



Community Solutions

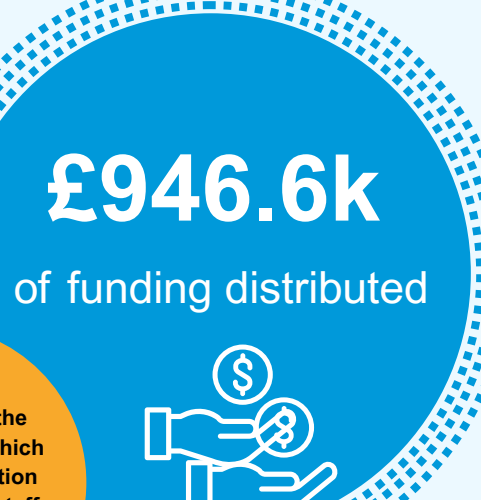
Community Mental Health and Wellbeing Fund Phase Four 6 Month Flash Report 2025-26



Background

The Scottish Government distributes the Community Mental Health and Wellbeing Fund via Voluntary Action North Lanarkshire, with the aim 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



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

So far in 2024-25, the Fund has...

supported **4055** unique individuals

funded **3627** sessions of **190** activities

reported **20,192** CS outcomes

been supported by **231** volunteers

been supported by **10,035** volunteering hours

➔ That's equivalent to **11** people working full time for 6 months!

Outcomes so far

- 3380** People feel more connected, included and safe
- 3399** Adult's health and wellbeing improved
- 1639** Carers feel more informed and aware
- 1371** Carers' health and wellbeing improved
- 2800** People feel more informed and aware



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Service User Quotes

Additional, selected feedback and learning from funded projects – provided in monitoring and evaluation reports submitted to VANL – is highlighted below.

“Coming to the group has given me an opportunity to express myself through using different painting techniques, different paints and brushes and getting the support I need, I think I have actually found something I am good at.”

PASP

“The sessions have given me a much-needed break from the worry of daily life. Being able to bring [my son] has allowed me to participate - and he is also getting lots of benefits from coming along.”

OutLET

“I can’t explain how much you all have done for me over the past year. Going from a client to a volunteer, I Have experienced some amazing things with you all. You can’t understand how much you lot have changed my life, When I came here, I didn’t really have a purpose. I just laid in bed all day doing nothing or maybe I’d go out for food. Since coming to Ponies however I’ve had a purpose.”

Ponies Help Children

“The Carer therapies sessions were very beneficial and restorative to good physical and mental health. It was nice to have the sessions to look forward to. It was particularly useful that the therapists are Oncology Trained.”

Newmains
Community Trust

Please see the [Community Solutions website](#) for reporting on previous phases

Early Learning

We have welcomed the opportunity to pilot models of peer support which is working well in this context and is informing the review of our service delivery model. We anticipate being able to roll our peer support across all localities and to other crime types, where appropriate.

Victim Support Scotland

Lanarkshire Links

We have successfully established key connections with a range of organisations already supporting young people, including: NLCT, LAMH, Lanarkshire Rape Crisis, Trust Jack foundation. This strong foundation of collaboration ensures that young people’s voices and needs remain central to the project.

The initiative has provided invaluable learning in how to effectively support women, children, and families within the BAME community. It has highlighted the power of creating safe, culturally and faith-sensitive spaces where open conversations about mental health and wellbeing can flourish.

The Miracle Foundation