

Communities Mental Health & Wellbeing Fund for Adults (2023–2024) — Dundee

■ *Fairfield Community Sports Hub – Walking Football*

Type: Sport or physical activity

Volunteers: 4

Funding Awarded: £7,480

The project sits in one of the most deprived areas of Scotland, top 5% SIMD, and we know there are significant challenges for the whole community with long term unemployment, drugs, alcohol and of course mental health. This project uses football and an informal service to bring men together in the community, to enjoy playing football and sit after and chat with each other and share concerns and problems. It is a vital part of the community which has seen the group grow and grow. The men themselves have told us without the project they would struggle to continue as many are isolated

■ *Showcase the Street – Mummy and Me Dance Fitness*

Type: Sport or physical activity

Volunteers: 0

Funding Awarded: £6,960

The dance and fitness activities are designed not only to encourage physical activity and wellness but also to enhance overall wellbeing. Our focus is on reaching out to mothers who have recently given birth and may be contending with social isolation, as well as experiencing a decline in overall wellbeing and mental health. These challenges could stem from mental health disorders, psychological trauma during the pre and post-natal periods, economic hardships, or geographical disadvantages. Participating in group physical activities with fellow new mothers creates a supportive network, promoting emotional well-being and reducing feelings of isolation. The social and physical engagement enhances mood, reduces stress, and allows for valuable knowledge sharing on postpartum health and overall wellness.

■ *Showcase the Street – Social Stitch*

Type: Social

Volunteers: 0

Funding Awarded: £5,082

Through creative and communal activities, we aim to provide a platform for individuals, to connect with one another, build trusted relationships, and revitalise our community. By addressing social isolation and fostering a sense of belonging, the project contributes to the prevention and early intervention goals outlined in the Communities Mental Health and Wellbeing Fund. The act of sewing, coupled with social engagement, serves as a therapeutic outlet, promoting emotional well-being. With the included hot drinks break we will offer a supportive space for individuals to share experiences and alleviate the impact of poor mental health.

■ *Boomerang – Boomerang Be Frienders*

Type: Befriending

Volunteers: 12

Funding Awarded: £6,547

The project will help by helping to tackle social isolation, which has a negative impact on peoples mental health. By having access to a befriender they will be able to access the groups and services at Boomerang and will see a positive impact on their mental health as they are able to socialise, meet new people and be involved in their local community. The befriender will also be able to help with things like shopping and other errands too, and will be able to make life easier for those who struggle to leave their home on their own for various reasons.

■ *Kanzen Karate – Wellebing through Activity*

Type: Group activity

Volunteers: 8

Funding Awarded: £5,750

This was piloted in the first round of Communities Mental Health & Wellbeing Funding with much success. It was extended in round two and we would like to continue with it in round 3. We would like to extend and enhance this project with funding. The aim of the project is to tackle a range of existing problems, supporting “at-risk” groups by providing a program of activities for those over 50 years of age, facing social and financial exclusion. The project has created a community of likeminded individuals who help each other and are supported by Kanzen. The benefits of physical activity are well known for improving mental health and wellbeing but the social element is significant also. The group is very welcoming to new participants which helps overall wellbeing of those attending.

■ ***Dundee Age Concern – Mental Health and Wellbeing at the Fiveways Centre***

Type: Social

Volunteers: 8

Funding Awarded: £7,500

We provide support for vulnerable and socially isolated people over the age of 55. Many of our clients have frailties associated with older age such as dementia, cancer or arthritis, conditions which can lead to reduced mobility or social isolation. Post COVID restrictions some clients need help with their general confidence and social skills. We provide a range of activities to enable our clients to keep active and engaged with life thus helping social isolation and loneliness. Activities include lunch provision, games, arts and crafts, dancing and quizzes etc.

■ ***BeFriends – Evening Group***

Type: Befriending

Volunteers: 5

Funding Awarded: £7,500

Our befriending project supports the mental health and wellbeing of those referred by decreasing social isolation and loneliness, boosting confidence and esteem and developing a positive relationship that is safe and consistent. We always encourage our befrienders to have fun when out in their role. Having staff to support our volunteer befrienders also means they have year-round input & connection, which is supporting their mental health and wellbeing, something that is so important when volunteering.

■ ***Hot Chocolate Trust – Peer Mentors***

Type: Peer support

Volunteers: 7

Funding Awarded: £7,356

In 2023 Hot Chocolate (HC) piloted a Peer Mentor scheme. Three older young people (YP) were trained and supported to make/take up roles alongside youth workers. PM's benefit through training/equipping (e.g. Decider Skills, CBT approaches, mindfulness); development of belonging, competences and agency as a team; derive satisfaction, efficacy, and ambition through their role; personal support and development from HC's Volunteering Manager throughout. PM's give YP a unique support option, embedded within established youth work. YP are drawn to them and engage differently: sharing their personal experiences, struggles and desires. PM's are available in drop-ins and group work. They often lead simple, accessible activities (e.g. crafts, open mic/karaoke, board games) which model practical responses to mental health challenges (e.g. social anxiety, overactive thinking), and create safe contexts for trust-building and deeper conversations.

■ ***Dundee United Community Trust – Football Therapy***

Type: Sport or physical activity

Volunteers: 2

Funding Awarded: £5,000

This application is to support the continuation of our successful 'Football Therapy' project which provides twice-weekly football coaching opportunities for adults in need of support with their mental health. We accept referrals from NHS Tayside as well as self-referrals, and are the only Dundee team to participate in the Scottish FA Mental Health and Wellbeing League. The sessions provide 2.5 hours per week, across 2 days, for adults to come together to socialise, get/stay active and strengthen their peer support group on their recovery from a mental ill health diagnosis (or more often than not, pending). This funding will also permit us to pilot a football drop in for refugees/asylum seekers and others new to the City, to use the model we have already demonstrated as successful to build new networks for this client group.

■ ***The Speech Language Communication Company (SLCo) – Shared Community and Peer Support Network***

Type: Peer support

Volunteers: 2

Funding Awarded: £6,793

We wish to deliver SLCo's Shared Community and Peer Support Network for up to 15 isolated, underserved parents/carers in Dundee of children and young people/young adults with communication support needs. Linked to our Family Coach and existing parent network, SLCo's project will enable parents to develop their own peer support networks across Dundee localities. We will also offer 1-1.5 hr sessions supportive of their mental health, eg using NHS-recommended guided self-help CBT. We are also licenced providers of Living Life to the Full. Sessions will ideally take place at local schools during termtime. Summertime outings will also offer a relaxed environment for feedback and evaluation. These parents/caregivers face unique, often overwhelming challenges; single parents (including dads) are at higher risk of burnout and mental health issues. The project will promote positive strategies to support their own emotional/mental health/wellbeing and resilience and support their child's speech/language, education and emotional regulation.

■ ***Wellbeing Works Dundee – Outdoor Learning Space***

Type: Equipment

Volunteers: 50

Funding Awarded: £2,800

Following on from the success of our current outdoor activities we would like to create an outdoor learning space, situated at our allotment in Dundee. The wellbeing of our participants and wider community will be improved through the 5 ways to wellbeing. Predominantly our participants will utilise the learning space to access various learning opportunities, activities and workshops, however the wider community will also be able to access these learning opportunities and workshops through community volunteering initially. While our participants are the main focus of this potential project, the scope for community outreach through workshops and additional opportunities exists.

■ ***SWAN Scotland – SWAN Places: Dundee***

Type: Peer support

Volunteers: 4

Funding Awarded: £6,933

We will run autistic-led groups to bring together autistic women and non-binary people from in and around Dundee for regular peer-support groups and activities – reducing isolation and improving wellbeing. We will recruit, train and support autistic volunteers from the local area to develop their skills to facilitate the groups. We will build capacity within the group to take control of how it is run and the activities they want in order to build peer connections and support their wellbeing. We are seeking funding to recruit, train and support local autistic volunteers, to run the group, pay local community venues to hold our meet-ups, and organise activities in the local area, including autistic-led health walks, in response to identified local autistic community need.

■ ***Shared Parenting Scotland – Love, Loss and Living: Promoting wellbeing for parents separated from their children***

Type: Therapeutic

Volunteers: 10

Funding Awarded: £7,290

The training offers a six-module course, with coaching support that helps vulnerable parents separated from their children to come to terms with their loss and develop healthy life. This is done through a toolbox of skills, psychoeducation and exercises that improve self-awareness, and develop well-being strategies. Reduction in stress and anxiety due to separation and loss. Improved skills for the identification and management of negative thoughts and emotions. Improved skills in self-care. Improved emotional resilience participants given the tools to help themselves going forward. The project aims to develop local networks to develop peer support and social connections.

■ ***Uppertunity – Disability, Accessibility and Inclusion Network***

Type: Other

Volunteers: 20

Funding Awarded: £6,408

We wish to run regular inclusive and interactive networking events aimed at adults who face barriers to access services and activities, specifically those with physical disabilities, learning disabilities, autism and mental health

barriers. The networking events will be led by people with additional needs, supported by us. The aim is for us to capture first-hand what hurdles and barriers people face in living, learning and working. The networks will be threefold: Starting with an interactive and fun activity that fits the theme, such as silent disco for socialising barriers We will then invite people with additional barriers to share what they would like to be doing, and why this is difficult Individuals from organisations that may support will be invited such as Enable, Dundee Job Centre, Local Councillors etc

■ *Shaper/Caper – Queer and There*

Type: Group activity

Volunteers: 2

Funding Awarded: £7,500

A creative programme addressing mental health and wellbeing support for LGBTQIA+ people addressing social isolation through holding safe spaces for informal gatherings, facilitating LGBTQIA+ related discussions and talks, providing masterclasses with professionals, nature walks, and an empathic listening and self-expression space. There will be 10 digital masterclasses, each masterclass presented by a different speaker and exploring LGBTQIA+ heritage for discussion. Shaper/Caper's previous collaborators like Natalie McGrath, whose play, Cusp, is in response to exploration of the Lesbian Archive at Glasgow Women's Library will lead these. The masterclasses will be publicly advertised and hosted on Shaper/Caper's website for wider reach and legacy. Participants will have the opportunity to create 10 podcasts discussing LGBTQIA+ matters that can be shared with schools and other groups through digital links.

■ *Just Bee Productions – Life After Loss Bereavement Cafe*

Type: Peer support

Volunteers: 4

Funding Awarded: £7,500

Our project offers a weekly support group to adults experiencing grief through the loss of a loved one. There are no limitations on who can participate so there is often a broad range of experiences encompassed in group meetings. The peer support group is based on a simple principle that we can all learn from one another and heal together through fostering a sense of community, togetherness and collective understanding of grief and its complexity. Our experienced support-workers facilitate the group, which acts as a springboard for participants to receive other forms of support on offer at Just Bee, such as 1-to-1 support and also acts as a pathway into our free counselling service. We have developed a successful referral scheme with two partner organisations, Penumbra and Positive Steps, who refer their clients to partake in the activity too.

■ *Dundee West Community Trust – Men's & Women's Wellbeing Club*

Type: Social

Volunteers: 3

Funding Awarded: £7,050

The project will allow like-minded individuals to work together as a team in a friendly environment to improve their overall well-being by overcoming barriers to a healthier lifestyle. As a community-based club, we understand parents/members face barriers in life where they will prioritise others health and well-being before their own. Resulting in organising family members around their own life consequently affecting time to focus on their own well-being. Sessions will run weekly and involve aspects such as healthy eating, how to increase physical activity, setting goals, balancing busy schedules, overcome setbacks and many more well-being topics. The first half of the session will be theory based content with the second half being some form of physical activity. Sessions will have refreshments on arrival and there will also be the opportunity for 1-1 meetings if the individuals want to chat about personal matters.

■ *Cruse Scotland – Early Support for Recently Bereaved Dundee*

Type: Peer support

Volunteers: 6

Funding Awarded: £4,890

To create the Early Support project in response to a sharp rise in recently bereaved people in Dundee contacting us in distress and experiencing complex grief (grief complicated by additional factors such as cost-of-living crisis and loneliness). Whilst counselling is not recommended for people within the first six months of bereavement as it can interfere with the natural healing process, some people do need a bit of support in this time. We have specially designed a 7-step pathway which over 1-2 sessions will help recently bereaved people better understand their grief and help activate their own self-coping mechanisms.

■ *Other Ways to Care – Nordic Walking Groups for immigrant carers in Dundee*

Type: Social

Volunteers: 15

Funding Awarded: £8,175

Nordic walking is a low-impact exercise using specially designed poles to enhance one's natural walking ability. Walking with poles means that exertion is shared between the upper and lower body, so it feels easier than normal walking, particularly uphill. Nordic walking puts less strain on joints than other activities and can be effective for people with mobility issues or those recovering from injuries. This style of walking has significant health benefits, such as increased energy levels, improved condition of muscles, heart and lungs and helps address medical conditions such as heart disease, dementia, stress, and obesity, and has obvious benefits on emotional well-being. Lasting between 1-2 hours, these walks can take place in any neighbourhood or park of the county, through quiet streets and green spaces. A 'cuppa' time will follow every walk for group building, depending on the availability and the interest of the participants.

■ *Sporting Memories Foundation Scotland – Sporting Memories Dundee*

Type: Sport or physical activity

Volunteers: 6

Funding Awarded: £7,325

To continue to run and grow our existing weekly Sporting Memories Club in Broughton Ferry and open a new weekly Club in West Dundee in partnership. We will use the hook of sport, through a mix of reminiscence, social activities and taking part in inclusive physical activities to connect older people who share their interest and passion for sport. A weekly community club consists of the 'first half' being sporting reminiscence and cognitively stimulating games supported by memorabilia and resources defined by the participant's sporting interests and preferences. The 'second half' of the weekly club facilitates physical activity with a range of activities and sports including bocchia, target games and a range of balance and strength exercises. All activities will be free and inclusive and support older people (50+) to improve mental well-being and physical well-being.

■ *Dundee Pride – Dundee Pride*

Type: Peer support

Volunteers: 15

Funding Awarded: £7,434

Our project will be based around holding events across Dundee bring the LGBTQ+ community together. There will be a series of 10 talks showcasing issues through the lens of a Queer individual. These will be followed by conversations around how the issues can affect personal wellbeing and impact on the sense of community. Areas covered will include health, politics, Queer poetry and literature and sport. These will then lead to smaller groups coming together to discuss the Queer issues raised on a more personal level. Continuing our work with the Transgender/Non binary group, we will work with the group to help individuals mental health creating a resilient community. We will have community workshops at Dundee Pride 2024, these will be targeted at both the LGBTQ+ community and the broader community hoping to gain more allies and building the confidence of the LGBTQ+ community giving them access to services across Dundee.

■ *Come Dine With Us – Come Dine with Us*

Type: Food

Volunteers: 5

Funding Awarded: £1,526

It has been well documented that social isolation, especially in older adults can have a negative effect on mental health and wellbeing. It can also affect a person's appetite and therefore puts them at risk of becoming undernourished and increasing their risk of frailty and falls. Come Dine With Us brings people together who have been identified as being at risk and provides the opportunity for friendship to develop and increasing their community connections and in turn improving mental wellbeing, while supporting their physical health through healthy balanced meals.

■ *Golden Oldies Cinema Club – Food to Home*

Type: Food

Volunteers: 17

Funding Awarded: £13,000

Food2Home will help to tackle undernutrition and inequalities caused by food poverty and the cost of living crisis. The project aims to support adults who may be at risk of undernutrition due to frailty, Mental illness or socio/economic disadvantage. Individuals will be targeted who may be recently home from Hospital, live alone and are socially isolated, who are physically or mentally unable to get to a shop or food bank or who may be struggling financially to buy food. By delivering food parcels to those in need it will help reduce anxieties around the cost of food and the difficulties some people may face leaving their house due to poor physical and mental health. It will increase community resilience by improving nutrition and both physical and mental health by ensuring that more people have access to basic food supplies. The project will reduce social isolation and loneliness through community home visits during food drop-offs from community practitioners and volunteers and improve their physical and mental health by ensuring that recipients are having equal access to food and toiletries that they may otherwise not be able to access.

■ *Mental Wealth Academy – Expert by Experience*

Type: Other

Volunteers: 8

Funding Awarded: £3,185

We are carrying out an expert by experience led Systematic Review into the benefits to the broader community of people with lived experience of mental health problems taking a lead in developing and delivering training. This funding will allow us to meet in person, which is preferred by the volunteers, and to complete the systematic review process, preparing an article for submission to a reputable journal to join the formal academic literature. The publishing model for journal articles is such that either people pay to submit articles to be "Open Access", or people pay to read them. In order to ensure that the authors, and others in the broader community of those with lived experience of mental health problems, we will submit our article Open Access.

■ *Mental Wealth Academy – Mentally Healthy Workplaces training*

Type: Other

Volunteers: 10

Funding Awarded: £5,240

For the last two years we, as a group of experts by experience in Mental Health have developed and piloted training to guide workplace managers toward good practice in Mentally Healthy Workplaces. We are now seeking funding to support the delivery of this training package to third sector workplace in Dundee. This funding will support the delivery of 6 one day workshop sessions to 8-10 people per session. It will also support us in the review and refinement of this training." As we gain experience delivering training we will also train up additional experts by experience to be able to participate in delivering our training session. This will empower them, and enhance our capacity to deliver training.

■ *Camp Growers – Food to Grow, Food to Share*

Type: Nature

Volunteers: 50

Funding Awarded: £4,795

At Campy Growers, we grow everything organically. We aim to show people how to do so through volunteering opportunities, workshops and events. We are making gardening accessible by sharing resources and knowledge so visitors and volunteers can replicate it at home and become more resilient. We wish to showcase different ways of growing food using ethical principles alongside with agroforestry and agroecology principles. The sense of pride is very important amongst our members, since the food grown on site is distributed to the local community. We will also distribute the food and run gardening sessions with local groups (Schools, community centres, library) and share our knowledge and passion for food growing. To do so we will use an electric cargo bike with trailer from Dundee Cycle Hub.

■ *LEAP Sports Scotland – Out and About Dundee*

Type: Sport or physical activity

Volunteers: 6

Funding Awarded: £7,270

This project is organising activity with local communities and in local communities and can be described as a community based initiative – both local and thematic LGBTIQ+ community. The project will improve health and wellbeing in a way that prevents poor health outcomes for adults and as such is strongly aligned to the overarching aim of the fund. We will co-develop and deliver a 12-month programme of mixed physical activity utilising outdoor spaces,

and activity based indoor facilities across Dundee. Participants will have opportunities to develop their own skills around accessing outdoors, physical activity and sport, we will recruit volunteers to support with organising of activity, and will deliver leadership and capacity building activity to support future sustainability.

■ **Dundee Youth Music Theatre – THIRVE**

Type: Arts and crafts

Volunteers: 10

Funding Awarded: £7,410

We will provide supported access to a free programme of activity; “THRIVE” aiming to improve the mental health and wellbeing of young adults 16-25 through arts engagement and participatory workshops. We will aim to increase self-awareness, self confidence and social skills as well as providing a socially positive experience in a safe and supportive environment.

■ **Giving Back – Forma Mentis**

Type: Counselling

Volunteers: 3

Funding Awarded: £7,242

Forma Mentis plans to develop links and more awareness of the individuals in the area who need assistance. Through our group work, training and 1-1 meetings we plan to develop the following: - 1.Explore effective strategies to manage stress, overcome challenges, and improve mental wellbeing. 2.Build on individual and communities practical techniques to build resilience and cultivate a positive mindset. 3.By having a Mental Health nurse running the project we will be able to not only sign post individuals but give real time advice and assistance when needed to those in the community who are struggling with their mental health.

■ **Yusuf Youth Initiative – Growing Together at Victoria Gardens**

Type: Group activity

Volunteers: 20

Funding Awarded: £6,994

Through nature contact, social contact, and enhancing participants’ sense of self-efficacy. The way we have structured the three types of weekly events allows people to come in on days which match their skill level and self confidence and allow them to either work in a group of peers or choose jobs to do on their own. In all cases participants get to work in an attractive natural green space and feel like they are making a difference in their community, both of which have evidence-based positive impacts upon mental health.

■ **Soundplay Projects – Sensory Socials**

Type: Social

Volunteers: 0

Funding Awarded: £6,700

Our project aims to support mental health and wellbeing by reducing access barriers and creating safe and accessible spaces for people with additional support needs to engage in creative practices. Specifically, we will offer a physical space for the young people to get to know each other through engaging with sound, music and digital visual art creation. We create a deliberate space for people who are often isolated from mainstream activities to feel valued and listened to and sensory socials will bridge a gap for those who will no longer be able to access support through formal education.

■ **Dundee Street Drumming – Street Drumming Workshops**

Type: Group activity

Volunteers: 0

Funding Awarded: £1,985

This follow-on street drumming course for adults will run for 15 weeks (2 hour sessions). Led by a mix of local tutor, and invited leaders of established street bands from Aberdeen, Edinburgh and Glasgow. The 2023 introductory course gave its 20 participants some basic samba/reggae drumming skills and experience but not enough to perform confidently in public. The 2024 course will build on previous drumming skills and confidence, so that participants are ready to get out in public. Each piece of drumming needs a conductor or “whistler”, who uses whistle and signals to control the band, set the tempo and cue the different rhythms. The whistler role requires an additional skill set beyond

simply drumming; this course will focus on developing four or five whistlers to be ready to take the lead in public.

■ **HELM – Lavish Lounge Intergenerational Project**

Type: Social

Volunteers: 0

Funding Awarded: £6,863

This funding would be used to enable deprived and unemployed young people to deliver beauty treatments to seniors in local care homes. The young people are trained in our Lavish Lounge vocational learning centre gaining experience with various treatments (lashes, waxing, eyebrow waxing and tinting, manicures and pedicures, facial and hand massages and other salon skills). They then get real life experience of working with older age groups/skin types delivering treatments to residents. The sessions in the care homes for groups of seniors provides opportunities for young and old to connect with each other; build trusted relationships and provides valuable social engagement for vulnerable and socially isolated seniors including those with various long term health conditions.

■ **Art Angel – Osmosis**

Type: Arts and crafts

Volunteers: 2

Funding Awarded: £17,392

We will develop our previous Osmosis project funded by the Wellbeing Fund. Our year-long project based at the Botanic Gardens aimed at young adults (16-25) living with serious mental health difficulties. The young people will devise a series of drama pieces based on vox pops, short interviews with Botanic Garden visitors around wellbeing and nature. Alongside this young people will create installations in various parts of the gardens that enhance and work with a drama performance which includes sound, film, and multimedia sculpture/installations. The project will culminate in a perambulatory performance visiting each site-specific installation, each with its own drama piece. This will be open to a public audience.

■ **How It Felt – How It Flet**

Type: Therapeutic

Volunteers: 4

Funding Awarded: £23,916

Our services are in the format of workshops and projects involving creative activities, this by providing non-judgemental safe spaces, provide opportunities, skill sharing, relationship building, giving purposeful experiences, reducing isolation and integration, while reducing barriers to the arts for the community. We aim to reach a wide cross-section of the community, adapting our services to the needs, abilities and preferences of each partnership or group.

■ **St. Ninians Stay – Play and Stay Family Support Group**

Type: Social

Volunteers: 13

Funding Awarded: £8,216

Group supports vulnerable Families with a child 0-4 yrs in DD4 7RW reserving 4 places for referrals from Dundee wide. It is inclusive, professionally run, well attended, successfully sustained since 2010. Ethos to provide a welcoming, non-judgmental support group for families working collaboratively to achieve the following outcomes: - Improved overall development of each child. Improved attachment and resilience of each child. Adults Improved Interaction with their children. Increased self-confidence in dealing with themselves, others and external agencies. Reduced isolation. Reduced anxiety/stress. Increased ability to access opportunities for personal development. Lacking capacity to network, we seek funding for a weekly 4 -hour post.

■ **YMCA Tayside – Imagine a Man - Wellbeing Project**

Type: Group activity

Volunteers: 2

Funding Awarded: £23,715

Imagine A Man- Wellbeing Project is a new piece of work. It is an inclusive wellbeing project designed to uplift and support young men, aged 16-25, on their journey to confidence, positive self-image, holistic health and empowered choices. It seeks to provide a space to nurture positive masculinity, promote healthy gender norms and move towards

a more equitable and inclusive society.

■ **Dundee International Women's Centre – Women Together**

Type: Group activity

Volunteers: 5

Funding Awarded: £12,483

Support for isolated and excluded women to participate and take part within activities with others and receive support for issues such as domestic abuse, isolation and health issues. We will do this through signposting, advocacy and accompanying women to appointments. Along with this we will upskill and train 5 volunteers to provide befriending and a listening ear to women which will improve women's mental health, wellbeing and confidence. We are a specialist service supporting women mainly from BME communities and we have the knowledge, skills and understanding of the barriers facing BME women along with being culturally sensitive which is important to build trust and meaningful engagement and relationships.

■ **Deaf Links – Sensing Mentally Well**

Type: Therapeutic

Volunteers: 5

Funding Awarded: £14,584

Deaf Links will progress early intervention and prevention work with Deaf and sensory impaired people Dundee so they avoid reaching crisis with their mental health due to exclusion and isolation from society. Deaf Links will progress early intervention and prevention work with Deaf and sensory impaired people Dundee so they avoid reaching crisis with their mental health due to exclusion and isolation from society

■ **Nilupul – CommConn**

Type: Therapeutic

Volunteers: 6

Funding Awarded: £18,503

Purchase equipment for static and mobile online broadcasting. • Produce high quality, online live streaming, podcasts and webinars. • Provide online mindfulness-based services to reduce stress and anxiety & improve mental health and wellbeing. • Reach as wide a range of the population as possible. • Sustainability. Activities 2 x 9 week mindfulness stress -reduction courses will be delivered to socio-economically disadvantaged adults suffering from post-covid and cost of living stress. Purchase equipment for static and mobile online broadcasting. • Produce high quality, online live streaming, podcasts and webinars. • Provide online mindfulness-based services to reduce stress and anxiety & improve mental health and wellbeing. • Reach as wide a range of the population as possible. • Sustainability. Activities 2 x 9 week mindfulness stress -reduction courses will be delivered to socio-economically disadvantaged adults suffering from post-covid and cost of living stress. CommConn is a new and innovative project that adapts the delivery of Nilupul services to post Covid -19 circumstances & beyond and provides additional ways of delivering beneficial community services.

■ **Parent to Parent (in partnership with Relationship Scotland) – Potato Peel Pie Hub**

Type: Peer support

Volunteers: 3

Funding Awarded: £25,000

We would like to pilot a book club project ("Potato Peel Pie Hub"), to: - increase parents'/carers' knowledge and skills, and share strategies for the challenges they face (delivering thematic book-club sessions), - enhance their resilience and wellbeing through 1:1 and group support, - reduce their social isolation and disconnectedness. The support will include our collective core services, to enhance parents' mental wellbeing due to reducing their distress, offering them new skills, improving their resilience, reducing family pressures and isolation, and connecting them with others (and with further help) who can in turn become support networks, long-term. Prioritising at-risk groups will be a natural focus for the project; most of our beneficiaries are from these groups.

■ **Alternatives Dundee – Infant Loss Counselling**

Type: Counselling

Volunteers: 2

Funding Awarded: £8,920

Aim To create a space that enables lasting change through compassionate and skilled support. Objectives To deliver a specialist, bereavement counselling service, free at the point of need, to individuals affected by the grief and trauma associated with infant loss. Activities Specialist trauma and bereavement counselling to be provided to 20 individuals in Tayside. 12 – 20 sessions of face to face or remote counselling.

■ **Dundee Pensioner's Forum – Westend Blethers**

Type: Social

Volunteers: 8

Funding Awarded: £9,100

West End Blethers began as a small pilot project in early October 2021 in response to concerns for older people who had been unable or reluctant to leave their homes and enjoy any social contact - as a consequence of Covid restrictions. The Blethers initiative was established at the Friary Café (City Church) in Tullideph Road - offering a safe place to meet and talk. Refreshments and transport to and from the cafe are offered free of charge to attenders.

■ **Grey Lodge – The Grey Lodge Gallivanterers**

Type: Sport or physical activity

Volunteers: 4

Funding Awarded: £15,240

We wish to continue and to expand our Project from Spring 2024 so 12 participants from our Adult Life Skills Project, who suffer from low self-esteem/confidence levels and mental health issues such as depression and anxiety, may also reap the benefits/rewards of being involved in our fortnightly outdoor excursions. Our aims would be that they would experience: increased self-esteem/confidence levels; decreased depression/anxiety levels; reduced social isolation/loneliness; and improved physical well-being.

■ **Maxwelltown Information Centre – Dundee Garden Share, expanded Garden Tool library and Harvest your Own & Cooking with Nature.**

Type: Nature

Volunteers: 40

Funding Awarded: £16,565

The funding will be used to re-employ a part time worker to deliver the following new activities for 24/25: • A new Dundee Garden Share project matching older people who can't upkeep their gardens with people who can use them to grow fruit and vegetables. • Access to a revamped tool and seed library with the added benefit this year of one to one support to individuals and groups when the library is open. This will provide tailored, bespoke advice and support to everyone. • Last year we piloted Harvest your own sessions in addition to providing harvest boxes. Demand and feedback was such that this year we want to extend this further by providing regular sessions throughout the growing season. We also want to provide more recipe and meal options for using garden produce. In addition we will provide access to a cooking workshop the following day for anyone wanting to gain skills preparing new foods. • This member of staff will also support other team members to managing an extensive range of volunteering roles to gain skills and provide socialising opportunities.

■ **ScrapAntics – Connect**

Type: Social

Volunteers: 5

Funding Awarded: £17,334

Connect will engage young males seeking asylum in activities which promote wider community integration, support conversational English learning and enable sharing of existing skills through football, music and cooking sessions. 64 weekly sessions plus additional football matches will be delivered with partners in various locations, including at Dundee United and ScrapAntics Wellgate space. Visits to cultural and community organisations such as DCA, McManus Galleries, V&A; and Maxwell Centre will be arranged. A community barbecue will be planned and delivered by the group at Templeton Woods. A trip outside of Dundee will be organised.