Friday 1-2	Not due
----------------------------	--------------	--	---	--------	------------	---------

			Project personnel have mental health first aider qualifications and have experience providing necessary support, advice and signposting to wider services.			
Endeavour Woodcrafts	Eat Healthily and Live Well		<p>We would intend to offer a fortnightly basic cookery class, explaining the benefits that healthy eating can offer physically, mentally and socially. We will explain the dangers when using kitchen equipment and how it can be used safely and offer reassuring compromises for their safety e.g., knife use on preparing vegetable or buying pre prepared or frozen vegetables, which can reduce wastage and ensure personal safety.</p> <p>Each week clients will be making a healthy meal and they will be given basic nutritional facts and explained the benefits of eating the foods we would cook, as well as giving basic budgetary information to ensure living within a budget is maintained. The meal would be prepared and then cooked by the end of the session. To increase social contact the food would be eaten together and further offer the chance for friendship and support networking.</p>	Adults with Learning disabilities, Deaf clients	Thursday 10-12	Not due
Jack Drum Arts	Feel Good Fridays		<p>Feel Good Fridays will run weekly during term time. Participants can take part in arts activities and/or volunteer in our community kitchen learning new culinary skills to provide meals for the rest of the group. We believe that good nutrition is essential to good mental health, which is why we'll be providing high quality, healthy food at each weekly session. This will also help to fight food poverty in the area, which is a significant issue for many of our service users with volunteers helping with setting up and assisting with sessions. Car sharing supports those with barriers such as lack of access to affordable transport or who live in areas with no regular bus service. We have a team of skilled and experienced arts and wellbeing practitioners who are passionate about promoting positive mental health through participation in creative communal activities.</p>	Adults	Fridays 12-3	Not due
Wheatley Hill Community Centre	Girls with Goals The Marras		<p>We will provide a non-clinical safe space/support network in which individuals can come together and benefit from the simplest things of having somewhere to go; someone to talk to; someone to listen; something to do alongside their peers. We will involve the group to make their own decisions about activities they participate in. We will listen to their voice and encourage them to try new things.</p>	The group is aimed at over 50's in the village and surrounding areas, we welcome everyone regardless of their background.	Tuesdays 10.30 - 12	Not due
Homegroup Wellbeing and Recovery	Horden Community Allotments		<p>Horden Allotment aims to provide a safe space for users to develop skills, make new friends, discuss mental health and build support networks. As the existing allotment project has been successful so far we are predicting a drop in attendance due to the colder weather. Therefore we are applying to build a potting shed for users to gain shelter, have a cup of tea, store items and still be realistically attend the sessions even if the weather is poor.</p> <p>Currently Horden Allotment is open 2 days a week for group support. Providing an opportunity for people to discover new hobbies and express their creativity. The</p>	Adults	Mondays 11.30am to 2.30pm & Wednesdays 9.30am to 1pm	Not due

			group is open to anyone, including those with disabilities or health issues.			
Hornden Hub House Coalfields Regeneration	Hornden Together Happy Together		<p>We aim to provide warm, welcome and happy spaces every day of the week in Hornden delivering positive outcomes for adults experiencing mental health issues, enabling them to live a happier, healthier and safer lives. Ideally many will take on voluntary roles within the welcome spaces and beyond, improving skills and confidence.</p> <p>The project will support physical and emotional wellbeing and mental health through the provision of these weekly activities that will be open to anyone on an ongoing basis. They can be referral or drop in based and will contain a mixture of activities to meet the needs of the groups.</p>	Adults	Monday – Friday Various times	Not due
A.I.M.S (Active Inclusive Motivational Steps)	Mugnificent Mornings		<p>The new session will be built around a specific activity with the emphasis on social interaction around, reminiscences and shared experiences. Activities will include Dene walks, Dancing, arts & crafts, book reviews, small board games, darts, dominoes, bingo, quizzes tournaments etc. In addition to this we will provide on a quarterly basis, outside speakers, visits to other established groups e.g. Community Garden/Allotment club, Woodhouse Park, as well as discovering local amenities and places of interest, as decided by the group members.</p> <p>The areas we will cover will meet the needs of the moment such as mental health, dementia, cost of living crisis, loneliness, and other local issues. Instigating the formation of '<i>Mugnificent Mornings</i>'</p>	Adults	Thursdays 10.30 – 1pm	Not due
Randoms Retreat	Randoms Retreat Happiness Hub		<p>This project is aimed at creating safe and welcoming spaces where community members can connect, find support, and enhance their happiness and wellbeing. Activities include Forest School to connect with nature, rewilding initiatives for ecological conservation, equine learning for personal resilience, and horticulture for mental health benefits. The hubs are open to all community members, fostering social bonds and promoting healthier lifestyles.</p>	Adults	Tuesdays 10-1pm	Not due
Real Lives : Real Choices	RecycLD Shabby Chic Mens Shed		<p>We would like to deliver a project that draws from the successes and learning of previously delivered programmes in furniture upcycling that we know is deliverable within the physical spaces and workshops we can access, staff skill sets and supports a gap for people with learning disabilities who have complex needs, additional mental health needs, risk issues and vulnerabilities that makes other mainstream services and services for people with learning disabilities the incorrect approach.</p>	Adults with Learning Disabilities	Thursdays 1-3pm	Not due
Harbour Support Services	Safe Space Getting Together		<p>An effective way to help women and families to develop life skills, extend their community and support networks, and most importantly, increase their self-esteem and mental wellbeing is to provide opportunities for women to engage in social interactions with others who have had similar experiences. This is supported by previous interventions, providing peer support and therapeutic activities which have generated overwhelmingly positive feedback</p>	Women	<p>Tuesdays Durham City: 10.00 to 12 noon Stanley: 13.00 to 15.00 Darlington: 10.00 to 12 noon</p>	Not due

Think Positive PACT House	The Black Dog Reading Group		<p>The Black Dog Reading Club will be a mental health reading group that meets weekly to share the benefits and experiences reading and improving mental health and wellbeing that mental stimulation this can bring. Each month it will be available to 10 participants and they will each receive a book package. Inside that package will be a specific book chosen for the purpose of uplifting mental health and improving mood and emotional state. This could be anything from an uplifting or inspirational novel, an autobiography, to a wellbeing book based on learning and practicing techniques to aid mental health. Alongside the book there will be 5 to 6 additional gifts, each one wrapped and linked to the book and so enhance the reading experience and understanding.</p>	Adults	Tuesdays 1-3pm	Not due
Darlington Baptist Church	Think of Yourself		<p>We are seeking to extend our service to help more people in the community who struggle with isolation, loneliness, boredom which affects their mental health. In particular, we want to offer a service in the evening and at the weekend. These are the times that are the most challenging for people at a low ebb as there are no other services operating in the locality. Partnering with Darlington Football Foundation (DFCF), who have been awarded funding from Happiness Hubs for a partner project "Think with your feet", and using the sports hall and games room in our building, we want to develop two indoor sports activity sessions. One, midweek in the evening and one on a Saturday morning. Activities can include Badminton, Pool, Table tennis, darts, and board games, even Xbox. There may also be an associated walking group.</p>	Adults	Thurs Evening and Sat Morning 7pm-9pm and 10am-12 noon	Not due
Waddington Street	We Just Want to Have Fun		<p>We want to offer a range of internal and external activities which focus on fun, learning and social inclusion. We are all about groups and bringing people together. Many people who struggle with their mental health can end up socially isolated and disconnected from others. This leads to decreased motivation and poor self-esteem. Everyone benefits from being around like-minded people and having interesting things to do. Our team member who used to coordinate this has moved into a new and busy role. We want to give additional hours to another colleague so that they can focus on working with our members to develop and deliver a range of fun, social activities. We have not been able to focus on this recently and our members have asked if we can do more in the future.</p>	Adults	Variable	Not due
St Helen Auckland PCC	Weekly Sessions to Improve Wellbeing		<p>Initially our thoughts are to run fun Bingo, Domino sessions, Simple Crafts, Relative Guest Speakers who can discuss local topics of interest with the Group, we will contact Wellbeing for Life to come along and chat to the group around mental health and wellbeing issues also healthy lifestyle topics such as healthy eating. We will also provide a chit-chat group with tea, coffee and refreshments, allowing people to mix socially and make new friends as we know that there are a lot of isolated elderly in the area and the addition of the new Believe bungalows may also increase the need for such groups tackling isolation and also improving their mental wellbeing being able to chat to others and also being signposted to other services if the need arrives.</p>	Adults	Wednesdays 1pm-4pm	Not due

			The aim will be to improve the wellbeing of the people attending by getting them to join in and improve their contact time with others thus improving both their wellbeing and mental health.			
St Pauls Centre Spennymoor	Wellbeing Fridays		The aim of the project is to offer a safe space for social and mental wellbeing support. This will be done by offering light lunch/refreshments, fun games like singing bingo and various activities based around people's wellbeing. We will be engaging with Well Being for Life to offer stress management and mindfulness sessions to help people cope better and put strategies in place to help manage daily struggles. These could be fun sessions based around having an introduction to mock cocktails, hand massages and various tea tasting sessions. It would also include some gentle form of exercise like seat based or yoga. The GP Surgery staff including Care Co-Ordinators and Social Prescribers will also attend to offer support and make people aware of what is available to them in the community and support for in their home if needed.	Adults	Fridays 12-3pm	Not due
Beyond Limits	Wellbeing Project		We work with people who are vulnerable for various reasons, be that poverty, ill health, bereavement, social isolation, family issues, addiction, or any number of reasons that can cause a person to need support. Because of this we often see people at their lowest ebb, and in severe situations. Whilst we will always do everything we can to help that immediate situation and solve a problem, such as providing emergency aid, giving shelter to someone, etc we want to address the whole situation, the cause, not just the symptom. This is why we run so many different events, classes and sessions to give people a social network, a chance to get out and about, a chance to learn new skills, to have new experiences, and to give them a boost, hopefully improving their mental health and their overall situation. One of the ways we like to do this is our Thursday sessions with music therapy. One of our wonderful music tutors comes along and plays a song which we all work together on and get the most amazing feeling of joy singing and laughing together as we muddle our way through. It is a wonderful hour together and people go away really lifted and feeling like they have achieved something.	Adults	Thursdays 1-2pm	Not due
Quaking Houses Village Hall	Woman Hub		We are planning to set up an adults skills & socialising group to help re-engage members of the community post covid. The group will meet weekly and be accessible to all. It will offer members of all abilities the chance to take part in a group learning new crafting skills. The aim is to help re-engage members of the community who have been reluctant to take part in activities since the covid pandemic. We are hoping that this group will help to increase confidence and build resilience in members of our community.	Women Adults	Thursdays 6-8pm	Not due
Big Chef Little Chefs	Wood & Wellness		The aim of the project is to engage the community in an activity that will reduce isolation whilst improving social, emotional and mental health. Increasing confidence, self-belief and widening social connections of beneficiaries, this will thus boost mood, reduce anxiety and stress. The project also aims to upskill beneficiaries which may lead to a new hobby or career	Adults	Fridays 1-3pm	Not due

			<p>path. This project will focus on making simple wood products and run for 18 months. We will offer food and refreshments at each session. All who attend will be able to engage as there will be many branches to the project such as - design, measuring, cutting, sanding, painting, advertising etc. Roles can be adapted to meet the beneficiaries' interests and talents.</p>			
Durham Christian Partnership	DCP Wellbeing Hub		<p>The peer group will be an important element in breaking down social isolation with the activities and location providing an easy environment to engage and the group providing encouragement. Some activities will be men only and others ladies only to make relevant discussions more comfortable and for people to feel safe. The drop-in will provide a welcoming environment and a range of activities for participants each week. These will include local walks, table tennis, yoga sessions and drumming sessions. There will also be taster sessions of other activities led by specialists. Alongside these activities will be discussion sessions and life skills courses (including cooking and finance) and mentoring, both group and individual.</p>	Adults	Monday – Friday 10-3pm	Not due
Bridge Creative	Friendship Friday's		<p>Friendship Fridays serve as a great follow-on for people who have been receiving support through our KPC service. Once we've worked with people to build up their confidence and make friends online, we encourage them to develop these friendships in person by attending Friendship Fridays. People then begin to rely on the friendships they have developed, calling on their friends for support, and rely less on staff, giving them more independence, better social interaction and improve mental and emotional wellbeing.</p>	Adults – Learning Disabilities	Friday's 3:30-5	Not due

