



Monday, August 4, 2025

# Community Solutions Funded Project Evaluation and Monitoring Form (New) - Community Mental Health and Wellbeing Fund Phase 5

<b>Organisation</b>	Peer Support North Lanarkshire
<b>Project Name</b>	Mens Bereavement Peer Support Group
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## Performance Reporting

Activities and People Supported

**What did you expect to do with the funding and what did you actually do against your original plan? Please include: key aims, how many activities were planned vs how many were delivered.**

The aim of the project was to deliver workshops that would improve mental health and wellbeing by giving the group members an opportunity to meet other people who are also experiencing bereavement in a comfortable setting. We planned to target men over 50 as we identified studies which showed that men tackle bereavement in different ways than woman and bereavement groups for men are more focused in on activity based than talk based support. The project was delivered across 2 years, to allow time to establish links and build relationships within the group.

We planned to deliver a 1 hour weekly session, which we were able to deliver 40 sessions of in local Community Hubs across the 6 localities. 45 men attended in total, with each session having an average of 25 attendees. The sessions were led by the needs of the group.

Each session had a theme to drive discussion. Topics included: family relationships, coping strategies, other community supports, self care strategies. We paired activities with each discussion to allow the men to try new skills, such as gardening, games, wood work, and mindfulness.

**Which of the following best describes your project activities?**

Peer support

**Which of the following describes your project?**

Restricted - aimed directly at particular target groups

**Which of the following priorities does your project contribute to?**

Priorities: social Isolation/loneliness

**How many people have been supported by your project so far?**

45

**Who were the main beneficiaries?**

Men over 50 who have been bereaved

Did you engage with any of the following groups?

- People who have experienced bereavement or loss
- Older people (aged 50 and above)

What localities did your project deliver in? Please select all that apply?

- NL-wide

Please provide the following information on the number and type of activities delivered, and the number of unique individuals supported during this reporting period.

	Activity provided in this reporting period	Number of sessions provided for this activity during this reporting period	Number of unique individuals supported in total during this period for each activity
1	Peer Support Group Weekly Sessions	40	45
2	Additional Activities (not during support group)	10	40
3			
4			
5			
6			
7			
8			
9			
10			

Please provide the following information on the number of unique individuals who reported against the project's outcomes.

	Project Outcome (from your application)	Corresponding CS Outcome (see below)	Number of Unique Individuals Reporting on Outcome	Please explain what evidence you have collected to support this?
1	Mental health and wellbeing improves	2	40	Survey
2	Giving people the opportunity to connect with others who are experiencing similar issues	3	35	Verbal feedback, staff observations and case studies
3				
4				

	Project Outcome (from your application)	Corresponding CS Outcome (see below)	Number of Unique Individuals Reporting on Outcome	Please explain what evidence you have collected to support this?
5				
6				
7				
8				
9				
10				

The Community Solutions outcomes are as follows.

Group	Number	Outcome
Adults	1	People feel more connected, included and safe.
	2	Improved health and wellbeing.
	3	People feel more informed and aware.
Carers	4	Carers feel more informed and aware.
	5	Carers health and wellbeing are improved.
	6	Carers are more able to have a life outside of caring.
Children, Young People and Families	7	Children and young people's health and wellbeing are improved.
	8	Family relationships are strengthened.
	9	Children, young people and families become more resilient.

**How many total service users reported on your project's outcomes?** 40 - Not all men felt comfortable reporting back.

**Please let us know of any achievements to date that you are particularly proud of, or demonstrate the difference made to individuals?**

100% of the men who reported back about their experience, said that the group improved their mental health and wellbeing.

The volunteers observed that the men's ability to communicate with each other openly about their experience improved each week. Some of the men now meet up regularly outside of this group.

One man fed back 'coming to this group has become an absolute lifeline for me. I wasn't able to speak about how I was feeling so openly before I came here. I have learned new coping skills and strategies for when I feel low.'

Because of the impact of this group on the men, they have led their own fundraising activities to ensure the group continues.

**Were there any challenges/changes you encountered that slowed the progress/stopped the outcomes from happening?**

Initially, some of the men felt reluctant to speak in front of the group and about their experiences. For the first couple of sessions, the Project Lead and the volunteers combated this by focusing more on the activity, and by informally speaking about their own lived experiences of bereavement, rather than trying to

encourage the men to speak about themselves. This helped to establish rapport, and build trust among the group. Over the two years, as relationships grew between the members of the group, the men were more able to open up and were even able to progress to talking about heavy topics.

**Please provide details of any unexpected outcomes your project has achieved.**

An unexpected outcome was that some of the men found they had a shared love of playing football, but found that most local football teams were inaccessible, so they formed their own walking football group. The walking football group met once a week independently from the peer support group, with 14 regular attendees. The men have fed back that this has supported their physical and mental health, and has helped them to feel more connected and included in their community. We have been able to secure further funding to support the walking football team to continue.

**Multi-Year Funding**

\*Please only complete this section if your project is funded to be delivered over two-years

**To what extent do you agree with the following statements about multi-year funding.**

'Two-year funding provided my organisation more certainty about the project'	Strongly Agree
'Two-year funding allowed my organisation to better plan the project for the long term'	Agree
'Two-year funding has improved the stability of the project'	Agree
'Two-year funding has improved cost-efficiency for my organisation'	Strongly Agree
'Two-year funding has improved how we engage with service users/under-represented groups'	Strongly Agree

**Please provide any additional comments about how multi-year funding has impacted your project delivery.**

N/A

**Service User Feedback**

Service User Feedback

**Has your organisation/project issued Service User Feedback Surveys to all service users receiving support during this reporting period?**

Yes

**If no, please explain why.**

N/A

**Has your organisation/project invited service users to share personal stories/case studies using either written, audio, or audio-visual format?**

Yes

Can these be shared with VANL? If yes, please upload document or email to rebecca.thomson@vanl.co.uk



VANL Guidance for Funded Projects ... .docx

If no, please explain why.

N/A

## Learning and Improvement

Please tell us about your experience of learning and improvement throughout this project. Please tell us about what went well, what could be improved, and what learning you have taken from the project.

From this group, we have learned that the participants need to be given time to become comfortable before they are able to share with others about their experience. When the group was quieter the first few sessions, we were apprehensive that the men would engage with the project the way we envisioned. However, we learned that being willing to share lived experience, patience, and time to build trust is important. The two year funding gave us the time to build relationships and allow the group to open up to each other. Next time we do a similar project, we would plan more 'hands on' activities, rather than talk-based for the first few sessions until people are more comfortable.

Please give details of how you have engaged with stakeholders, including service users, in the design, delivery, and development of your project.

We consulted our existing service users through feedback sessions and surveys. 76% of our service users expressed that they were struggling with recent loss or long-term bereavement which has impacted their daily life. Many of our service users expressed that they would welcome the chance to talk about their experiences in a social setting, with one volunteer stating. This led to the creation of this group.

The Project Lead and experienced volunteers initially suggested a range of topics for the men to cover until the project was established, and then the men were able to led discussions and choose the activities they were interested in.

We have previously worked with other bereavement support groups such as Mens Time to Talk and Bereavement Support Scotland, and were able to collaborate with them by providing different activities and information sessions.

## Project Income and Expenditure

Please provide a report on your expenditure to date based on the details provided in your funding application.

	Description of Item	Funds Used	Funds Remaining
Staffing Costs	Project Lead	£20,775.00	£0
Volunteer Costs	Training	£300	£0
Equipment and Resources	New laptop for project lead and Microsoft Account Subscription	£554.99	£0
Expenses	£10 per session for travel	£240	£0
Overhead Costs (please specify)	Management Costs	£1,168.50	£0

	Description of Item	Funds Used	Funds Remaining
Other Costs (please specify)	Room hires across NL community hubs	£1,500	£0
	Total Funding Amount	Total Funds Used	Total Funds Remaining
-	£24,538.49	£24,538.49	£0

## Additional Funding

Please tell us if your organisation has been able to secure additional funding from other sources to support your Community Solutions funded work?

	Additional Funding Source	Brief Description	Total Amount
1	Community Solutions LAF Funding	To support walking football group	£1000
2			
3			
4			
5			

Please tell us if you think the project will continue after this funding ends.

Yes, we were able to build engagement and the men involved have supported and facilitated a number of fundraising events (a sponsored walk and selling woodwork items made during the group sessions). We will continue to do this, and in the event it is not enough, we can seek funding from other funders to avoid incurring a small fee.

The one-off equipment needed was supported by this funding.

If you would like support from VANL with sustainability of your project moving forward, please indicate below.

Yes

## Volunteer Support

Please provide the following information on the type of volunteer roles involved in the delivery of your project (e.g. befriender, walking guide, youth group support), the number of volunteers, and the number of volunteering hours supporting the delivery of the project.

	Type of volunteer supporting your project	Number of individual volunteers	Total number of volunteering hours supporting your project
1	Group facilitators	6	240 (40 hours each)
2			
3			
4			
5			

Did VANL support you with the recruitment of these volunteers?

Yes

If yes, please tell us how many volunteers were recruited with VANL's help.

3

Did you find this support useful?

Yes

If no, please explain why.

N/A

## Funded Projects Views on VANL Support

Please tell us how you found the support provided by VANL.

Support for the application, assessment, and award process of the fund	
Support for monitoring, evaluation, and improvement	

Please tell us any additional feedback you would like to share about how you found the support provided by VANL.

The evaluation resources on the Community Solutions website (<https://www.communitysolutionsnl.org.uk/pmeli-resources/>) were helpful.

If you are not finished completing your form and would like to return to it later, please select 'Save' below. If you would like to submit your completed form, please select 'Review Answers' and then 'Save'.