



Community Mental Health and Wellbeing Fund

Impact and Learning Flash Report - Phase 3 (2024/25)

April 2024 - September 2024



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University
Health & Social Care
North Lanarkshire

This fund aims to...

This fund aims to support 'at risk' groups in North Lanarkshire through community-based support provided by the community and voluntary sector, to enable:

- Improved mental health and wellbeing
- Reduction in mental health inequalities
- Reduction in stigma around mental health and illnesses

At the start of this phase...

£946.6k

of funding
was awarded

34 projects

received an
average of
£27.8k

Many thanks to the
funded projects which
provided information and
to the VANL staff who
prepared this report.

6 months in, the projects have...

...supported

7240

unique individuals

...delivered

4719 sessions

of

181 activities

...contributed
towards

outcomes

including:

Note that not all service
users have reported on
outcomes yet

The projects have been supported by...

233

volunteers and

12,819

volunteer hours

That's as many
hours as 14
people working full
time every week!

Volunteer hours
equate to

£153.8k

match funding

(2024 RLW rate of £12)

2679

adults feel more connected, included and safe

2835

adults' health and wellbeing improved

420

carers feel more informed and aware

355

carers' health and wellbeing improved

742

young adults' health and wellbeing improved



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Read the reports from previous phases
on the Community Solutions website

Supported people have said...

“Coming to the classes has been so good for my confidence and overall mood. They encourage me to get out the house with my wee one. The fact they are free really helps, as socialising falls down my priority list now as everything is so expensive. I've gotten friendly with a few other mums attending the classes and now we have a group chat and meet up regularly”

Mum attending GBT's Bump to Birth and Beyond sessions

“[The Health and Wellbeing sessions] just help me relax and soothe myself”

Young carer attending Action for Children's Wellness Starts Within project

“Shortly after I started at the men's group, my wife passed away. The group kept me going. [...] I would recommend CACE to anyone that asked me. It's a good place, loads of banter and fun in the men's group, people just take you as you are.”

Older man attending CACE Connections

“I had originally come to the centre to take part in another group. At the café I spoke to the centre staff. When asked about activities I would like to join in with I suggested a crafting group. The staff asked if I would like to help with the group. After a few sessions with the other people taking part I began to find my confidence. I am now taking part and volunteering in the Women's group as well.”

Person attending Kirkshaws Neighbourhood Centre

Projects are particularly proud of

- Seeing **friendships** grow within the groups
- Allowing **people to shape the support** they receive
- Seeing people's **confidence** grow throughout the project
- Providing **accessible support**
- Supporting people to move on from the project to **attend school again**, get jobs, go to college, volunteer etc.

Projects encountered the following challenges

- Managing **high demand** with **limited capacity**
- Lack and **high turn over of volunteers** and staff
- Getting people to engage and attend when they are dealing with **difficult circumstances**
- Sometimes serious situations cannot be helped with wellbeing activities alone, and statutory services are required