

Voluntary Action Shetland - Community Mental Health and Wellbeing Fund – Year 1

19 Groups successful in receiving funding. Supported Activity until March 2022.

	Name of Organisation	Awarded	What they achieved with the award
1	Shetland Pride	4,450.00	Shetland Pride successfully designed and sent out via Royal Mail 12,500 Mental Health and Wellbeing Leaflets aimed at the LGQBT+ community to every business and home in Shetland, successfully did a video aimed at the mental health issues the LBGQT+ community often face everyday which was distributed via social media and successfully distributed a social media page.
2	Shetland Care Attendant Scheme	5,000.00	SCAS provided regular breaks for carers twice per week by providing a Care Attendant to care for the “looked after person” (service user). Booked a local hall and held a social gatherings where we provided tea, coffee, sandwiches & home bakes for service users to attend with our Care Attendants. SCAS started nine new packages and provided overnight support to some of them so we purchased baby monitors to use so that Carer could check they were fine during the night without disturbing them and could go straight to them if they got out of bed, to ensure their safety.
3	Mind Your Head	4,550.00	Supported 15 people via what we called the ‘Keeping Well’ programme which is a follow up from the 12 week Wellness Programme. We offered support & check ins to individuals’ weekly dependant on the needs of the individual. The individuals dictated what intervention and how frequent they wanted support therefore it was very person centred.
4	Hoswick Visitor Centre (SCSED)	265.00	Planned to provide weekly opportunities to meet, for a community group which includes people who have a confirmed dementia diagnosis. Arranged entertainment, refreshments and some time for sharing news and chatting. On a monthly programme we planned to make space available and refreshments for a small group of carers who meet with Alzheimers Shetland Advisers who support this group. The plan included providing a ‘Community Health and Wellbeing’ notice boards. 16 people benefitted.
5	Moving On	5,000.00	We worked with the SRT to set up gym inductions for a number of young people, funded a Music Workshop over 10 weeks, arranged two sessions at the Climbing Wall at the Aith Leisure Centre for two groups of young people & arranged a ‘mini’ yoga retreat for a group of young women at Busta Hotel. 15 people benefited from this.
6	Cedar Centre	4,150.00	Funded the rental of a new workshop space for 3 months and purchased a large stock of arts and crafts material for 9 clients to engage in the activities.
7	Curious Pilgrims	3,755.00	Through this project titled Reconnect we created activities and events that are accessible, fun, engaging & free. They presented two diverse community-centric activities: Drum Connections: 4 standalone drum circle workshops of 1.5 hours each. 49 people attended. Nordic Nights: 3 music/storytelling performances of 1 hour each. 120 people Attended.

8	Shetland Bereavement Support Service	4,100.00	Used the award to source materials & SRT tokens to make up Support Boxes filled with a wide variety of things to help support 32 clients currently on the waiting list to see a councillor.
9	Shetland Community Connections	3,910.00	SCC ran 24 dance sessions, 2 per week. 4 meetings in the Lerwick hotel to connect up people – we have had to create artificial opportunities in hospitality venues. 12 art sessions specifically aimed at supported living and outreach clients who are still not able to go back to the Eric Gray centre for their full quota of time. Overall we had 32 people attending the different activities
10	Shetland Community Choir	4,870.00	Buy Ipads so that we could Zoom choir rehearsals and performances and lend out Ipads to any in need that could not attend in person. The whole choir has benefited from this.
11	Shetland Womens Aid	4,500.00	SWA paid the full £4,500 to Shetland Recreational Trust in order to set up a company cashless account for clients to use the facilities & get a membership for swimming or gym. This process protects the individual's anonymity and takes away any stigma attached to using a voucher system.
12	Samaritans Shetland	1,000.00	Samaritans placed posters and banners advertising our service, free phone line and email across Shetland. Advertising our phone and email service has also been done in the local newspaper. Whilst exact numbers of people making use of the service advertised on these posters cannot be given, statistics from our Shetland Samaritans e-log show 265 people used our service for emotional support, during February and March 2022.
13	Advocacy Shetland	5,000.00	The project planned will raise awareness of our service Shetland wide. We will hold awareness raising events in Community Halls and other rural settings. We will advertise in local media and liaise with services and professionals in the local area to identify need. These events would also be useful to attract rural volunteers and Trustees. We already have some clients from rural locations but we know there will be many more. Because of the increase in mental health and poverty during the pandemic there are going to be many more people in need of advocacy support.
14	Shetland Comedy	1,399.00	In April 2022, for stress awareness month, we would like to run a block of free workshops for the public. Over 4 weeks, we would like to teach 'Improv for Mindfulness'. The skills used in improv are all about active listening, being present in the moment, being authentic, responding to others, and being playful. We would like to teach these skills as a way to combat stress. Following the workshops, we would like to put on an improv comedy show in early May 2022 for Mental Health Awareness Week.
15	Purple Loft Project	4,944.00	Purple Loft Project plan to provide free artistic materials to people in Shetland, who would benefit from being creative but face barriers due to low income and poor mental health. Like a foodbank but to encourage creativity.
16	The Outpost Shetland	5,000.00	Build a community polycrubb with internal decking and planters. 12 people have benefitted so far.

17	Food for the Way	2,300.00	Restarted Gardening activities at Park Lane Gardens. Purchased new equipment for 8 people, wide variety of trees & shrubs, roses & protective clothing in a variety of sizes.
18	Dunrossness Community Hall	3,250.00	Provided a safe space for women experiencing the menopause to come together to support each other and access therapeutic services. A space where 21 women felt very comfortable discussing any aspect of the symptoms they were experiencing
19	Cunningsburgh Village Club	5,822.82	CVC planned to purchase equipment for the club to get more people to come socialise and feel that they have a place to go locally that meets the needs of the community.