

## Local Grant Funds 2014/2015

**A total of £63,840 has been awarded to 18 local organisations**

### **NEW HORIZONS BORDERS**

**Awarded: £3,660**

**Project Title: Voyages of Discovery**

This project will develop the theme of their recent publication "Voyages of Discovery" with a series of awareness raising workshops based within communities in the Scottish Borders. The sessions will be based on **Education** – replacing myths about mental health challenges with accurate information and **Contact** – by challenging discriminatory attitudes and behaviour through direct interactions with people with lived experience. New Horizons will target areas where discriminatory attitudes and behaviour are high. They will increase awareness with employers and families on how to support people who are struggling with their mental health and education young people within schools and colleges on the reality of mental health challenges experienced by people with poor mental health focussing on their personal experiences.

**Bellahouston Academy**

**Awarded: £2,000**

**Project Title: See me Now**

Bellahouston Academy will co-ordinate a series of activities throughout the school year to raise awareness of the issues surrounding poor mental health with pupils being actively involved in the planning and delivery of assemblies and lessons. They will survey all pupils and staff to shape school policy to change behaviours so that mental health stigma and discrimination is reduced. Assemblies will be planned and delivered to pupils across all year groups. The drama department will support the group to produce a piece that will raise awareness and reduce mental health stigma. A weekly Pastoral care service will be available to support pupils experiencing poor mental health.

**Skye & Lochalsh Citizens Advice Bureau**

**Awarded: £4,000**

**Project title: Advise-Ability**

This project will tackle the limitations of people with poor mental health in rural areas who experience health and access inequality exacerbated by inadequate public transport, social isolation and stigma. This new and unique service will offer outreach and home visits to clients in remote areas to promote advice on welfare rights, money, debt, employment, housing and community services. Each client will have an advisor with lived experience of mental health problems to support and guide them as clients are empowered to take charge of their own affairs. Through this process clients rights will be protected and enhanced, their confidence boosted, self-stigma reduced and recovery improved.

**Renfrewshire CHP, NHS GGC&C**

**Awarded: £4,000**

**Project title: Art Trail by Rail**

Artists with lived experience of mental health problems will create a unique exhibition of public art on railway station platforms from Paisley to Port Glasgow. Artists as creative peers will share their mental health recovery experiences and discuss images and words that will challenge stigma and discrimination while building their own self esteem. The exhibition will launch with 'The Art Express' a train trip between the stations raising public awareness and media attention. Public attention will be maximised by this unique event in unexpected places and they will be invited to engage and respond positively to the day's activities. A short film of the exhibition, the train trip and interviews with the artists will be made on the day and launched on social media and health centre TVs.

**African Lanarkshire for Mental Health**

<b>Awarded: £4,000</b>
<b>Project title: Health singing</b>
People from African communities who experience mental health problems often experience social exclusion as mental health problems are often regarded as a taboo subject and rarely talked about openly in families and the community. This can lead to fear, isolation and loneliness, and hinders recovery. This project aims to break down barriers in mental health by celebrating cultural differences through music and dance. Workshops will be designed to dispel myths and provide information and support to those experiencing mental health problems, whilst building new relationships. Groups will come together with a public performance on World Mental Health Day and the activities will be promoted on social media.
<b>ACUMEN</b>
<b>Awarded: £4,000</b>
<b>Project title: Radio Stigma Free</b>
Participants will take the lead to reduce stigma and promote mental well-being through creative drama sessions that will deliver engaging and humorous radio scenes based on real life experiences. A core group of people with lived experience will develop their creative, leadership, presentation and media skills. Radio scenes will be broadcast on local and hospital radio and stimulate open discussion about mental health with the general public. There will be Q & A sessions with listeners and engagement with the wider community in an online dialogue about stigma and discrimination on social media.
<b>FALKIRK DISTRICT ASSOCIATION FOR MENTAL HEALTH (FDAMH)</b>
<b>Awarded: £3,950</b>
<b>Project Title: WE ARE ALL BOBBY</b>
FDAMH Media Group will tour their drama 'We Are All Bobby' and hold post performance discussion session at community based venues and further education colleges across Forth Valley. Through their participation, those with lived experience will improve confidence and build their self-esteem whilst reducing isolation and self-stigma. Specific scenes will challenge stigma and make audiences redress the way they interact with those in recovery. Target groups will include young adults and students who may have little or incorrect assumptions about mental health and the effects of stigma caused by misinformation and other mental health recovery groups to promote inclusion in the arts as a positive and empowering tool for recovery.
<b>PENUMBRA – FALKIRK</b>
<b>Awarded: £4,000</b>
<b>PROJECT TITLE: tbc</b>
People with lived experience in the Falkirk area have expressed concerns of their experiences of discrimination in everyday life that are detrimental to their recovery and leads to isolation and increased self-stigma. This group will be supported and trained in negotiation and presentation skills and will work with First Bus Group in Falkirk to develop a piece of work that highlights their experiences of mental health stigma and discrimination. The campaign aims to increase public knowledge and awareness that will lead to a reduction in fear, anxiety and incidents of discrimination and identify sources of support in the local community.
<b>LIBERTUS</b>
<b>AWARDED: £3,910</b>
<b>Project Title: tbd by the group</b>
Young people with lived experience of mental health problems, particularly anorexia, bulimia, depression and self harm will lead a project on misrepresentation and unrealistic ideologies presented by the fashion industries and media. Initially the project will run a series of workshops with guest speakers to pupils from two local secondary schools and engage them in open discussion using See Me 'What's on Your Mind' campaign materials. They will also examine the role of the fashion industry in perpetuating myths about perfect body image and lifestyle. Working with a fashion designer the group will create a design that conveys a positive message about people's

unique identity. They will then deliver their own advertising campaign to launch the 't-shirt collection' which will be promoted using social media.

**THE COACHHOUSE TRUST**

**AWARDED: £3,900**

**Project Title: Now You See Me: Now You Don't**

Now You See Me; Now You Don't will be a two day art installation in the gardens of the Coach House Trust held on their Open Days in November and March with an expected attendance of between 100-150 local people. Participants will create artworks which express their perception of their identity, how they see each other and how they feel they are seen by others. The event will help participants consider how stigma and discrimination has affected their personal identity through therapeutic discussion and art making. Project participants will engage with the public during the Open Days with opportunities to discuss their designs and their own lived experience of mental health.

**CONSULTATION AND ADVOCACY PROMOTION SERVICE (CAPS)**

**AWARDED: £4,000**

**Project Title: Living with an Eating Disorder – What you need to know**

Led and informed by people with lived experience of eating issues, this project will involve creating a resource pack for GP's including posters to raise awareness in surgeries and leaflets for patients with personal testimonies and stories of recovery as well as local contacts for support. Currently there is no such resource available to GPs and this resource pack will help GP's to better understand what can contribute to people's recovery and be more able to offer early recognition of an eating disorder and offer appropriate treatment that includes peer support as well as medical interventions. This will lead to a reduction in self-stigma and feelings of isolation as people feel more valued and understood.

**REELTIME MUSIC**

**AWARDED: £2,340**

**Project title: THINK POSITIVE**

Youth led taster workshops will lead to involvement in an event, enhancing the availability to challenge stigma. Activities will progress to weekly music groups and volunteering. The project allows 48 young people the opportunity to take part in engaging taster workshops. Eight will progress to involvement in the Sound minds mental health event during this year's SMHAFF and five will have the opportunity to progress into the Reeltime Music progression model.

**THE PLACE YOUTH CLUB**

**AWARDED: £1,200**

**Project Title: ALNESS HIGHLAND – MENTAL HEALTH AND EMPLOYABILITY**

Young people at The Place have identified a need to look at mental health issues and the links to employability in Alness, particularly around managing mental health issues and ensuring that young people do not negatively affect their employment options. Young people will organise and run a one day event that will challenge stigma and help ensure young people are able to make positive choices about their own mental health and employability options.

**PENUMBRA**

**AWARDED £4,000**

**Project Title: REFLECT (working title)**

To deliver a 6-8 week series of workshops centred on addressing Negative Body Image in young people. Workshops will have 3 main strands incorporating **information** for parents of primary age children, prevention measures for primary 5-7 pupils on self-confidence, self-esteem and media literacy and **intervention** for S3 –S4 Secondary pupils with further understanding around stigma and misrepresentation in the media. Staff and parents will be better informed about the development of negative body image and better equipped to support children develop a positive self-image. Pupils will have a greater knowledge of the impact of the media on self- image and increased levels of self-esteem, where to seek help and how to support each other support.

<b>NHS HIGHLAND</b>
<b>AWARDED: £4,000</b>
<b>Project Title: Ross-shire Game Changers</b>
This project gives people with lived experience a voice in creating, producing, leading and managing a project around stigma with support from the Community Mental Health Team Services. They will create a meaningful and informative anti-stigma campaign that will lead to a change of attitudes and behaviour in a local community. The campaign will be recorded using photography and creative writing as well as local community perspectives. Ross County FC. Will work with the group to co-produce and co-deliver an evidence informed recovery programme and will set up a Charity to build on this project and share their findings with other clubs across Scotland.
<b>CHANGES COMMUNITY HEALTH PROJECT</b>
<b>AWARDED: £3,492</b>
<b>Project Title: FIRST STEPS TO MENTAL HEALTH AWARENESS</b>
People with lived experience will be involved in the design and delivery of a course for local employers to raise awareness of mental health and recovery by helping people to better understand their own mental health. This new course will be delivered to staff in Torness Power Station. Individual support will be provide to team mental health champions throughout the duration of the project and the establishment of peer support in the work place encouraged. The course will challenge stigma and discrimination faced by people with mental health issues in the workplace and encourage more open communications within staff team. It also provides peoples with lived experience the opportunity to develop skills in course development, facilitation and leadership.
<b>RAG TAG &amp; TEXTILES Limited</b>
<b>Awarded: £4,000</b>
<b>Project Title: PATHWAYS OF PROGRESS</b>
Rag Tag and Textiles, based in Skye, recycles materials to produce and sell high quality furnishings, crafts and clothes through their retail outlet. This project will see an expansion of the volunteer service with referrals from an additional five agencies increasing workplace training opportunities across a wider community. Eight people will be recruited, trained and supported in creative learning and practical skills development. There will be increased opportunities for social contact between people with and without experience of mental ill-health through their retail outlets delivering a powerful message to the wider community and challenge perceptions of stigma and discrimination.
<b>HUG (Action for Mental Health)</b>
<b>AWARDED: £4,000</b>
<b>Project Title: HEAR ME</b>
Hear Me will provide a voice for parents with a mental health problem whose children have been taken into care. It will develop the capacity of parents to create a sustainable Highland-wide group that speaks out about their experiences in order to change attitudes and behaviours leading to policy change within the care system. This will lead to an increase in awareness of service providers of the needs and experiences of parents leading to better understanding and improvement in appropriate behaviour policies and a reduction in the self-stigma of parents as their ability to challenge service providers increases and their rights are being protected.