

Event Report

Celebrating Community Solutions Posters - September 2025





Airdrie Adult Learning Forum

AALF Holiday Provision Project



Free community-based activities during the holiday periods. These activities were open to Children, young people, families and adults and had a particular focus on anyone who were identified as vulnerable and/or socially isolated. This project used funding to start up a free cinema club during these periods to bring people together and provide positive community inputs. Refreshments and fun learning activities related to the film shown to encourage fun interaction were also provided.

In addition, free, fun outings for families/individuals related to the holiday project during these holiday periods were provided. These outings allowed vulnerable individuals from areas of deprivation to experience trips/visits that they would not normally have the means to do, during these holiday periods.



50



£3,050



Action for Children

North Lanarkshire Young Carers



NLYC project provides support and respite to children and young people who care for a family member with an illness, disability, or other long-term condition. NLYC offer a range of services, including recreational activities, short breaks, emotional support, educational support, financial advice and practical assistance, to help young carers cope with their responsibilities and enjoy their childhoods.

 **£19,808**



98

“Aw couldn’t thank you all enough for these past few years, all the memories will last a lifetime. Gonna miss yous all.”

First off, I just want to start by thanking everyone at young carers but especially you.

You were genuinely one of the kindest most caring people I've ever met, and it was an absolute pleasure to get to know you and work with you. There were times where my caring role was overwhelming, but the football groups and our 1-1 sessions were a great breath of fresh air. So, from the bottom of my heart, thank you, for everything you have done for me and my dad.

Otherwise, things have been going well in America hard long days but looking forward to travelling after it!

Otherwise keep being one of the good guys



Bazooka Arts

Create and Connect: Community



A programme of therapeutic arts activities including therapeutic visual art, drama, film making, yoga, dance and movement. This project aimed to improve mental health and wellbeing, reduce social isolation and reduce inequalities relating to mental health and illness. The project also encouraged peer support and skill sharing, and supported participants to support longer-term recovery.



85



£30,000



Bazooka Arts

Garden of Dreams



A series of therapeutic arts programmes for pupils who are dealing with stress, anxiety, mental health or attendance issues. This is then followed by a sharing event where pupils are able to show off their creations to their parents/carers. This aims to reduce stress and anxiety, increase confidence, build resilience and support positive relationships and engagement.



98



£34,270



Befriend Motherwell

Hospital Befriending



The Hospital Befriending Project aims to reduce patient isolation and improve emotional well-being for those in University Hospital Wishaw General (possible expansion to other hospital sites) who are from the ML1 postcode area. Many patients experience loneliness during their hospital stays. This can affect both their mental health and delay their recovery. This project connects trained staff and volunteers with patients to provide companionship, friendly conversation, and support, enhancing the overall hospital experience. The project focuses on supporting patients aged 65 and over who do not have many or any regular visitors, particularly those with long-term stays or facing challenging health conditions. The project encourages social interaction, alleviates feelings of loneliness, and fosters a sense of community within the hospital. Befriending support is offered to the patients post discharge to help to support them to reconnect with their communities and help to avoid repeat admissions to the hospital.



£23,298



CABIA



CABIA Community Cafe



To provide a service that will encourage people to meet with family/friends to enjoy time together and eliminate the cost - reduce the stress of cost of living and tight budgets which restricts them in participating in these activities.

£9,000

100+

“

“I like that it’s different menu every week”

“Can’t believe that was all from Community garden”

“I can feel the positive atmosphere in here”

”





CACE (Community Action for Care of the Elderly)

CACE Befriending Services



Befriending services for older people in the community. Our aim is to extend to a 7 days per week offer:

- continue to provide (but time limited to 1 year) face-to-face befriending for 1–2 hours per week, engaging in conversation, playing games, taking people out and participating in community life.
- introduce video contact as well as telephone support for 1 hour per week.
- introduce short-term “respite” befriending services to check-in when carers are unavailable temporarily.
- introduce “transition” befriending – following hospital stays/ waiting for an assessment/ change in living arrangements.
- introduce an intergenerational group befriending project in schools where older people would be supported by younger people to complement or help prepare for 1-2-1 befriending.



£25,220



42

“I was numb before.... I was stuck at home, in the house, I couldn't do anything, I couldn't be bothered to do anything. I never thought that I would get to this point. That I would want to go out and be able to get out. My befriender saved my life, he really did”.

“My mum talks about 'her befriender' all the time. She looks forward to her weekly visits and catching up over a cup of tea.”





CACE (Cumbernauld Action for Care of the Elderly)

Sock It To 'Em



It's well known that older adults face a high risk of trips and falls. But looking deeper, one critical factor often overlooked is foot health. What began as a small initiative led by our qualified colleague, drawing on her Podiatry expertise, quickly grew into something much bigger. Service users first received foot examinations, soothing lotions, compression socks, and practical advice on daily foot care—simple exercises, proper lotion use, and easy routines to maintain mobility. The project soon expanded to local Lunch Clubs, where participants highlighted a hidden challenge: the struggle to put on socks, with some spending up to two hours on the task. In response, we introduced sock-helpers, restoring independence and dignity in a simple yet powerful way. Our Podiatrist also identified early signs of foot and leg ulcers, signposting many individuals to their GP or specialist clinics for timely treatment—potentially preventing far more serious health complications. Originally designed to support 30 people, the project has far exceeded expectations. To date, CACE is proud to have helped around 120 older adults take meaningful steps toward safer mobility, better foot health, and greater independence. We now hope to take the next step with a Slipper Amnesty—inviting older people to exchange their worn, ill-fitting slippers for a safe, well-fitted pair designed to reduce the risk of falls at home and support their independence.



£2,677



120



"I'm diabetic. CACE introduced me to the seamless socks but more importantly saw a cut underneath a toe. I made an appointment with the diabetic nurse to have it checked. I had to have it dressed for a few weeks, thankfully it was okay but I'm grateful this was picked up or things could have been a lot worse—thank-you CACE."

"Being able to put on socks every day with my sock helper has changed my life. I've learned so much about looking after my feet and legs—they feel great, I feel like dancing."





Cancer Card

Community Support and Comfort Boxes for Cancer Patients



NHS Lanarkshire has reported the third-highest cancer-related cases (28%) in Scotland. Cancer Card's goal was to provide help to as many families affected by cancer in the Coatbridge area. We managed and delivered information and drop-in sessions as a key development. We provided a fairly informal setting on a regular basis for members of the community. In addition to providing vital information, we also distributed nearly 90 comfort boxes directly to cancer patients and supported many more friends and family members. This initiative not only provided practical support to cancer patients but also served as a gateway to Cancer Card's broader support services that potentially transforming lives during a challenging time.



£4,936



90

“This comfort box is so beautifully and thoughtfully put together. I cannot thank you enough for it. All the items are so helpful as I go through chemo. I sit with my beautiful blanket around me to keep me cosy. The thermometer is so useful for me at home in between sessions and gives me the confidence that everything is going to plan. Thank you so much to everyone involved at Cancer Card. Just knowing that people understand what I am going through is so wonderful. Your message of hope and courage also made me feel as if I have friends around me. The book of stories gives me strength to carry on. Thank you so very much”.



Circle



Anchor Women's Peer Support Group



We will provide safe and accessible spaces for women and mothers affected by domestic abuse to build relationships, improve self-esteem, build confidence and improve mental health and wellbeing. We will develop two groups for women experiencing gender-based violence: a women's group for mothers, and a women's group for young women (ages 16+). Women who attend the group (facilitated by two practitioners) will also be supported in our broader services on an outreach/individual basis.

Women attending the fortnightly groups will be supported to develop supportive and trusted relationships through engaging in activities that improve social inclusion and connection. The core activities will be led and developed by women's interests and needs.

We believe that relationships built within the peer support group will develop beyond the group and provide sustainable community of support for women, as evidenced through other peer support groups at Circle where WhatsApp groups are used for peer support.



36



£12,100



Clyde Valley Community Church

Motherwell Foodbank

@Maranatha



We are a foodbank on a Monday and Thursday morning to help people in the Motherwell area who are struggling for food. We also have a clothes bank and cafe which are free. There are several other support organisations also attend such as CAB, Routes to work and LAMH to help our service users.



£17,814



8686

“

“How would we manage if you weren't here!”

“Saved us starving over the weekend as we don't get paid till Tuesday”

“The helpers are all so kind”

”





Cornerstone House Centre

Cumbernauld Wheels for Wellbeing (pilot)



Cumbernauld Wheels for Wellbeing is a one-year pilot community drivers service designed to address gaps in access to health and social care services in the Cumbernauld and surrounding areas. The pilot service operates flexibly whereby agency users can contact Cornerstone House Centre to enquire about and book transport for planned journeys. Initially, bookings will be open to identified local health and social care partners, notably NHS Lanarkshire, North Lanarkshire Council, Community and Voluntary Sector organisations and other key Health and Social Care North Lanarkshire (HSCNL) providers.

A key focus for bookings is health-related travel for patients and vulnerable service users, including trips to hospital appointments, GP visits, mental health services and community-based provisions. The innovation will integrate prioritising those in need and ensuring that volunteer drivers offer care, compassion and support, recognising that individuals being transported will often be disadvantaged and facing emotional health challenges. Targeted beneficiaries include older adults, individuals with disabilities, those with long-term conditions, people with mental health issues, children and families, carers and others experiencing inequalities.



200



**Cornerstone
House
Centre**



£23,611



Community Volunteers Enabling You (COVEY)

Young Ambassadors



The Young Ambassadors Project aims to empower young people in North Lanarkshire who have overcome complex life challenges such as poverty, care experience, and disability. Through a programme of workshops shaped around their needs and interests, the project supports young people to develop communication and advocacy skills, enabling them to share their experiences publicly and participate in consultations, events, and forums. Their involvement will help shape how COVEY and the wider third sector and/or statutory services, support young people and families. The project benefits young people aged 16–25 who were previously supported by COVEY and have moved on to a positive destination. Following an initial taster and team-building session, training workshops are planned around the Young Ambassadors' interests. These progressive sessions develop confidence, communication, and presentation skills, helping them to articulate their stories and experiences with COVEY.

These workshops not only support young people in telling their stories, but also build valuable employability skills. Following training, Young Ambassadors volunteer at COVEY events to speak publicly about their experiences, and also contribute to internal discussions and external consultations. Their voices will influence strategy and service development across the third and statutory sectors.



£16,523



5

“Young Ambassadors is empowering. Getting to be the voice for the voices not yet ready to share their story is such an honour! I'm so happy to be here!”

“I'm so very proud to be a Young Ambassador for COVEY. To be able to represent and promote such a great organisation and to work alongside some wonderful people is really fulfilling and I look forward to every session I'm involved in!”

“Being a Young Ambassador and helping COVEY is not only a dream come true but an honour as I hope my role can help COVEY help more and more people smile, and add colour to people's lives.”





Cruse Scotland Bereavement Support

Early Support for Recently Bereaved Adults in North Lanarkshire



Our Early Support Project aims to respond to the rise in recently bereaved people in North Lanarkshire contacting us in distress and struggling with the first raw stages of grief. People are also experiencing complicated grief (grief complicated by additional factors such as the cost-of-living crisis and the lasting impact of the Covid-19 Pandemic).

Our project aims to help them understand and process their emotions and equip them with self-coping strategies.



70



**Cruse
Scotland**
Bereavement Support



£11,000



Deafblind Scotland

Don't Worry Be Happy



The Don't Worry Be Happy project supports deafblind individuals by tackling mental health inequalities and improving access to support. Participants benefit from personalised one-to-one sessions, which include brief mental health interventions, practical advice, and emotional support. Our trained guide/communicators use communication methods tailored to each individual's needs. As part of the programme, participants receive a wellbeing pack filled with self-care resources in accessible formats. Mental health-trained staff initiate thoughtful, sensitive conversations to help identify emotional support needs. Where appropriate, participants are offered counselling from BACP-accredited professionals who specialise in supporting individuals adapting to dual sensory loss.



£9,593



12

“

“Thank you for your time and help”

“It's so nice to have a chat”

”





Deafblind Scotland

The Way Forward



The Way Forward Project supports people adjusting to dual sensory loss - helping them regain confidence, independence, and emotional wellbeing. We offer a holistic, hands-on approach combining practical skills and emotional support, including:

- Rehab sessions with accredited specialists to build communication, mobility, and daily living skills
- Digital skills training
- One-on-one counselling with BACP-accredited therapists

We provide support at home and at our Centre by highly trained staff with expertise in deafblind communication.



£9,397



2

“

“Every time you go away I think that’s another piece of knowledge I can work on”

”





Families Outside

Support for individuals and families wellbeing affected by imprisonment



This project aims to offer support the mental health, financial disadvantages exacerbated by the COL crisis, and other disadvantages imprisonment has on individuals and families left behind, thereby enabling them to live their lives free from stigma and inequality.

Families affected by imprisonment face a process of grief and readjustment throughout their unwanted journey in the criminal justice system. Our helpline team offers a range of information and support to families while also signposting to local services. The helpline also refers people to support in their own area, including referrals to our Regional Family Support Coordinator (RFSC) in North Lanarkshire. Our direct 1:2:1 community-based support enables individuals to access their local RFSC who offers holistic, solution-focused support, working with them to identify outcomes they wish to achieve and helping them identify and address needs.



120



£20,000



Forgewood Housing Cooperative

Forgewood & Gowkthrapple - a happier and healthier community



Our project will deliver and support the delivery of over 130 events and activities within the communities of Forgewood and Gowkthrapple. The project will directly impact over 300 individuals and will indirectly benefit the wider community.



£15,244



150+





Friends of Carrickstone Care Home (Balloch Wing)

Carrickstone Care Home Putting/Bowling/ Recreational Area



Providing a useable wheelchair/walking aid friendly surface for disabled/physically impaired adults. The space will accommodate putting and bowling as a sporting facility but also serve as a suitable substrate for garden fetes and gatherings, for social interaction especially designed for wheelchairs. This would be the first of its kind in Scotland and provide a place to allow access with mobility issues such as paraplegics, amputees, stroke victims, wheelchair and walking aid users. This space will also be accessible for other organisations to use.



300



£40,000





Getting Better Together

Community Weight Management



The aim of this project is to significantly expand the reach and delivery of the Lanarkshire Weight Management Service (LWMS) Tier 2 across community and voluntary sector organisations, with a specific focus on underrepresented groups. By implementing a proven behavioural change intervention, this initiative aims to directly address health inequalities linked to poor weight management. The project's holistic approach will enhance individuals' mobility, independence, confidence, social relationships, and social inclusion, contributing to improved overall well-being.

To achieve this, we will form partnerships with local CVS organisations to deliver the "Weigh to Go" intervention. These established connections will enable us to engage the hardest-to-reach individuals across North Lanarkshire, including those living in poverty, individuals with additional support needs, and Black and Asian Ethnic Minority communities. The project will actively engage these groups through tailored outreach, ensuring that no one is excluded from the benefits of weight management interventions.



600



£76,000



Getting Better Together

Get Active- Bump to Birth and Beyond



Our project provides a range of activities and supports for families linked to a variety of antenatal and postnatal topics that aim to improve overall mental health and well-being. Our project provides an opportunity for parents (mainly new/young) to make friends in a positive and child friendly environment and gain a better understanding around the importance of key infant priorities. All programmes we deliver within this project engage parents a positive way, to help them feel supported in what is often a chaotic and difficult time, i.e., raising a child / learning the basics as either a teenage parent, single parent, or on low-income as many of those who use are services are. Through positive engagement, we seek to better the quality of life and health, and wellbeing for both parent and child(ren).



260



£24,888.32



Getting Better Together

Hospital Discharge Support Programme



The Hospital Discharge Support Programme (HDSP) has demonstrated its ability to provide flexible, person-centred support that enhances the discharge experience for patients, carers, and families. By bridging the gap between acute care and community services, HDSP ensures smoother transitions from hospital to home, reducing unnecessary delays and hospital readmissions. Our approach prioritises early intervention, practical assistance, future planning, and signposting to community-based resources—ensuring that individuals receive the care and connections they need beyond the hospital setting.

The expansion of HDSP will build upon our proven successes by increasing capacity for direct patient support, strengthening carer involvement, and embedding the programme further into NHS Lanarkshire's discharge and hospital flow processes. By integrating volunteer support and enhancing our Community Liaison Service Team, we aim to improve the discharge experience for more people with a range of supports which can be provided both pre and post discharge.



**1078 (including
463 carers)**



£80,000



Glenboig Development Trust

Glenboig Befriending Service



We provide a tailored befriending service for vulnerable individuals, including adults with Additional Support Needs (ASN), and older people living within Glenboig and the surrounding areas, with the aim of reducing isolation and loneliness, improving mental health and wellbeing and making people more aware of the supports available to them within the local community. We provide essential befriending services to people who are unable to leave their homes, as well as providing a variety of befriending opportunities within the community. We also work collaboratively with partners to provide intergenerational befriending opportunities. Our befriending services are tailored to best suit the needs of the people we support.



£20,552.55



21

“ I love the befriending visits with your volunteer. I love the fact that I can talk to my befriender about the things which interest me.”

"Great service. I can't imagine what I would do without it."

Our service offers a daily wellbeing call, weekly befriending calls, a 1:1 at home sit-in befriending service, group befriending, 1:1 community befriending, nursing home befriending and a Community Access Support service.

GLENBOIG
DEVELOPMENT TRUST



Glenboig Development Trust

Glenboig Community Garden - Branching Out Together



This project utilises the natural environment to promote and improve the mental health and wellbeing of people with Additional Support Needs (A.S.N.s) and helps them to feel more connected and included. We are currently supporting 4 individuals with A.S.N.s to engage with nature and the environment and connect with their community, through spending time in our welcoming and inclusive community garden. We intend to work with an increased number of individuals with A.S.N.s in the new academic session and provide a tailored programme of training throughout the year.



£16,681



4 so far

The project includes and connects people, improving their mental health and wellbeing through a programme which support A.S.N. individuals to establish a sense of security and self-awareness; grow in confidence and self-belief; become more independent; learn together and develop stronger bonds, lifelong skills and mindfulness; communicate more and connect with their community.





Glenboig Development Trust

Without Walls



The Programme 'Without Walls' is a 10 week programme which encourages the use of natural environment, promoting mental health improvement in the child and family unit. Where appropriate the programme encourages participation of the guardian and any appropriate sibling, creating an all-encompassing community-based support model which helps to sustain self-care in the longer term for the child and family unit.

IMPACT: The children/young people benefit from having a connection with a support team qualified and experienced in promoting self-awareness and self-care and signposting to further specialised supports as required. These specialist supports may be within the organisation, further third sector organisations or referral to statutory supports.



£3,770



1 so far



The Haven



Be Included, Be Involved



This project creates new 'Be Included, Be Involved' (BIBI) volunteering opportunities for local residents of North Lanarkshire and for individuals who have lived experience of life limiting illness, caring responsibilities and bereavement. The Haven services and activities supported by BIBI volunteering roles benefit and directly support people affected by life limiting illness (e.g. cancer, dementia, MS), caring responsibilities and bereavement. BIBI Volunteers support the delivery and development of new and enhanced Haven supportive services for clients which, progress clients towards core Haven health and wellbeing outcomes and facilitate and provide social and peer connections for clients.

In addition to supporting enhanced Haven supportive services and positive outcomes for Haven clients, BIBI Volunteer opportunities also have a direct benefit on the health and wellbeing of those individuals undertaking volunteering roles. For example: increased confidence; developed work based skills and experience; reduced loneliness and isolation; and an increase sense of self worth as a result of undertaking activities which they view to be meaningful.



114



£12,795



“Thank everyone at The Haven. I have calm in my life now and you helped me at the most horrific time of my life.”





HOPE for Autism

Autistic Adults Together - Community Support



This project aims to enhance knowledge and understanding of autism among adults, focusing on mental health risks, indicators, support strategies and resilience building. This includes helping individuals recognise their strengths and challenges while guiding them to seek appropriate support. This will increase confidence and independence in autistic adults. This will be done through activity groups, support groups and training,



252



£41,298.40



HOPE for Autism

Family Fun Sessions, Family Workshops and Outdoor Activity Sessions



This project offers a variety of sessions and workshops for autistic young people and their families. This includes family fun sessions, outdoor activity and family training workshops. This aims to have a positive impact on emotional, social, physical and mental-wellbeing, foster stronger family relationships, build essential life skills and create an inclusive and supportive environment.



47



£10,320.20



HOPE for Autism

Personalised Intensive Support



Personalised Intensive Support is a service for autistic children and young people experiencing challenges in school. Our aim is to develop a deeper understanding of each child's needs and to recommend effective, supportive strategies. To date, we have delivered this service across 8 clusters, in many different primary and secondary schools. We spend time with the child or young person in school to get to know them and gather relevant information. As part of this process, we complete a sensory profile for each child and meet with the school's education team to discuss our observations. We also speak with parents or carers to share insights and gather additional perspectives. Where appropriate, we create visual aids and other tailored resources. Following this, we prepare a detailed report outlining the child's needs, strengths, and challenges. This report is shared with all relevant parties and is written in a neuro-affirming and positive way, celebrating individuality while identifying practical ways to offer support.

£19,240



58

“I didn't know much about autism before, but I feel better knowing it's not a bad thing”
“HOPE has been a lifeline for us”
“I am so impressed, you not only gave my son a voice, but me.”
“You've done more for us than you can know”





Lanarkshire Deaf Hub

Empowered Connections: Building Mental Health, Resilience, and Identity for Deaf Individuals and Deaf/Hearing CODAs



Workshops will be facilitated by experts in deaf culture, trauma recovery, and mental health and wellbeing. These experts blend professional knowledge with living and lived experience to create a compassionate and supportive environment. Participants will be empowered to articulate their feelings, reclaim their narratives, and develop self-worth. Through connecting with mentors and peers who understand their unique challenges, participants will gain practical tools to manage grief, trauma, and family dynamics. By normalising conversations around identity, abuse, and loss, "Empowered Connections" seeks to break cycles of trauma, build meaningful connections, and empower deaf youth and hearing CODAs to thrive with confidence and self-acceptance.



50



£30,000



Lanarkshire Links

Mental Health Matters



By employing a part-time Development Officer, focused on engaging younger adults to design and deliver sessions to support younger adults' mental health in person and a part-time Digital Engagement Officer, focused in increasing engagement online including:

- Social Media (creating content WITH younger adults such as recovery stories, videos, podcasts, all about promoting hope and recovery, whilst focusing on topics that affect their mental wellbeing)
- Creating a safe space, moderated and controlled, for younger adults to chat online and access peer developed resources
- Community Wellbeing Access Groups – with a programme co-designed to address the issues they are facing.

We know that by increasing access to these supports reduces the need for secondary services, improves mental wellbeing, reduces social isolation and increases people's resilience, coping skills and self management, empowering people to be involved in solutions that address these inequalities and have a prevention/early intervention focus for younger adults, in turn reducing the need for additional interventions and crisis support.



£35,660





Lanarkshire Rape Crisis Centre

Community Re-Connect Project



Our Community Re-Connect Project will focus on the Wishaw and Shotts locality and will address identified need in local communities by proactively engaging with local services and organisations, to raise awareness of Gender Based Violence, inform and upskill workforces in trauma informed responses and to offer an enhanced range of wellbeing support options for survivors of sexual violence living in the local community.

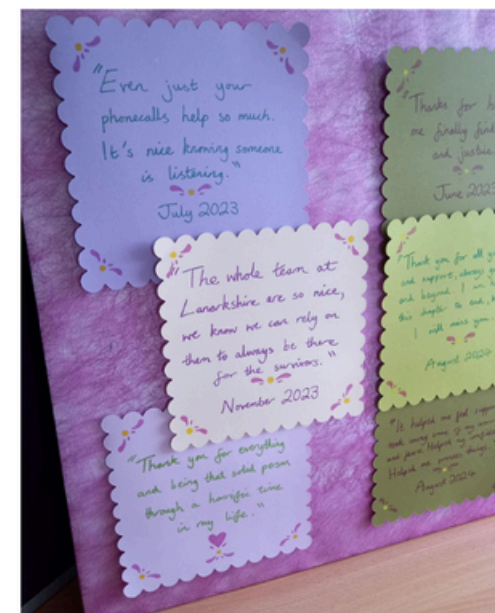


£9,894



40

“To be honest I feel like if I hadn't had the support I've had I would not be alive now, I feel like the constant support you have given me has given me the strength to continue to fight and get through the worst nightmare of my life”





Lanarkshire Community Food & Health Partnership

Nourish & Flourish



Nourish and Flourish is a fun, hands-on cooking class designed for children and their parents to learn, cook, and grow together. Focused on nutritious family meals on a budget the class teaches basic culinary skills, nutrition education, and the joy of preparing food as a family. Each session promotes teamwork, creativity, and confidence in the kitchen, helping families build stronger relationships while fostering lifelong healthy habits and skills.



£17,400



19

“ I love spending time with my child at the classes. ”





Lanarkshire Cancer Care Trust

Lanarkshire Cancer Care Drivers



Lanarkshire Cancer Care Trust is a local charity helping cancer patients from every town and village in Lanarkshire by giving them transport when they need to visit hospital for treatments and appointments.

£15,000

2,000

“Without the continued help and support, I dread to think that I would not have been able to attend and get my treatment that I so desperately needed (and possibly not been in a position to meet my two lovely grandsons), For that alone we both thank you from the bottom of our hearts. We all know that the doctors and nurses at the Beatson are angels and hero's, who see people at their lowest, and do their best to help and reassure them. However, without your help in getting me to my appointments on time.... well, I think it would have been just so much more difficult to cope with. You have all made a hard time just that bit more bearable, from the staff on the phone, to the drivers that have transported me, I have always been treated with kindness and consideration and for that I am eternally grateful. Once again thank you for your help. A Newmains Patient and husband

”



LGBT Youth Scotland

LGBT Youth Work in North Lanarkshire



We are working with key partner in the area to deliver wellbeing sessions to LGBTQ+ young people. In addition, we provide online opportunities for LGBTQ+ young people to connect with their peers on our online youth work platform including Ctrl Alt Queer - an online group for young people in the West of Scotland. We also provide one to one asset based coaching sessions where young people can work towards their wellbeing goals.



£16,216.61



71

“I've achieved a much deeper understanding of who I am, and I've managed to finally understand what happiness feels like after being miserable for most of my life. I feel so much more equipped to deal with life now, and it really feels like I've got brand-new wind in my sails and a passion for life that I never had before.”





Made4UInML2

Nurture Group



A targeted support group for young people who are isolated, socially excluded or struggling with specific issues. This group aims to empower young people through activities and through providing a safe and welcoming space designed for young people who may feel less confident in traditional social settings. It is held during lunchtime, and offers a safe and inclusive environment where young people can meet peers, play games, share concerns and build confidence and resilience. This focuses on social, emotional and mental wellbeing, aiming to help young people overcome barriers to learning and thrive in school and life.



14



MADE4U



£1,470



Made4UInML2

Wellbeing in ML2: Adults and Older People



This project offers a wide range of activities and groups for people within the community, aiming to reduce local poverty and improve mental health. This is done via connecting people to reduce isolation, support people to make a difference in their own lives and upskilling. Activities include crafting, walking groups, sporting memories, befriending, volunteering, a community cafe, providing warm spaces and cooking classes. This aims to support the community as widely as possible with the varied offerings.



1,200



MADE4U



£49,985.98




Maggie's Lanarkshire

Support for unpaid cancer carers and families at Maggie's Lanarkshire

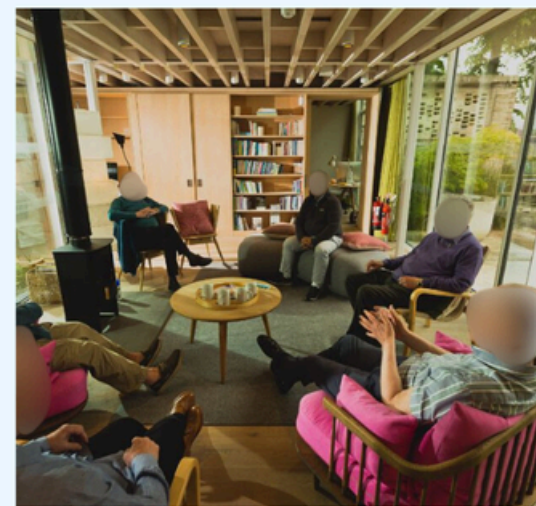


This project aims to improve mental health and reduce isolation among cancer carers and family members by fostering resilience and self-compassion. Helping carers to manage relationships, their transitioning role (e.g from partner to carer), and cope with the emotional toll of caregiving and bereavement while balancing their own self-care. Support groups at Maggie's provide a space for people to share their experiences and develop strategies to communicate their needs, thereby reducing feelings of isolation and enhancing social support.

 **£10,872**

 **19**

“Our roles have changed in this year; I am a wife and a mother. But now, I'm also a carer. Sometimes I forget to be a woman; I forget to be human. At Maggie's, being able to speak to professionals who understand our situation has allowed us to have a conversation and start being two humans again.”





Make & Create Arts

Positive Youth Connections



Since 2021, Make and Create Arts has been delivering the Positive Creations Project in schools across North Lanarkshire, helping young people unlock their potential through creativity. Working in small, supportive groups, we use a wide range of art activities to help students see themselves in a positive light, celebrate what makes them unique, and take pride in their achievements. The project encourages them to share their positivity with others, build confidence in their own voices, and discover meaningful, creative ways to express their feelings and emotions.



£26,280



257

“

I am more confident in myself and enjoyed making art about it.

”



MECOPP



Community Health Matters (CHM)



CHM adopts a holistic approach to meeting the needs of the GT community. We support health improvements for individuals that also contribute to the overall resilience of the community. CHM aims to:

- create sustained improvement in health and wellbeing of the community and
- address health inequalities that impact on GTs e.g. difficulties in registering with healthcare, poor mental health, low health literacy and gap in understanding of GT culture within healthcare.



500



£20,000



The Miracle Foundation

Empowering Clusters Phase 4



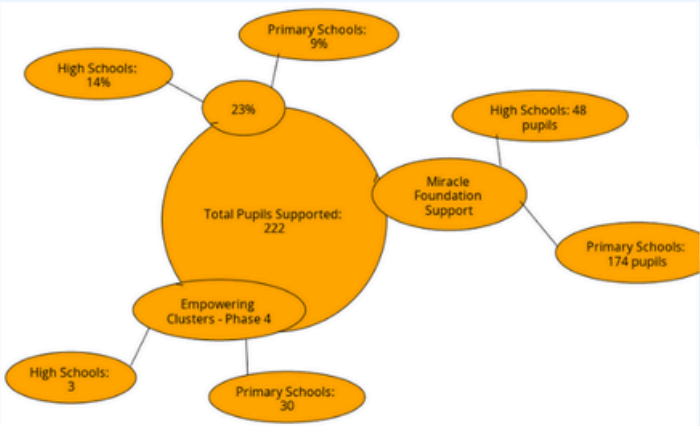
Bereavement and trauma are common experiences that can lead to a wide range of emotional and psychological challenges, including depression, anxiety, post-traumatic stress disorder (PTSD), behavioural issues and difficulties in coping with daily life. The organisation delivered mental health workshops and Art/Play Therapy. This addresses the emotional needs of those who have experienced trauma, multiple ACES, grief or loss, ultimately promoting their mental and emotional wellbeing.



£49,500 across 6 school clusters



222



THE MIRACLE
FOUNDATION
SCIO



The Miracle Foundation

Teenage girls BAME Youth Group



Socioeconomic factors such as poverty, unemployment, housing instability, and limited access to educational resources have a significant impact on the well-being of our youth. In Scotland, research has demonstrated that disparities in these areas can contribute to mental health challenges among children and young people from disadvantaged backgrounds. Youth from the BAME (Black, Asian, and Minority Ethnic) communities face additional disadvantages, and the availability and accessibility of mental health services and support networks play a crucial role in determining their mental health outcomes.



£4,392



64

Our aim is to initiate a pilot youth group to support BAME girls by encouraging their involvement in their communities and providing a safe space where they can express themselves freely. This safe space will prioritise their mental health and well-being within their own communities.





Moira Anderson Foundation

Hands On Health Self-Management Project



This project will deliver a fourteen-week self-management programmes (Hands On Health - HoH) within the NL community. HoH addresses various mental and physical conditions. It has been successfully delivered within MAF for 7 years for survivors of Childhood Sexual Abuse (CSA). The programme will be adapted to meet the specific needs of each client group. Activities include, learning self-care, stress, anger and time management, holistic therapies, positive self-talk and other units to help clients build a 'toolbox' of self-resilience strategies.



15



Moira Anderson
FOUNDATION
Tackling Childhood Sexual Abuse Together



£12,238.40



Moira Anderson Foundation

Positive Steps Complementary and Holistic Programme for Survivors of Childhood Sexual Abuse



Providing interventions for people who have long term mental and physical health issues due to having experienced childhood sexual abuse (CSA). Specific complementary treatment support (Aromatherapy, Reflexology, Massage, and other holistic treatments). Holistic services help clients to reduce their related PTSD and anxiety. Enabling clients to cope better with their physical and mental health and wellbeing.

Clients are learning new skills to reduce their stress and anxiety.

Clients are able to improve their quality of life by reducing the effects and suffering they have experienced through their CSA trauma.



80



Moira Anderson
FOUNDATION
Tackling Childhood Sexual Abuse Together



£18,204



More Than Fibro

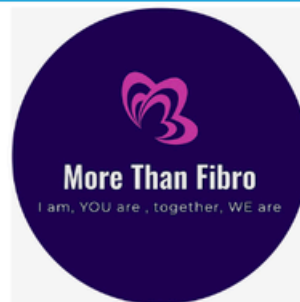
More Than Fibro



This project will ensure that individuals living with fibromyalgia, as well as their families and carers, continue to receive vital, consistent peer support while helping us build a more robust, sustainable volunteer network. Our primary goal is to increase the number of trained volunteers, enhance the availability and capacity of our telephone helpline, and strengthen delivery within our established North Lanarkshire support group. By investing in structured training, resources, and ongoing support for volunteers, we will empower those with lived experience to provide high-quality, empathetic peer support that reduces social isolation and improves the mental well-being of people affected by fibromyalgia. Our services are open to anyone living with fibromyalgia but also support carers and family members who often seek information, reassurance, and community. Volunteers themselves also benefit through meaningful roles, tailored training, and personal growth opportunities.



412



£9,414.45



Motherwell & District Women's Aid

Positive Steps



Our core support for women and girls is centred around therapeutic models. When first referred to us, a service user has a detailed assessment with one of our trained staff to explore their needs and discuss their immediate priorities, what issues they are facing and if they are safe. Our project will train & develop women and improve their mental health and wellbeing by offering the Own My Life Programme which is a 12 week training course. Own My Life courses are an innovative, creative, and educational 12-week training & development support for women to regain ownership of their lives when they have been subjected to abuse, violence and trauma. This will also help women to feel more connected and safe.



286



£27,161



Motherwell and Wishaw Citizens Advice Bureau

Community Engagement Project



The project offers enhanced access to support by providing outreach in the community, providing opportunities to target groups in the most deprived communities; offering direct intervention/prevention, tackling those grass-root problems whilst providing a mentor for individuals to ensure a long-term approach, creating opportunities for volunteering and employment. Providing a lifeline to those experiencing child poverty; food, fuel and in-work poverty; clients who are at crisis point and in need of timely support.



£29,802



158

“

49% of clients supported with Benefit advice.

“We couldn't thank [her] enough, what a difference her support has made!”

”

“I was pleasantly surprised on the event with all the different groups to offer help or signpost to individuals in the community. Well done everyone. Could do with more events like this.”



“There is lots of things for all ages, and really good information stalls.”

“We enjoyed the event. Face painting kids enjoyed. Hand massage was too good, thank you.”

“I would love to see more things like this happen in the community.”



Motherwell Baptist Church

The Well Cafe



The Well Cafe is our weekly community cafe that is open every Wednesday supporting some of Motherwell's most vulnerable. It provides a friendly safe space, a free meal, access to our community larder and help getting online. Those seeking extra help are signposted to relevant services. Some of these services regularly visit the cafe giving on hand advice about addiction, mental health, dental health & financial services. We have recently, in partnership with Aruka (an addiction support service), started a recovery group that meets in the cafe.



£8,000



**Up to mid
August 800
meals**

“

"Always been very supportive with everyone"

" Coming to the cafe provides social interaction for myself."

"The cafe helps me engage with others and helps my mental wellbeing"

"Been good people willing to help no judgement"

"Most helpful and let's you now your not alone"

”





New Opportunities Project

Community Mental Health and Wellbeing Project



New Opportunities Project (NOP) is based in North Motherwell, one of Scotland's most deprived communities per SIMD. NOP recognises the complex interlinking relationship between poverty, multiple disadvantage and poor health and well-being. NOP aims to tackle inequalities, improve people's health and well-being, enhance family functioning, and strengthen community life. NOP provides opportunities for all local people to become involved in community activities, and through participating, people connect with others, form supportive relationships, feel included and safe, recognise their skills, acquire new skills, and by sharing these, build confidence and self-esteem.



£25,125



250 weekly on average

“

I have 2 of my grandsons in my care that hadn't socialised much and hadn't been given a good start to life...it's been absolutely amazing how much the active families have changed these wee guys life's so much for the better

”

Around 250 local people take part each week in NOP activities which are currently:

- Community café
- Health & well-being group
- Social club for adults impacted by drug/alcohol addiction
- Walk-&-talk group
- Women's group
- Carer, baby & toddler group
- Active Families group
- Youth clubs
- Additional social events
- Volunteering, & skills development opportunities
- Support for families individually at times of crisis



Newmains Community Trust

Newmains-Working on Wellness



Providing a range of health and wellbeing activities that are inclusive for people with additional support needs.

Improving the mental health and wellbeing of people with additional support needs and their carers through accessible support, signposting and activity.

Improving healthy living support such as:

- Environmental supports such as access to leisure services and green spaces
- Physical supports such as housing, physical health supports and supports for financial security

This project provides activities giving the individual the choice to take part in a variety of actions aimed at improving mental health and wellbeing. Additionally, it provides a series of activities and events that provides relief and respite to carers from their caring role, improves mental health and wellbeing and increases access to information on support available.



120



£27,975



North Lanarkshire Council

Active Health



North Lanarkshire Councils Active Health Programme is a partnership programme with NHS Lanarkshire and Community Solutions (VANL) providing a range of supported programmes to assist individuals become more physically active whilst also assisting those who are recovering from minor or major illnesses.

 **£40,000**

 **3,033**

“
'This Class I find helpful and informative, friendly and good fun. I find fitness a little difficult with my condition but carry on regardless. My health fluctuates(I have not been great for 4 weeks) but returned back last Tuesday the tutor watched me carefully but I was able to adapt and continue. The other participants are great and we have many laughs it is a very enjoyable experience each week helped especially by the tutor who is so good with us all. I look forward to to a Tuesday session. (HMCL - Strength & Balance Tryst Sports Centre)'
”





North Lanarkshire Disability Forum

Improving Cancer Journey



Macmillan ICJ aims to improve the non-clinical support provided to people affected by cancer from the point of diagnosis. The ICJ provides holistic care solutions to ensure everyone diagnosed with cancer can easily access the support they need as soon as they need it to enable them to live as well and as independently as possible.

Within North Lanarkshire, the ILI and ICJ have joined together to fund a team of 10 Community Connectors who support people who are living with a long-term condition/disability and those affected by cancer, including their carers, with accessing non-clinical support.

“

“Pauline has been very helpful, professional in what she does and as you see on tv about MacMillan support, is a very caring person to a total stranger. She has advised me on several matters and took care of paperwork I would at this time feel too overwhelming. I have found Pauline a godsend knowing she is there willing to help.”

”



887

**MACMILLAN
CANCER SUPPORT**



North Lanarkshire Disability Forum

Improving Lives Initiative



The ILI aims to help improve people's physical, mental, and social wellbeing in North Lanarkshire through a locally coordinated approach to providing community-based support for vulnerable and equality groups, as set out in the Community Solutions Strategy and investment Plan.

Within North Lanarkshire, the ILI and ICJ have joined together to fund a team of 10 Community Connectors who support people who are living with a long-term condition/disability and those affected by cancer, including their carers, with accessing non-clinical support.

“

“From the very first conversation with them, I could tell that along with myself they had my mum's best interests at heart. They are trying to help my mum have the social interaction that she loves. I'm very grateful for all their help and the support they have given me. They have been very informative and helped me so much just with the few phone calls that we have had.”

”



412





One Parent Families Scotland

Motherwell Young Parents Drop In



With the Local Activity Funding we were successful for in Motherwell, we have put together a drop in coffee morning for young parents from the Motherwell area. These drop ins have been set up to encourage young parents to link up, provide peer support and also have access to services in the local area that they maybe didn't realise they could access. We encourage them to bring their children along which helps to form full family relationships and as we have seen in previous groups of a similar kind, continued friendships and social networks. Isolation and anxiety is the most common barrier we see, along with the cost of living being a huge factor. This group connects parents and encourages them to engage in activity that can support them to grow.



£4,868



21

“ One activity we pulled together was a trip to Edinburgh Zoo where some of the parents told us they had never been to a zoo previously. It was lovely to see the children's faces when we spotted different animals.





One Parent Families Scotland

Single Parents Refresh & Release



We want to focus on giving single parents a platform to share their experiences and shape future opportunities. We look to make the lives of single parent families more inclusive and fulfilling, tackling isolation, improving mental health and wellbeing, and opening doors for single parent families to engage with local services and employment opportunities. We will create new opportunities for single parents' voices to be heard, asking for ideas, suggestions and listening to daily barriers faced, linking in with existing locality hubs who support families generally.

We will provide drop-in sessions in Motherwell (accessible from Wishaw & Shotts), Bellshill (accessible from Airdrie & Coatbridge) and Cumbernauld (accessible from the northern corridor). These groups will create peer support opportunities, bring in local providers, create a safe space to talk, connect, and shape future progress for sustainable options for future employment.



50



**One Parent
Families Scotland**



£27,764.83

OutLET



Steady Ground



Steady Ground is an outdoor programme designed to support the mental health and wellbeing of adults who are carers for young people with additional support needs. It provides carers with an opportunity to meet for peer support, utilising the benefits of nature to support their own wellbeing at the same time.

Research shows that carers of young people with additional support needs are more likely to experience poor mental health. Steady Ground offers activities such as nature crafts, campfire cooking, tool use, shelter building and wildlife observation, as well as activities to support sensory integration - and therefore sensory and emotional regulation - such as using hammocks and tree swings.

£16,484.98



7

“ I can never usually just sit by myself. It is magic what you do. ”



OutLET



Youth & Community Ranger



The Youth and Community Ranger Programme supports young people who are at risk of falling through the cracks in the education system. By providing individualised outdoor learning experiences, we aim to improve their confidence, resilience and overall learning, while fostering a deeper connection with nature and the community.

We offer these young people outdoor learning experiences and nature-based workshops to support their confidence, resilience and their ability to build positive connections with their peers and with supporting adults. Rangers are experienced outdoor facilitators and Forest School Leaders who have had training from Clinical Psychologists to support trauma recovery in an outdoor setting.



£55,324



160

“ I love this place. I could spend all day here and just listen to the sounds. My house is so busy, it's never just quiet and nice like this. ”





Parkinson's Self Help Group

Support individuals, improve their mental health, independence, purpose and feel in control of their lives



The charity works to recognise barriers that make life harder for individuals with a neurological diagnosis, carers and family, recognising the social, economic and environmental influences on mental health, wellbeing, equality and identifying the action needed to tackle these. Our projects aims are to improve people's physical and mental health, wellbeing, quality of life, resilience, focusing on recovery, re-enablement and protecting human rights. It aims to build on strengths and aspirations, with a focus on prevention, early intervention and recovery. Supporting social and economic inclusion, "doing with" rather than "doing for the individual. Promoting a safe environment to discuss and address the stigma and greater vulnerability of those facing mental health issues due to a diagnosis.

 **£26,750**

 **73**

“Staff continually work steadfastly for the benefit of people within the group. Advice and caring always available, an open door policy operated”





Parent Action for Safe Play

Active Play & Play Champ Programme



Our Active Play Model is a 6-week programme (1hr per week) aimed at Primary 1-5 classes and involves the whole class, the programme improves agility, balance and coordination. We work to boost children and young people's confidence and motivation to use those skills, and to increase opportunities to be physically active. Sessions are designed to help children build key skills and attributes such as confidence, teamwork, risk-assessment, problem-solving and emotional resilience, resulting in notable improvements in pupil concentration and behaviour.



I've had fun every week and I love getting to pick out the kit bag and playing with different equipment.



Our Play Champion Model is an 8-week programme aimed at Primary 6-7 classes. When completed, the young people have the ability to motivate children and peers, encouraging them to become more active in the playground. The Play Champions will then take on this role sustaining play and sport activities within their school. Wider proven benefits include improved social skills, integration into peer groups and extending social networks for young people, improved self-esteem and self-confidence in young people.

 **151, 196**

 **£4,032,**
£7,896



Parent Action for Safe Play

Healthy Minds, Healthy Lives



PASP provided a tailored programme of activities for adults with long-term health conditions, including Creative Arts, Community Gardening and Cooking Sessions, delivering 120 sessions.

Our 'Sow, Grow & Eat' programme, which is a seed to plate initiative has helped people to improve their mental health and wellbeing through gardening and cooking workshops including healthy eating, eating on a budget and growing and harvesting produce. Our 'Art in Mind' programme has focused on the therapeutic benefits of creative and expressive art. These sessions have helped adults with long-term health conditions to improve their mental health through creativity, encouraged them to express their emotions, helped improve their relationships with others and helped control anxiety, depression and low self-esteem.



£4,080



63

“ I didn't realise how much I need the group as well as my son. Look forward to Mondays now. ”





Parent Action for Safe Play

Sow, Grow and Eat Programme



Our 'Sow, Grow & Eat' programme, which is a seed to plate initiative, helped our users to improve their mental health and wellbeing through gardening and cooking workshops including healthy eating, eating on a budget and growing and harvesting produce. These sessions helped adults to meet and connect with others, learn new skills share their experiences and be outdoors in nature, helping to reduce social isolation, stress and anxiety.



£4,008



24

“ There’s no better feeling like cooking with the herbs and veg you have grown. ”





Pearls Group (Woman Activeworks Society)

Pearls Group – Mental health improvement amongst ethnic minorities



Group enabling older ladies (50+) from the BAME community to meet regularly to facilitate: improved mental health, combat loneliness, friendships, skill development and supported outdoor activity.

From personal experience, the group has seen the impact social isolation has on this community. Lack of family support, loneliness, confidence and skills contribute to their mental health. Some ladies struggle with English and require help communicating and filling out forms. However, many do not know where to seek this help from. Since this group has started, heartfelt gratitude has poured in from those attending the group, family members giving testimonials of improvement in moods, confidence and mental health.

Crafts bring unity within the group, learning new activities, reliving childhood memories. Engaging them in safe, relaxed environment, allowing space to create connections, seek help if needed.

 50

 £17,780.00

PlayPeace



Peer and Collective Power: ASN Families



This project aims to harness and share the collective expertise of parent carers of children and young people with additional support needs. Operating as a pilot project, we will test the potential to support parent carers through information, knowledge and experience gleaned from a community of peers already established within PlayPeace. The beneficiary groups are parents of children and young people with ASN; and as appropriate other adult caregivers eg grandparents, aunts and uncles and adult siblings.

The project will employ a peer support approach to formalise and bring together the wealth of knowledge that is visible every day on our parent support online chat (via Whatsapp). Our peer support and information worker will garner the wealth of knowledge we collectively have to develop an online directory of support and information , specifically tailored to families of ASN children and young people. Our worker will also offer a listening ear to parents and signposting to appropriate services to meet their needs.



100



£29,925.50



Ponies Help Children

Equine Assisted Therapy



A pupil is matched with one of our rescued ponies. The pupil will spend time grooming the pony, finding out all about them and their past. This is called reflective grooming, allowing the pupil to reflect on the pony's story and make similarities to their own. The pony will mirror the pupil's emotions, helping the pupil to notice and name them. This encourages self-reflection, breaking down walls of defence and encouraging empathy.



£2,372



15

“ This is the only thing I feel like doing. ”





Ponies Help Children

Volunteer Development Officer



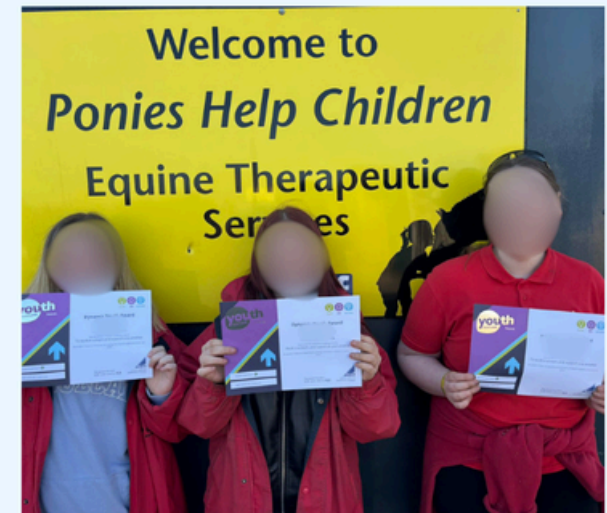
To help fund our volunteer development officer so they can help our young people reach their full potential. This can be in their mental health, education, life skills etc., and also in encouraging young people to vocalise their feelings in a safe environment.

£10,980



200

“ I wouldn't be here without PHC. I now have purpose. ”





Reeltime Music

Reeltime Music Schools Projects



The project focused on young people facing emotional and mental health challenges, including those dealing with anxiety, low self-esteem and resilience issues. Young people explored music making and creative approaches by getting hands on with musical instruments and other equipment. Tutors incorporated mental health and resilience content through short, creative inputs.

 **£11,600**

 **88**

“ It was super cool seeing my work come together, I watched it and noticed all the scenes I filmed come together. ”





Scottish Action for Mental Health

Building Mental Health Literacy through Sport in Motherwell



SAMH will deliver two Mental Health Literacy programmes, alongside by one-off mental health awareness sessions for community members in Motherwell, breaking down the stigma surrounding mental health and foster open conversations and increase mental health knowledge for 60 people 18+ across the community.

Building on the success of our Changing Room programme, which has been delivered in partnership with Motherwell Football Club Community Trust over the past year, this expanded project combines direct support, education and peer support. It will extend our current initiative, which has focused on supporting men facing mental health challenges through the power of football, to reach the broader community in Motherwell. Sports clubs will serve as hubs for engagement, empowerment and mental health education. Our established partnerships with Motherwell Football Club and Sports Scotland will enable us to deliver the programme across multiple sports hubs, ensuring we reach a wide and diverse audience.



60

SAMH
Scottish Action for Mental Health



£9,775.85



Scottish Action for Mental Health

Delivering an integrated mental health peer support service in food banks across North Lanarkshire



By integrating a dedicated Peer Support Worker within food banks, we can provide vulnerable individuals with mental health support at the point of need, ensuring that they immediately receive the care they need without having to repeat their stories. Our Peer Support Worker will use their own lived experience of mental health recovery to connect with those they support. Through structured self-management tools and behavioural change techniques, they will provide support through 1-to-1 and group sessions over a 6-week period, offering tailored support to each individual. Sessions will be flexible – taking place at the food bank, a community space, outdoors or via the phone – ensuring accessibility for all.

The role will also serve as a valuable resource for food bank staff and volunteers, enhancing their understanding of mental health support available across North Lanarkshire. A comprehensive resource pack will be developed, equipping frontline staff with essential mental health knowledge and information to support people effectively.



70

SAMH

Scottish Action for Mental Health



£22,715.20

Socialtrack

Shredability



A bespoke cycling and wheeled sports programme designed to be fun for participants. Focusing on BMX and mountain biking, the project encouraged participation and safe risk-taking, increased self-esteem, peer support and engagement and improved physical wellbeing. Sessions encouraged learning and goal-setting, encouraging participants to push themselves, have fun and engage with Social Track staff.



102



£33,120

Socialtrack



The Wheel Being Project



Bikes allow us to break down barriers and are a powerful engagement tool, opening doors for those wishing to cycle more or get involved in helping others. The project gives a listening ear to adults who often feel they have nowhere to turn and are able to build resilience through positive risk-taking while also getting physical exercise through weekly led bike rides. Sessions included drop in breakfast, signposting, lunch, bike maintenance, led rides and coffee chats.



200



£29,700



Spina Bifida Hydrocephalus Scotland

SBH North Lanarkshire: Peer Support Groups



Our project provides regular monthly peer support groups for adults who are living with the complex and lifelong conditions of spina bifida and hydrocephalus within our Family Support Centre in Dullatur, North Lanarkshire. In addition - we meet people where they are. In their homes and in their communities - working through various needs and striving to ensure our service-users feel truly unstoppable.



£30,000



40

“

“SBH Scotland are like a second family to us, without them we don't know where we'd be and we're so happy to have them in our lives.”

”

Spina Bifida
Hydrocephalus
Scotland





Survivors of Human Trafficking in Scotland

Project Freedom



Project Freedom provides long-term support for survivors of human trafficking. This comprehensive, holistic, person-centred, and trauma-informed service is designed to empower survivors of human trafficking to rebuild their lives, improve their wellbeing and reduce the risk of re-trafficking. Tailored support is provided across our 12 core 'essentials to thrive': Basic Needs, Economic Empowerment, Education, Employment, Family, Housing, Legal Empowerment, Mental Wellbeing, Physical Wellbeing, Safety, Self-Actualization, Social Integration.

Freedom Friends consists of regular weekly planned activities which are a combination of social, psycho-educational and informative sessions. The content of group sessions will be designed by the participants and a culture of sharing strengths will be nurtured. Examples of sessions could include visits to local museums, workshops covering topics such as 'Safe Relationships' or 'Your Rights, Your Voice', family days out, creative activities, sharing food and celebrating festivals.



40



Survivors of Human Trafficking in Scotland



£27,522.72



The Aims Project

REACH



The REACH Project is aimed at young people who are struggling with; Anxiety, Confidence, Behaviour, Communication, Being in big Groups, Leaving the House, Relationships/Friendships, Attending School/College/Work, Routine, Caring responsibilities, and Learning. REACH offers very flexible support three days a week, an allocated Support Worker, one to one support and activities offered in small groups, all designed to support young people, take part, try something new, trust others, have improved confidence, self-esteem, communication and motivation. REACH helps young people identify and achieve Personal Goals and to flourish.



£22,816



12

“

“I left school and didn't know what to do. I came on to the Reach project and I am getting help with my mental health and confidence. Staff are helping me look at opportunities for the future.”

”





The Economic Forum for Family Empowerment Scotland

Thrive Together: Community Mental Health and Wellbeing for All



Our project will create a welcoming and inclusive drop-in space open to everyone in the community, fostering multiculturalism and meaningful connections between people from all backgrounds. While we will provide tailored support for individuals from Black, Asian, and Minority Ethnic (BAME) backgrounds, refugees with no recourse to public funds, our space will be open to all, ensuring there are no barriers to participation. By promoting cultural exchange, understanding, and shared experiences, we will strengthen community cohesion and create a safe, supportive environment where everyone feels valued and included.

Through social interaction, peer support, and signposting to relevant services, we will provide a space where individuals feel heard, valued, and empowered to seek the help they need. By incorporating music and dance as therapeutic tools, we will foster emotional expression, reduce isolation, and promote positive mental health and wellbeing.



340



**THE ECONOMIC FORUM
FOR FAMILY EMPOWERMENT
SCOTLAND - SC050074**



£30,000



The Holding Space

Joining the Dots



Our approach is centred around relationship-based and trauma-informed practices while utilising a holistic approach. We believe that by addressing the root causes of issues facing children, young people and families, we can create lasting positive change in their lives. Our services focus on early intervention and preventative measures, giving families and individuals the tools they need to overcome challenges and build resilience. We believe that investing in the well-being of children and young people will create a positive ripple effect in society, leading to healthier and more prosperous communities. Our ultimate aim is to make a positive impact on the lives of those we serve and in turn, contribute to building a brighter future for all.



£19,372.50



110

“ I have found ways to understand my feelings and to cope with them. ”





Victims Support Scotland

ASB Support Service



We will support residents of North Lanarkshire (NL) communities who have had their mental wellbeing impacted by Anti-Social Behaviour (ASB). Since ASB can affect anyone, our services are open to all people with this experience, however marginalised groups are at higher risk of being affected. The project has two threads:

1. One-to-one support for victims of ASB: Volunteer-led one-to-one support (practical/emotional) to recover from impact of ASB, e.g. companionship so victims can regain confidence; support to report incidents; support to access financial support to make good uninsured losses.
2. Group support for victims of ASB: Volunteer-led and staff-led group support to help people recover from impact of ASB, e.g. workshops, peer-support, wellbeing activities, e.g. relaxation classes etc.



30


Victim Support Scotland



£10,000

VIP

Creative Me Wellbeing Programme



This project involves a series of indoor and outdoor activity sessions, in group and one-to-one sessions. The aim is to engage with identified young people and adapt and develop each programme to include groups from across the clusters who are experiencing anxiety, stress, trauma and mental health issues taking into consideration.



542



£62,289

VIP

Strive and Thrive



The project is designed to create accessibility support and integration opportunities for C&YP from various ethnic backgrounds. We have partnered with Well Foundation Community Supports Project to share both our skill sets across the diverse community that exists in North Lanarkshire.

Encouraging YP from all backgrounds to take on bigger challenges, exposing them to new skills allows them to push beyond their comfort zones, reaching goals in areas previously not considered, increasing their resilience to bounce back from adversity.



25



£20,000



YMCA Bellshill & Mossend

Y-Empower & Y-Act



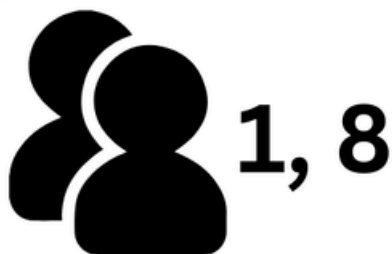
Y-Empower is a befriending programme aiming to support and improve the attendance of young pupils who are beginning to demonstrate a pattern of disengagement. The goal of this is to provide mental health support, a break from home life and activities to support the young pupils feel comfortable and supported.



This break has helped to support his emotional regulation, allowing him to return to class more settled and ready to engage in learning.



Y-Act is a targeted drama-based youth work programme developed by YMCA Bellshill & Mossend. For this delivery, we worked with Logan's Primary and Braidhurst High to support a small group of P7 and S1 young people identified as struggling with confidence, engagement, and school attendance. Sessions took place during the school day, in Braidhurst, and used drama activities, games, improvisation, script work, and youth work group discussions and 1:1 work, to build communication skills, teamwork, confidence and self-esteem.



£1,300,
£8,566



YMCA Bellshill & Mossend

Y-Victory Esports Academy



Y-Victory Esports Academy will provide a structured, safe, and inclusive space where young people can engage in esports while developing key life skills.

By integrating youth work and early intervention work, the academy will support young people, including those with SEBN (Social, Emotional, Behavioural Needs) or showcasing concerning behaviours, helping them build confidence, form positive relationships, and stay engaged in structured activities, reducing anti-social behaviours and disruption in the local Bellshill area.

YMCA Wishaw has already demonstrated the impact of this model, engaging around 70 young people per week in their esports academy. Y-Victory Esports Academy will bring this success to Bellshill, giving young people at risk of social isolation, disengagement from education, or anti-social behaviour access to a high-quality esports and youth work project, delivered on weekday evenings.



60



YMCA
BELLSHILL & MOSSEND



£23,925.42