



# Social Prescribing Programme

2024/2025

## Final Report

**Burnley, Pendle  
and Rossendale**

**July 2024 to  
March 2025**



## Introduction

There is an abundance of evidence to show that patients and clients are more likely to improve and sustain their health and wellbeing if they can do so with people they know, in a place they know and at a price they can afford. No jargon, no complicated medical explanations, no 'professional speak' just people. This is where the voluntary, community and faith groups come in. This is why the ICB continues to invest in those small local groups by providing a funding programme to support their activity, and a Social Prescribing Team who work directly with the patients.

Five years on and small voluntary, community and faith organisations are still dealing with the after-effects of pandemic lockdown and the long-term effects on people's mental health. This, compounded by the cost of living crisis has put real pressure on our local community groups.

Project work has brought its own challenges. Despite this and financial worries individuals and charities are facing in the current climate, our resilient communities persistently rise to these challenges. We pull together to support each other, and to help those in need of community-based support.

BPRCVS has remained active in securing the provision of the community grants, ensuring the social connectors/prescribing linkworkers have activities and support services to which they can refer their clients.

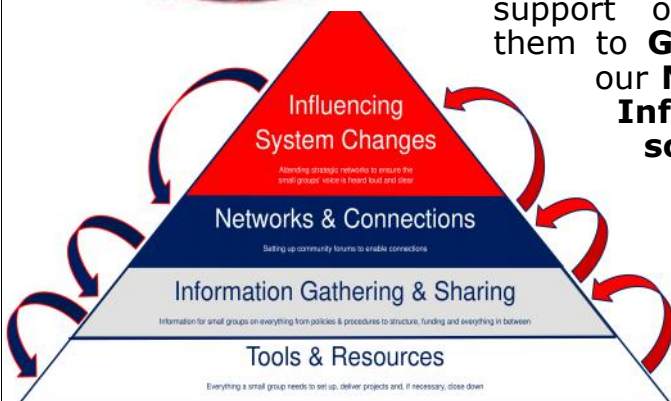
All groups are offered on-going and continuing support by BPRCVS.

We work on the Principles of Infrastructure. Infrastructure support within the voluntary, community, and social enterprise (VCSE) sector is essential for fostering resilience, sustainability, and growth. At BPRCVS, our infrastructure principles ensure that organisations and community groups receive the guidance, resources, and advocacy they need to thrive.



We **Gather & Share Information** from our projects which support our communities and from our VCF groups who support our communities and equip them with the **Tools and Resources** they need. We feed that information into our **Networks & Connections** including community forums, national bodies and partnerships to help to **Influence System Changes**.

We then support VCF groups to navigate those **System Changes** by equipping them with the **Tools and Resources** they need to support our communities and encourage them to **Gather & Share Information** at our **Networks & Connections** to help **Influence System Changes and so the cycle it goes on....**



The reports following indicate an eclectic mix of projects and methods of delivery as would be expected of the VCF sector.

Take a look, you might be surprised!

Statistics are collated from information submitted by each of the 41 groups who were successful in their funding applications, showing their figures from July 2024 to March 2025.

# Small Grants 2024 - 2025 - Statistics

Total Programme Burnley, Pendle & Rossendale	
Number of groups in receipt of funding	41
Number of sessions delivered	1984
Number of volunteers involved	201
Number of volunteer hours delivered	6165
Number of beneficiaries enrolled in projects	8854
Volunteering added value at £12.21 per hour	£75,274.65
Total - Spending	
Amount available	£173,174.72
Amount allocated	£173,174.64
Remaining as at 31 <sup>st</sup> March 2025	£0.08
Burnley	
Number of groups in receipt of funding	14
Number of sessions delivered	320
Number of volunteers involved	39
Number of volunteer hours delivered	1048
Number of beneficiaries enrolled in projects	7133
Volunteering added value at £12.21 per hour	£11,989.12
Burnley- Spending	
Amount available	£64,763.58
Amount allocated	£64,763.50
Remaining as at 31 <sup>st</sup> March 2025	£0.08
Pendle	
Number of groups in receipt of funding	15
Number of sessions delivered	583
Number of volunteers involved	71
Number of volunteer hours delivered	1854
Number of beneficiaries enrolled in projects	1043
Volunteering added value at £12.21 per hour	£21,209.76
Pendle- Spending	
Amount available	£64,099.21
Amount allocated	£64,099.21
Remaining as at 31 <sup>st</sup> March 2025	£0.00
Rossendale	
Number of groups in receipt of funding	11
Number of sessions delivered	1081
Number of volunteers involved	91
Number of volunteer hours delivered	3263
Number of beneficiaries enrolled in projects	678
Volunteering added value at £12.21 per hour	£37,328.72
Rossendale - Spending	
Amount available	£44,311.93
Amount allocated	£44,311.93
Remaining as at 31 <sup>st</sup> March 2025	£0.00

Our reporting forms are comprehensive and give us a wealth of information about the beneficiaries being supported by the group/project/service funded by this programme.

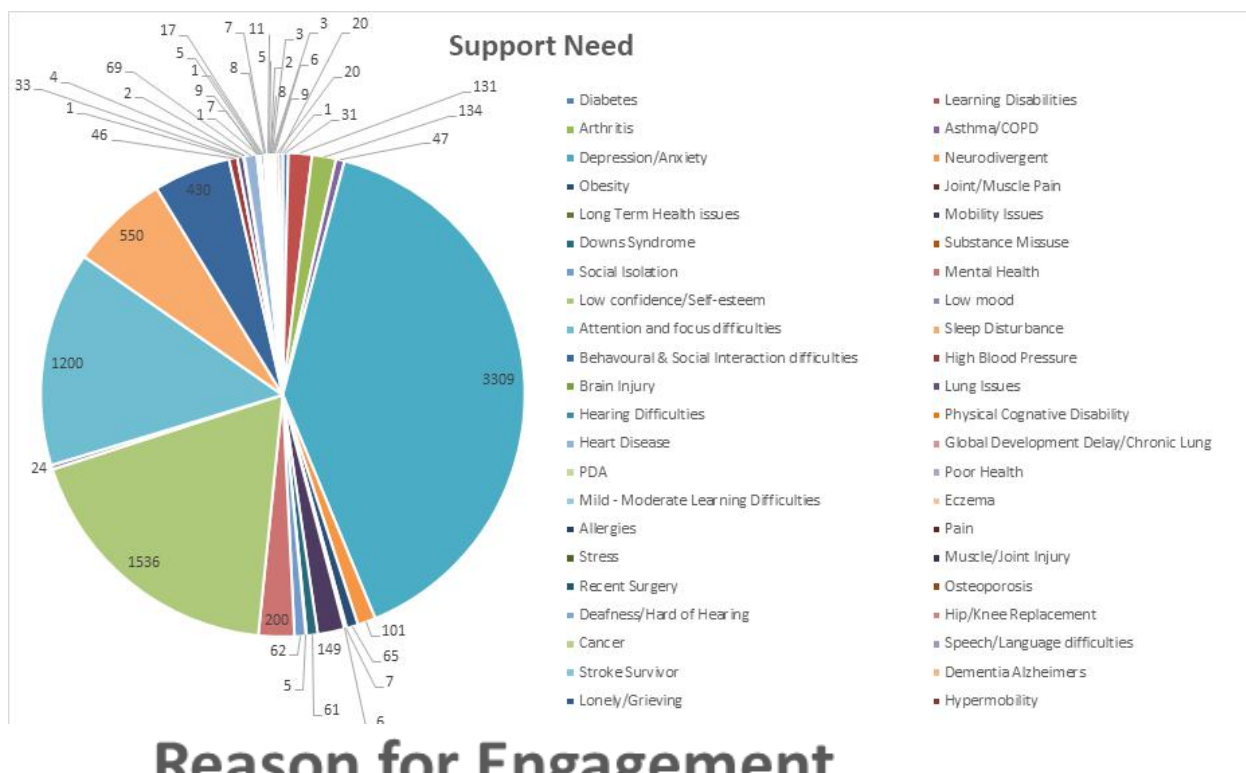
Here, we have the overall data for the whole programme in all areas followed by a breakdown of the data for each area.

## All areas

The overwhelming number one support need across all areas is depression/anxiety with low confidence/self esteem at number 2 and learning disabilities coming in as the third need our community requests support with.

It is worth noting the correlation of these graphs. Whilst the reasons for engagement are reported as needing to feel more connected, depression/anxiety is a significant barrier for people to achieve this alone.

This evidences the fact that small voluntary, community and faith groups are supporting those who really need help. They 'hand-hold' clients to make their first huge steps towards achieving their own goals.



The number one reason for engagement across all areas is help with feeling connected with support to feel safe at number Two and getting more active coming in as the third reason for engagement with the groups/projects / activities funded by this programme.

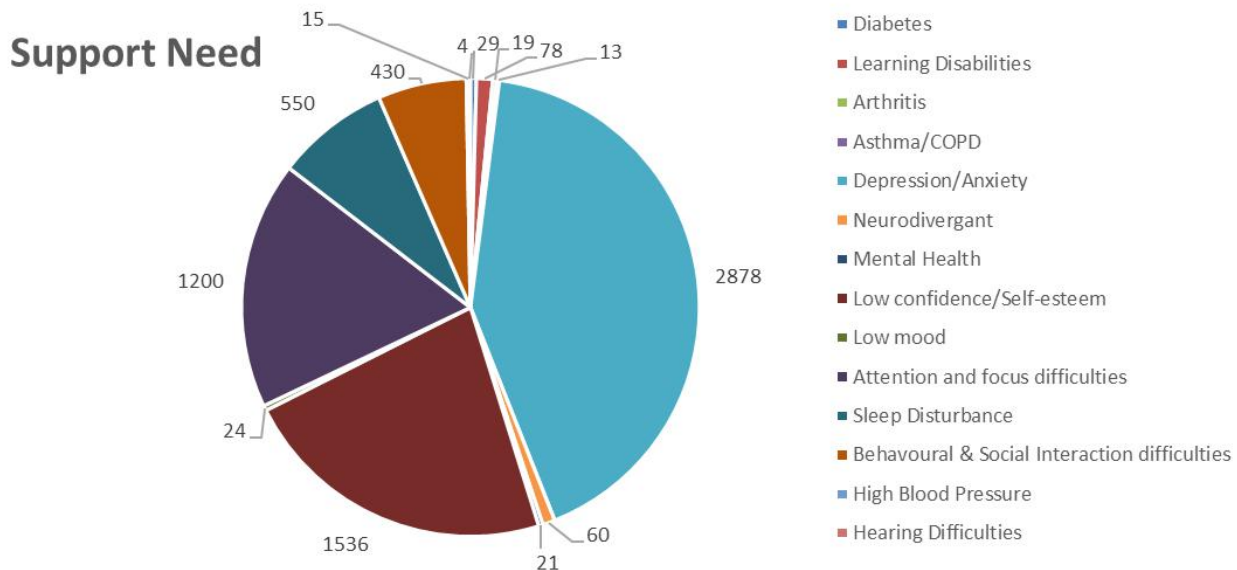
■ Creative ■ Connected ■ Active ■ Safe ■ Education/Skills

## Burnley

In Burnley the overwhelming number one support need is depression/anxiety with low confidence/self esteem coming in second and mental health the third support need for our Burnley community.

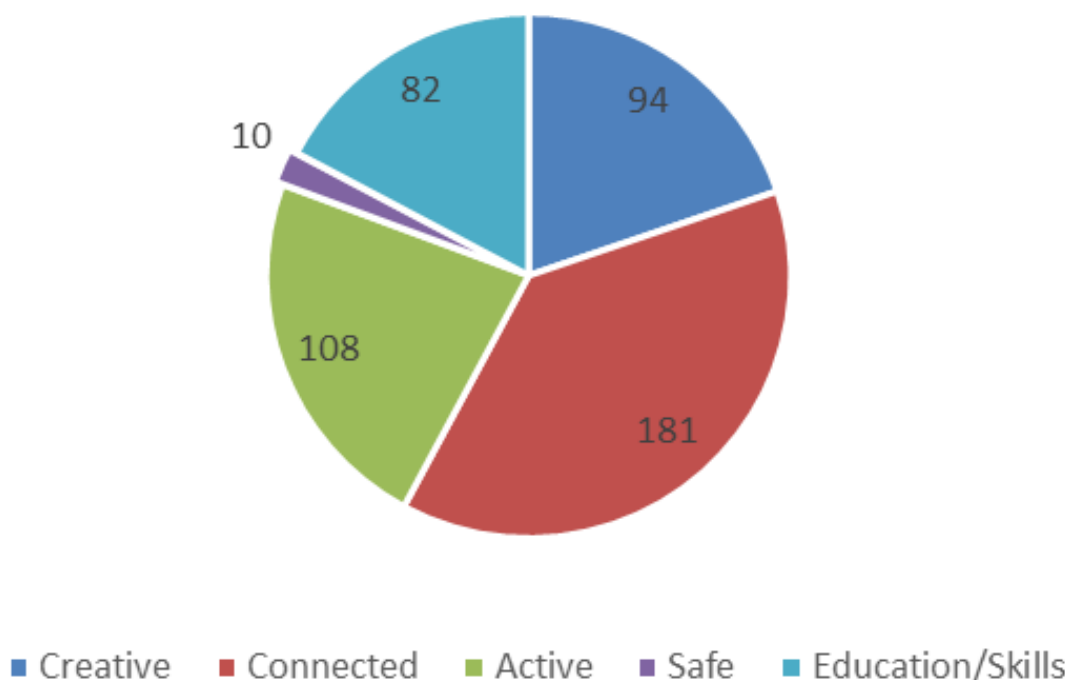
It is worth noting the correlation of these graphs. Whilst the reasons for engagement are reported as needing to feel more connected, depression/anxiety is a significant barrier for people to achieve this without support.

This evidences the fact that small voluntary, community and faith groups are supporting those who really need help. They 'hand-hold' clients to make their first huge steps towards achieving their own goals.



The number one reason for people engaging with BPRCVS' funded groups/projects/activities in Burnley is to become more connected with getting more active in second and support to become more creative in third.

## Reason For Engagement



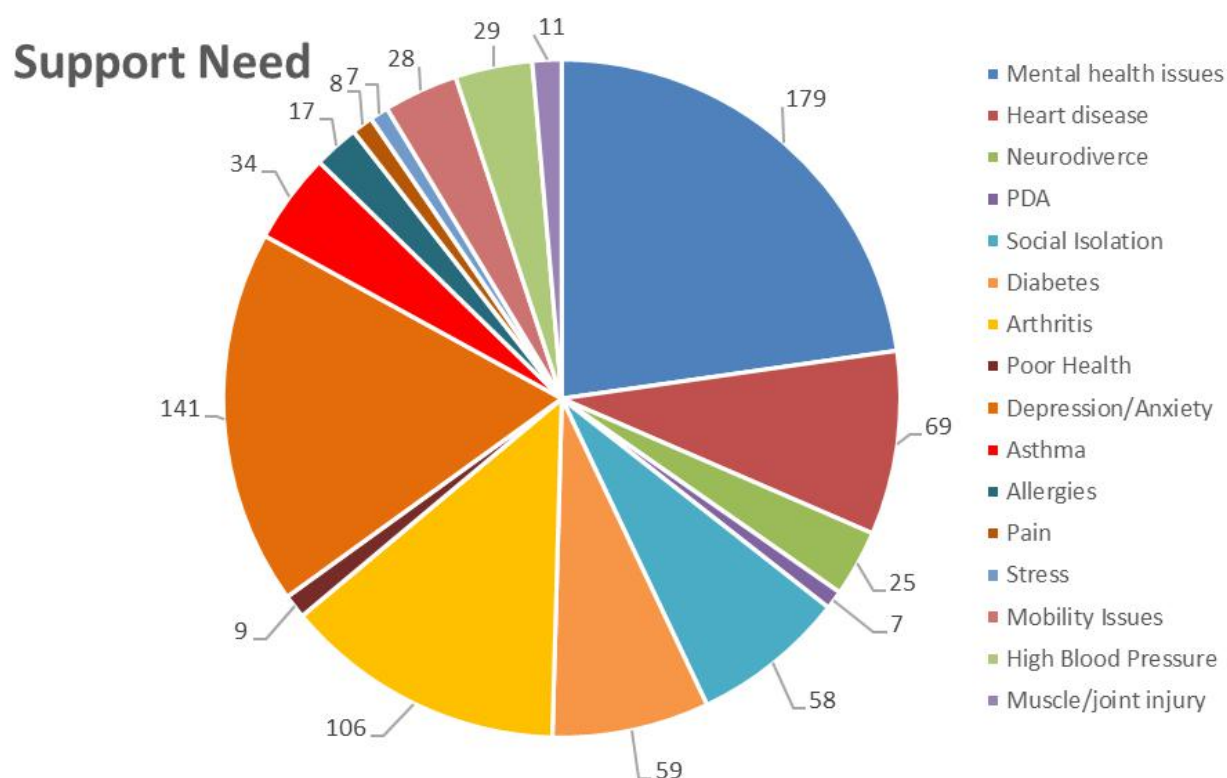


## Pendle

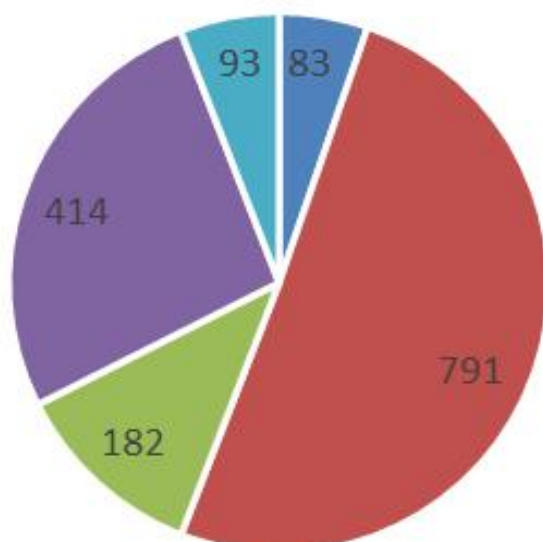
In Pendle the number one support need is mental health issues with depression/anxiety coming in second and arthritis the third support need for our Pendle community.

It is worth noting the correlation of these graphs. Whilst the reasons for engagement are reported as needing to feel more connected, mental health issues are a significant barrier for people in Pendle to achieve this without Support.

This evidences the fact that small voluntary, community and faith groups are supporting those who really need help. They 'hand-hold' clients to make their first huge steps towards achieving their own goals.



### Reason for Engagement



The number one reason for people engaging with BPRCVS' funded groups/projects/activities in Pendle is to feel more connected with support to feel safe in second and to become more active in third.

■ Creative ■ Connected ■ Active ■ Safe ■ Educational/Skills

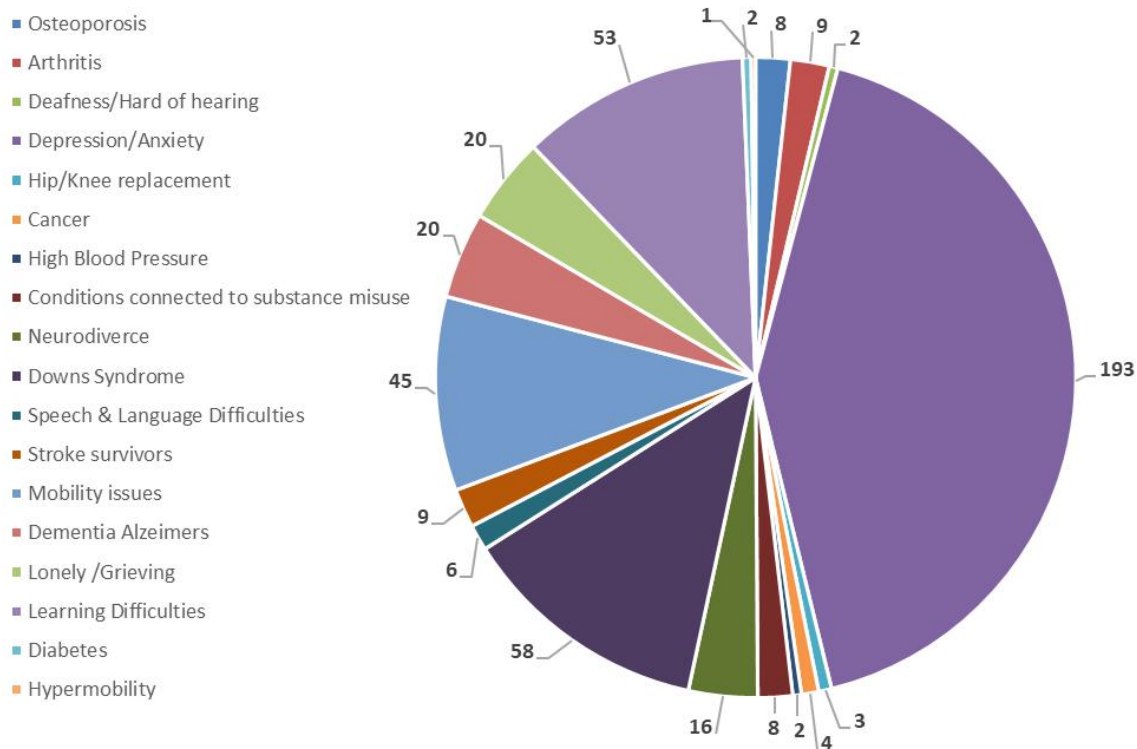
## Rossendale

In Rossendale the number one support need is depression/anxiety with support around Down's Syndrome coming in second and learning difficulties support the third need for our Rossendale community.

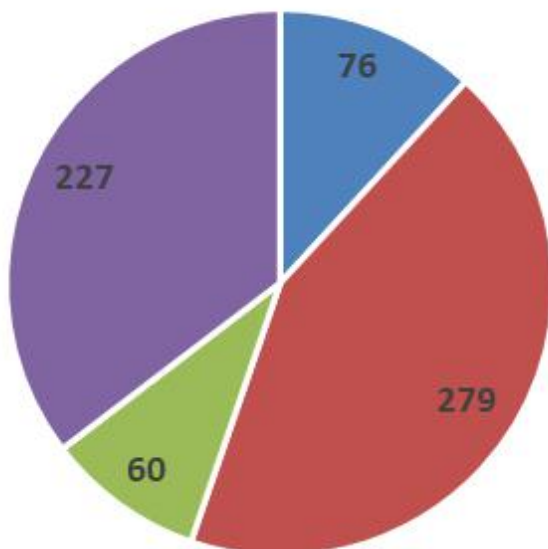
It is worth noting the correlation of these graphs. Whilst the reasons for engagement are reported as needing to feel more connected, depression and anxiety are a significant barrier for people in Rossendale to achieve this without support.

This evidences the fact that small voluntary, community and faith groups are supporting those who really need help. They 'hand-hold' clients into make their first huge steps towards achieving their own goals.

### Support Needs



### Reason for Engagement



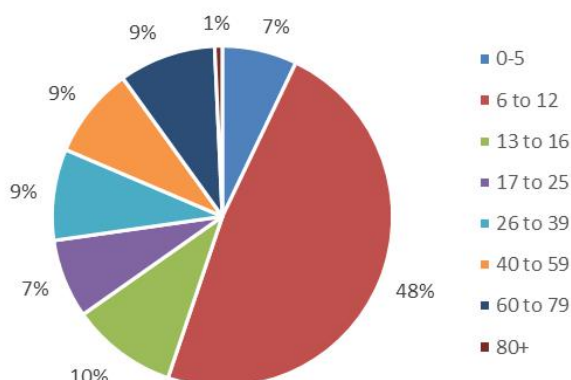
The number one reason for people engaging with BPRCVS' funded groups/projects/activities in Rossendale is to feel more connected with support to feel safe in second and to become more creative in third.

■ Creative ■ Connected ■ Active ■ Safe

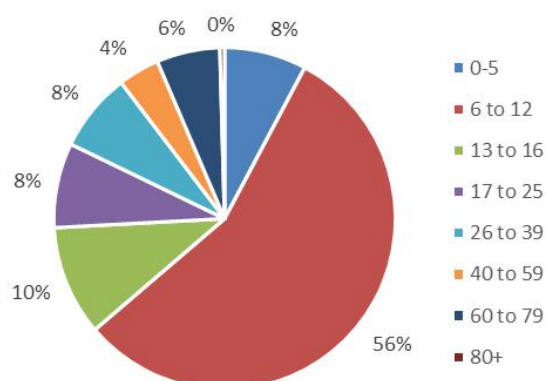
## Age Range Percentages

### Age Range Total % All Areas

The age range who are benefitting most from social prescribing grant projects across all three areas is the 6 to 12 years age range with 13 to 16 year olds coming in second and 26 to 29, 40 to 59 and 60 to 79 years age ranges coming in equal third.



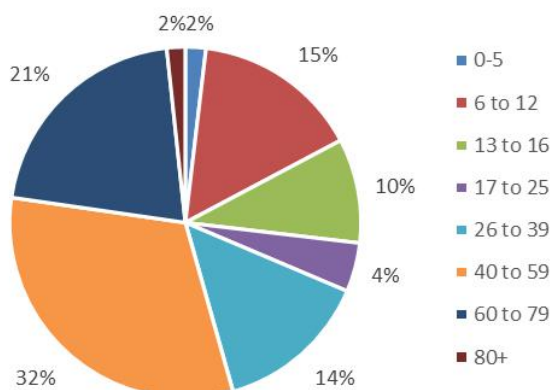
### Age Range % for Burnley



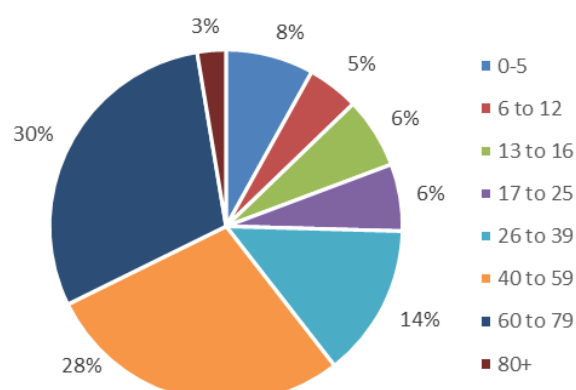
The age range who are benefitting most from social prescribing grant projects in Burnley is, again, the 6 to 12 years age range with 13 to 16 year olds again, coming in second and 0 to 5, 17 to 25 and 26 to 29 years age ranges coming in equal third.

### Age Range % for Pendle

The age range who are benefitting most from social prescribing grant projects in Pendle is the 40 to 59 years age range with 60 to 79 year olds coming in second and 6 to 12 years age range coming in third.



### Age Range % for Rossendale



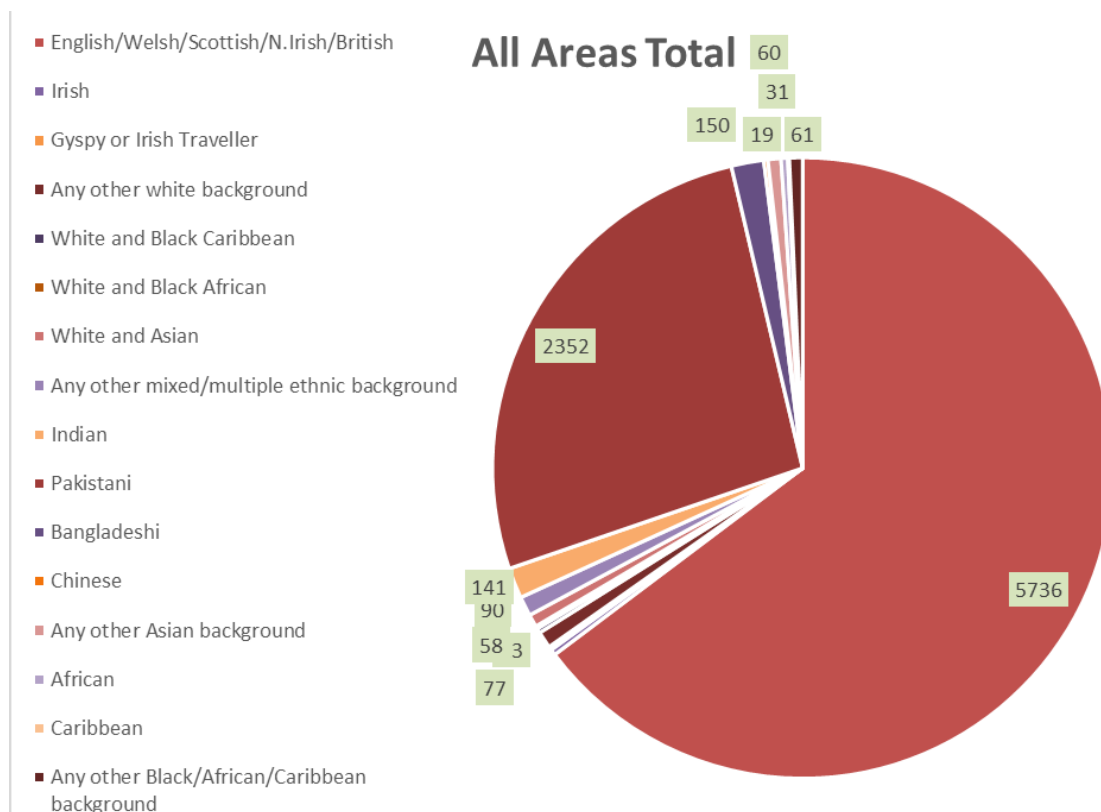
The age range who are benefitting most from social prescribing grant projects in Rossendale is 60 to 79 years age range with 40 to 59 year olds coming in second and 26 to 39 years age range coming in third.



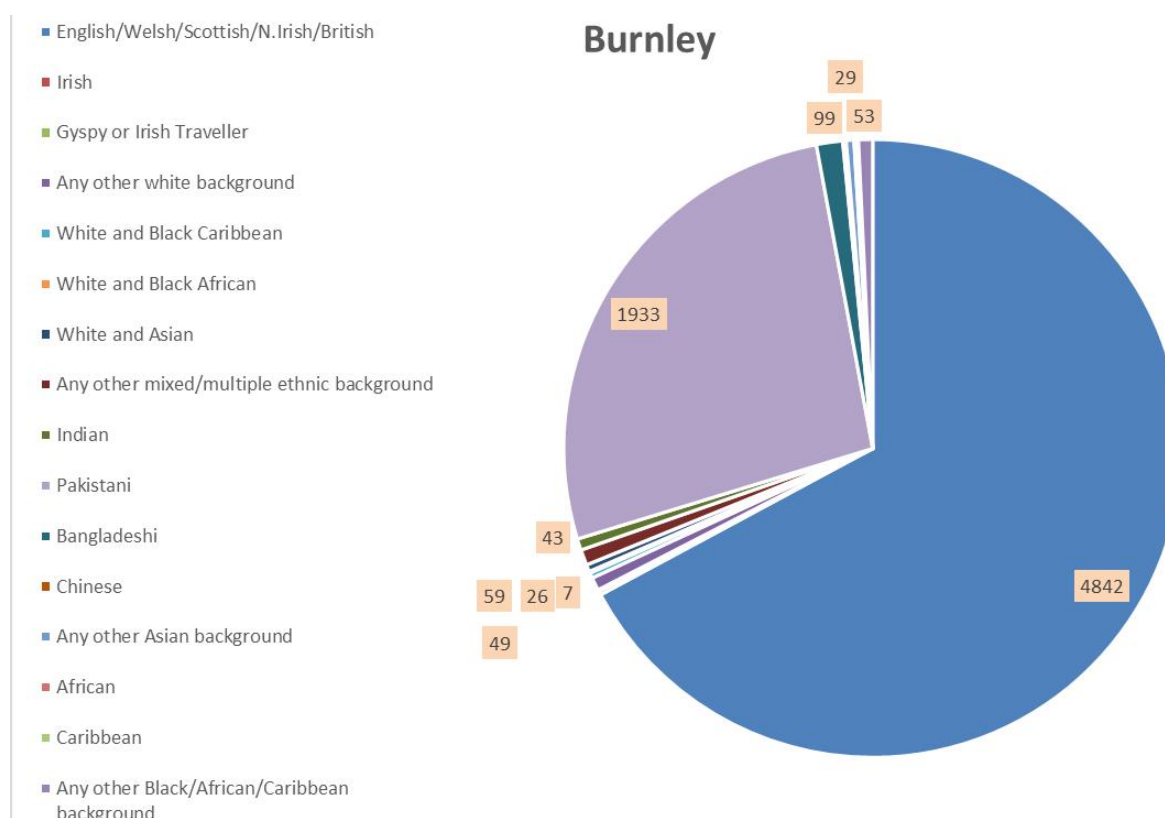
## Ethnicity

The English/Welsh/Scottish/N. Irish/British community are benefitting most from social prescribing grant projects across all three areas with the Pakistani community coming in second and the Bangladeshi community coming in third.

The English/Welsh/Scottish/N. Irish/British community are benefitting most from social prescribing grant projects across all three areas with the Pakistani community coming in second and the Bangladeshi community coming in third.

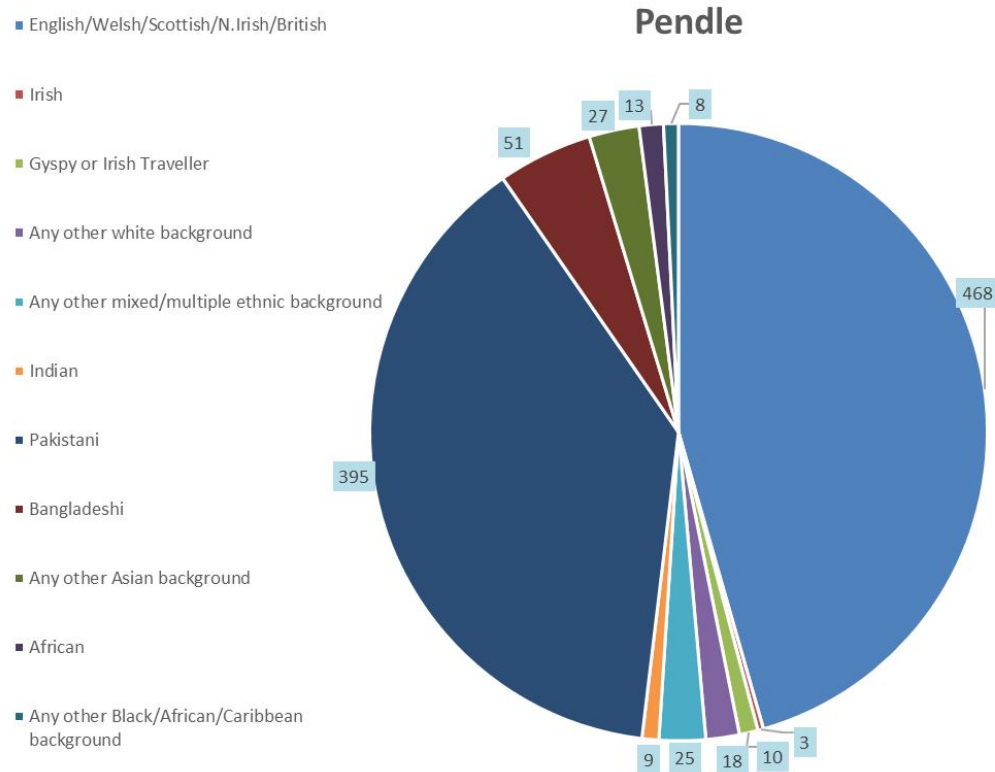


The English/Welsh/Scottish/N. Irish/British community are benefitting most from social prescribing grant projects in Burnley with the Pakistani community coming in second and the Bangladeshi community coming in third.

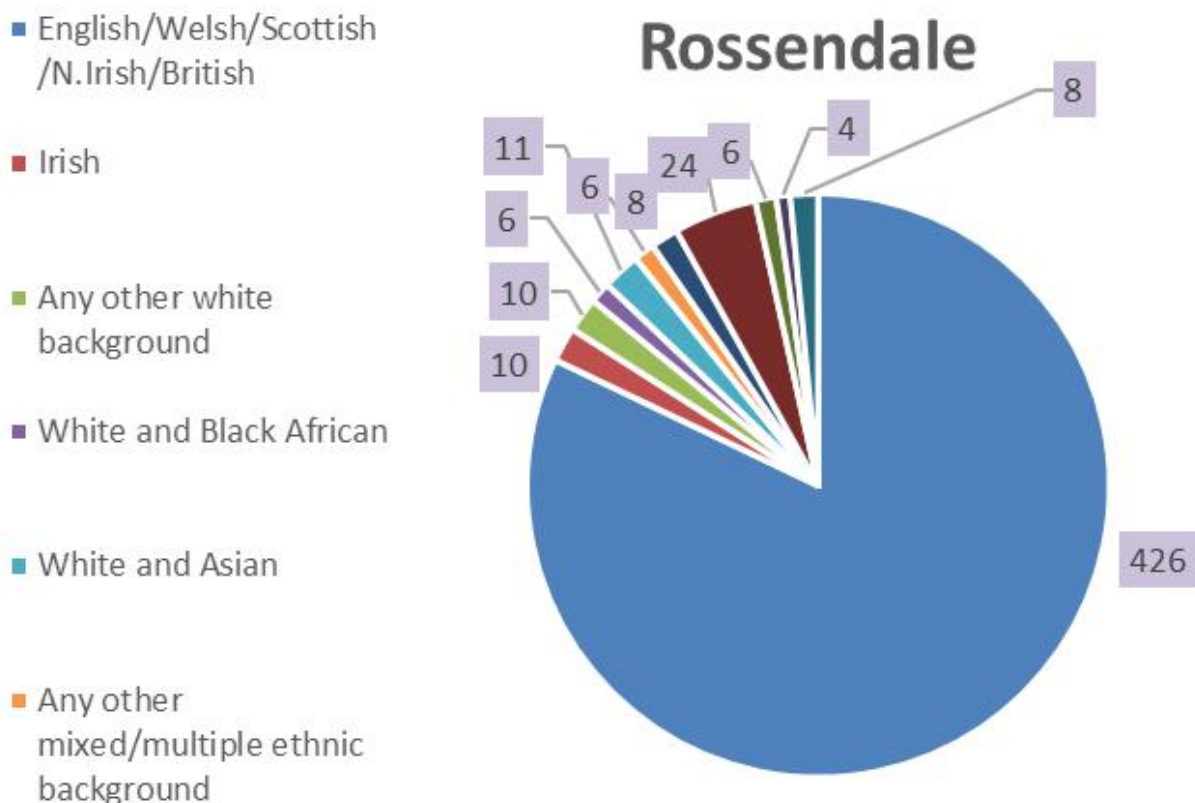


## Ethnicity

The English/Welsh/Scottish/N. Irish/British community are benefitting most from social prescribing grant projects in Pendle with the Pakistani community coming in second and the Bangladeshi community coming in third.



The English/Welsh/Scottish/N. Irish/British community are benefitting most from social prescribing grant projects in Rossendale with the Irish community



## Measuring Impact

To measure the impact for each individual beneficiary, we ask all of the projects to use Wellbeing (ONS4) initial and final forms with their participants.

Although we ask the groups to use the ONS4 forms with all of their participants, we ask for a sample of five forms to be submitted with their final reports. This gives us a flavour of how effective the interventions have been for our communities.

We deliver Monitoring and Evaluation Workshops are delivered each month to support groups in reporting on their projects. Part of the workshop focuses on measuring impact and the different methods available.

Some groups need some guidance on how to use the forms with beneficiaries who might be babies or children, those diagnosed with dementia or Alzheimer's or those with learning disabilities. The ICB requires all groups to use Wellbeing (ONS4) and we advise groups that the person who knows the beneficiary best can complete the forms on their behalf e.g. a parent, carer, volunteer, staff member, etc. Provided they know the person at the beginning of their journey, throughout and at the end of their journey, they can complete the forms for them.

The Wellbeing (ONS4) results from this year's cohort show:

- A 2.2 point average positive impact on their life satisfaction
- A 2.3 point average positive impact on their feelings of life being worthwhile
- A 2.3 average positive impact on their happiness
- A drop of, on average, 1.5 points in their feelings of anxiety

On first glance, this may not seem like a very dramatic impact, however, for the beneficiaries, these projects have a huge impact, overall, on their general wellbeing:

**I'm learning new skills and I will use them for the rest of my life**

**The sessions were brilliant I am proud of my achievements, especially gaining my Food Hygiene qualification and becoming part of a supportive community.**

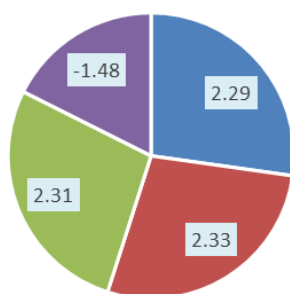
**This project has changed my life, seriously you don't understand how you have helped me. I can't thank you enough.**

**This class has been like a godsend for me. I really was struggling especially mentally more than my knee pain, I was getting really grumpy and nasty, this class has done wonders for me.**

**It was great to find something I feel so connected to. I have made online friends and feel I have a purpose.**

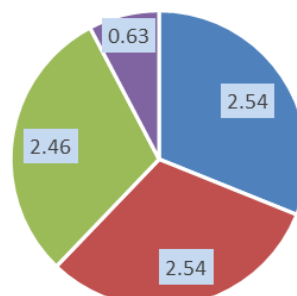
**Thank you for this session – it was so out of my comfort zone to start but it was just what I needed. Thank you**

## All Areas Wellbeing Step Change



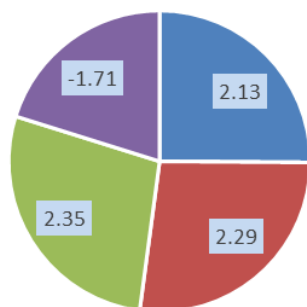
■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

## Burnley Wellbeing Step Change



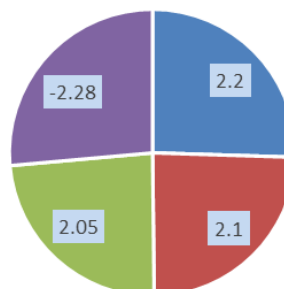
■ Life satisfaction ■ Worthwhile ■ Satisfaction ■ Anxiety

## Pendle Wellbeing Step Change



■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

## Rossendale Wellbeing Step Change



■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

## Group Support, Funding and Volunteering Team



**Tracey Noon**  
Operations  
Manager



**Heather Starkie**  
Group Support &  
Funding  
Co-ordinator



**Julie Overson**  
Project Support



**Michelle Walker**  
Volunteer & Group  
Support Co-ordinator  
Co-ordinator



**Lynne  
Hargreaves-Walker**  
Health & Wellbeing  
Programme  
Manager



**Katy Thornton**  
Business  
Development  
Officer



**Lorna Powell**  
Project Admin



**Janet Lee**  
Volunteer Hub  
Project Support

**Small Grants 2024 - 2025 - Impact**

41 projects were awarded grants across all three areas. A variety of activities supporting many aspects of health and wellbeing were applied for, including creative groups, physical activities, mental health and wellbeing support and inclusion.

The following reports demonstrate how the small voluntary, community and faith groups continue to deliver crucial services. Evidencing the quality, non-medical support they continue to deliver locally to the wider community. All case studies are written by those involved with the groups.



gone a lot calmer during the session.

## Active Gannow Youth Club

**Amount Awarded: £4095**

**About the Project:** Weekly youth club sessions for young people to participate in a variety of sports, physical activities, and games for all ages.

**Project Outcomes:** The youth club will help improve both physical and mental health among the young people taking part in the project. Sustained level of provision during the darker nights and help to provide a safer space for young people to build positive relationships.

### Case Study 1

**Background/Need:** Young participant who suffers with anger issues/stress.

**Action:** She joins in most of the games that we played which included dodgeball football cricket basketball.

**Outcome:** She was more chilled when she left the sessions, and her anger seemed to have

**Really good session keeps your mind occupied**

### Case Study 2

**Background/Need:** Young male wanting to keep fit and active instead of playing on the computer.

**Action:** Their mum referred them to session to get him out of his house.

We played dodgeball football cricket basket ball.

**Outcome:** They got to socialise and play a different variety of games and keep fit instead of playing on the computer sat there on the sofa.

**Really good**



## Aspire Burnley Community Development Fitness Bootcamp

**Amount Awarded: £5000**



**About the Project:** Fitness bootcamp exclusively for south Asian women. This initiative addresses the growing concerns of physical inactivity and its impact on mental health and wellbeing.

**Project Outcomes:** The bootcamp sessions will last an hour, the benefits being improved cardiovascular health, strength, and flexibility, which boost self-confidence and empowerment, also offering stress relief and community support.

**Unexpected benefits:** The consistency in attendance showed how much they enjoyed these sessions and what it meant to the beneficiaries. The friendships found and forged seems long lasting as there have been meals and outings together from these sessions which was really good to see and hear of.

### Case Study 1

**Background:** I am a single mum with one boy

**Need:** I haven't been out much since my husband left, I feel alone and scared to come out and ashamed of what people will say

**Action:** I was welcomed to the group, looked after, made to feel at home and comfortable. I took part in the classes and each week I felt better and better stronger and stronger.

**Outcome:** I over came my fears, beat the anxiety I had and now I feel more confident with my new friends at my side.



### Case Study 2

**Background:** Onset Arthritis.

**Need:** I needed to get moving and active for my own good.

**Action:** I joined this class because I was really struggling with my physical and mental health because of my Arthritis and used that as an excuse, but I seen this on Instagram and thought lets try it.

**Outcome:** I have to say the instructor knew exactly what she was doing because I've struggled before where I joined classes but feel out of place, this class was not like that, I felt she went at my pace, that was good.

**This project has changed my life, seriously you don't understand how you have helped me. I can't thank you enough.**

**This class has been like a godsend for me. I really was struggling especially mentally more than my knee pain, I was getting really grumpy and nasty, this class has done wonders for me. Thank you Bonnie and thank you Aspire Burnley**



## Basically Cheer CIC SEN Provision

**Amount Awarded: £4971**

**About the Project:** Provide opportunities specifically for children & adults with SEN to take part in a range of enriching activities that will have a positive impact on their health & wellbeing in a fun, safe & friendly environment including:

Weekly dance class for children to enjoy moving to music using sensory props. Weekly exercise session & support group for adults with additional needs, disabilities or limited mobility. Soundbath session for both children & adults. A soundbath is an immersive auditory experience where participants listen to soothing sounds produced by instruments

such as Tibetan bowls & chimes that help calm the mind & reduce stress.

Nutrition workshop to educate families on how they can improve their diet & fuel their bodies with the right foods to boost their health.

**Project Outcomes:** We wanted to be able to provide a safe warm and welcoming space for children and adults with SEN to be able to come to enjoy enriching activities and improve overall health and wellbeing. We believe that we have achieved our outcomes by providing dance classes, fitness sessions, soundbaths and nutrition. We have given our attendees something new to try and also educated them along the way. We have evidence in photographs, videos and feedback forms.

**Unexpected benefits:** We had a university student email asking to do some volunteering with SEN children so she joined us for a few sessions, she is now coaching one of our regular classes, we teamed up with Neil from My Colourful memories who delivers a fantastic art session that we tagged onto our adult fitness session meaning the adult SEN attendees were able to do an exercise session followed by art. We also started up a monthly parent support coffee morning and started making connections and building relationships with external organisations. We also have a couple of our SEN adult attendees now volunteer every now and again for us.

### Case Study

**Background:** 5-Year-old boy, asthmatic & lung deficiency. Referred by Mum

**Need:** Looking to find an inclusive activity

**Action:** The child participated in our SEN dance class & enjoyed moving to music and being able to express himself. When the group was a bit busier the child struggled so we discussed options with Mum on how to best meet his needs, we decided on him coming straight from school prior to the class for a session exclusively for him.

**Outcome:** The child has thoroughly enjoyed attending the sessions and looks forward to attending each week, he is delighted to be having his own sessions where he can express himself without the worry of it being too noisy. The child has also had difficulty attending school, so we have worked with him & mum to help to try and encourage him to go to school every day which has worked so Mum is delighted that we have offered extra support for this too.

**Excellent, Love coming,  
so glad to have joined**



## Burnley Play Partnership Park Fun for All

**Amount Awarded: £4462.50**

**About the Project:** Delivered in Thompson Park in Burnley, the Yoga walk & talk sessions will involve walking around the park and being shown yoga positions throughout the walk linked to the natural environment, alongside an opportunity to talk to other people and a social tea/coffee & biscuits to end the session. The yoga moves will change the perception that you need to be indoors using a mat and be flexible as well as promoting yoga, walking and being outdoors as a way to improve physical & mental health and creating opportunities for people to be with other people, reducing isolation and creating networks for friendship.

**Project Outcomes:** Our project aimed to firstly make yoga accessible and offer it in a different space and form – making it more accessible as well as introducing local areas for walks. It attracted people who wanted to try yoga but felt uneasy attending a more formal class/setting. Many who attended reported improved well being and enjoyed accessing local outdoor spaces. This form of yoga was a level that all could achieve meaning everyone could feel like they had achieved in the sessions.

The paddle sport session allowed families who can't always access more outdoor adventure type activities, in a local space. Introducing them to a new activity as well as a local resource and facility in Thompson park.

**Unexpected benefits:** Although we used a local park for our walk and talk yoga .. many local people were unaware of the route from Thomson park into the Rowley /Brun valley, many said it was an untapped local place for them to go and walk after the sessions.

### Case Study

**Background:** Lady in her 50s, grown up children and careing for elderly parent's

**Need:** They needed time out of their care position, space to take stock. Contacted us to ask about the session – apprehensive and anxious

**Action:** Ensure pre information was good and encouraged to attend. Claire the lead met the lady and made sure se was ok and supported her to speak to others.

**Outcome:** Lady joined in the whole session, completing the yoga and commented on how good she felt for doing so, She was able to switch of and feel relaxed in the outdoors and in a supportive group and environment. Made an instant impact on her well being and mental health.

**Thank you for this session – it was so out of my comfort zone to start but it was just what I needed. Thank you**





## Burnley Tennis Club Nourish for Wellbeing

**Amount Awarded: £4970**

**About the Project:** Our approach focuses on empowering families, particularly those from low-income backgrounds, to adopt healthier lifestyles by teaching them how to prepare nutritious, affordable meals.



**Project Outcomes:** Through hands-on cooking sessions, participants will learn smart cooking techniques, meal preparation, batch cooking, and freezer-friendly recipes, all while utilising budget-friendly ingredients. The program will also include educational modules covering healthy eating principles, portion control, food labelling, and cost-effective shopping strategies. In addition to cooking skills, we will foster a supportive community environment through social activities and mentorship. Parents and young people will be

encouraged to share their progress, celebrate achievements, and inspire each other to sustain healthier habits.

**Unexpected benefits:** Participants enrolled on other workshops and activities locally as a result of increased confidence and awareness.

### Case Study

**Background:** LH is a part-time worker at the weekends who found out about the sessions through a leaflet. She was looking to build her confidence, gain a food hygiene qualification, improve her cooking skills, and make new friends.

**Need:** LH wanted to complete a food hygiene course to help with her current and future employment opportunities. She also wished to build her self-confidence, learn how to cook more cost-effectively, and meet new people in a supportive, friendly environment.

**Action:** LH attended 14 sessions, where she learned practical cooking skills, how to cook on a budget, and healthy eating tips. She successfully achieved her Food Hygiene qualification. Beyond participating in the sessions, she began volunteering by supporting the ladies who ran the sessions. Additionally, she was offered help with form filling, housing support, and other areas of need through the wraparound support provided at the sessions. LH attended a ladies-only food table, which created a safe and supportive space where she felt comfortable discussing topics she might not usually bring up.

**Outcome:** LH's confidence has grown significantly. She now feels more knowledgeable about cooking and budgeting and has developed new friendships. Gaining her Food Hygiene qualification has boosted her employability. Volunteering alongside session leaders has also given her additional experience and pride in contributing to the group. The safe and supportive environment helped LH to feel comfortable opening up about personal matters, which improved her overall wellbeing.

**The sessions were brilliant I am proud of my achievements, especially gaining my Food Hygiene qualification and becoming part of a supportive community.**

## Bangladesh Welfare Association Sheba—To Help and Serve

**Amount Awarded: £4878**

**About the Project:** A program of health and mental wellbeing activities that would allow South Asian Women to get out and about, make new friends, engage with new people etc. to create a platform to open up and talk, allow discussion and dialogue, engage in workshops and activities that will bring about better health and wellbeing.

**Project Outcomes:** Through this project, we have helped women build friendships, improve their confidence, and feel more connected to the place they live in.

Many of the women who joined us had very little contact with others outside their families. Women have also accessed English classes, wellbeing sessions, and support with everyday life skills. For some, it has been a first step into education or volunteering. For others, it has simply meant not feeling alone anymore.

**Unexpected benefits:** It gave women a platform to express their views and play a more active role in shaping what happens in their area. They felt more connected not just to each other, but to Burnley as a whole. Not only improving individual wellbeing but strengthening the wider community through trust, mutual respect, and shared experience.

### Case Study

**Background:** Amina arrived in the UK just a few months ago. She is in her early 30s and moved here to join her husband.

**Need:** She didn't know anyone apart from her husband and spent most days at home. She couldn't speak or understand English and felt nervous about going out alone. Amina had a strong wish to study and work one day, but she didn't know where to start.

**Action:** At first, she was very quiet and unsure, but the friendly environment helped her feel safe and welcome. With the help of translated materials and patient staff, Amina was able to share her hopes. She said clearly that she wanted to improve her English, gain life skills, and eventually find a job. The group supported her by connecting her with an English class and helping her with small tasks like using public transport, understanding forms, and building confidence. She is also being supported to join a local skills programme that will help her learn how to use a computer, understand workplace culture, and prepare for future training or work.

**Outcome:** This group has been a lifeline. It has given her a voice and a place where she belongs. She now feels hopeful about her future and is taking real steps towards the life she dreams of.

**I'm learning new skills and I will use them for the rest of my life**



**Enso Creative Arts CIC**  
**Man Made: Creative Expression for**  
**Men's Mental Health**

**Amount Awarded: £5000**

**About the Project:** 'ManMade' is a creative initiative focused on improving men's mental health through the therapeutic power of art. Recognising the challenges many men face in expressing emotions and seeking support, the project will offer a safe, supportive environment where participants can explore their feelings, connect with others, and engage in meaningful creative activities. The project is structured around a series of interactive and collaborative art-based sessions designed to foster self-expression, build community, and promote mental wellbeing. At the heart of the 'ManMade' project are weekly art workshops where participants engage in various creative practices, such as painting, drawing, and mixed media/collage. Led by an experienced artist, these sessions are accessible to all skill levels, focusing on self-expression rather than technical skill.

**Project Outcomes:** The aim is to help participants process emotions and reflect on personal experiences through art. For instance, one session might involve creating self-portraits to explore identity, while another could use colour and texture to express emotions. In addition to individual projects, there are opportunities for collaborative group activities that foster teamwork and a sense of shared achievement. These group efforts build connections, encouraging participants to support each other and experience the therapeutic benefits of collective accomplishment. Each workshop will include an optional element of peer support, sharing personal stories and offering encouragement helps break down the stigma surrounding men's mental health, fostering a supportive environment where seeking help is normalized. Ultimately, 'ManMade' is more than an art group; it is a supportive community that empowers men to connect, express themselves, and build resilience through creative exploration and peer support. The project aims to enhance mental health and wellbeing, helping participants face challenges with confidence.

Our existing arts for wellbeing programs have consistently received positive feedback, particularly in terms of improving participants' mental health and wellbeing. However, these programs are usually attended by a higher proportion of women and have far less male engagement/retention. This has highlighted the need for a men-only space where participants could feel more at ease and supported by peers facing similar challenges. 'ManMade' fills a critical gap in our service offerings by providing a dedicated space for men to address mental health through creativity. The project also serves as a pilot to explore how this approach can effectively engage men who might not otherwise participate in traditional mental health programs. Currently, there are mental health services specifically tailored to men in our community that involve purely talking/peer support or sports-based activity. However, there are no art/creativity-based programs aimed specifically at men. 'ManMade' addresses this gap by offering a program that is both gender-specific and creatively focused. This project would act as a model for future services, expanding our ability to reach and support men who are underserved by existing programs. After consultation with men who attend and also facilitate other peer support/sportbased programs locally at organisations such as Andy's Man Club and Burnley FC In The Community, we have had feedback that a creative session with an element of peer support would be welcomed.

*Unfortunately Sarah Dearden, Managing Director and driving force behind Enso Creative Arts CIC passed away suddenly and unexpectedly. The project went ahead prior to Sarah's sad passing, however, understandably reports were unavailable.*

*Sarah is much missed and her contribution to supporting our community is a tribute to her tenacity, ingenuity and insight.*

#### Amount Awarded: £392

**About the Project:** We have been asked to support the pulmonary fibrosis support group by putting on a Christmas and a Spring workshop.

**Project Outcomes:** This will include activities which involve learning new skills and developing muscle memory, enabling those involved to take home some creative art which they can either give as presents or keep themselves and also do again at home if you wished. They need to be accessible activities, to do sat down and light weight. We cannot use glues which have fumes, and there are other considerations we have discussed when developing the workshop.

**Unexpected benefits:** Some people liked the project so much they bought equipment so they could do it at home. One man said he was going to take up paper crafting and was delighted he had found something new he could confidently do.

#### Case Study

**Background:** Elderly lady with pulmonary fibrosis—uses oxygen. Not getting out of home much.

**Need:** Gets bored at home and often feels isolated.

**Action:** Really enjoyed last session using 'Big Shot' die cutting machine and making cards.

**Outcome:** Bought herself card making supplies and a Big Shot and now spends her days card making. Found some online groups and feels less isolated.

**It was great to find something I feel so connected to. I have made online friends and feel I have a purpose.**

## Lancashire First CIO Healthy Body, Healthy Mind

**Amount Awarded: £5000**



**About the Project:** We would like to offer 20 adults with learning disabilities; 3 months of gym membership. As part of the membership, the individuals will be able to go to the gym whenever they like, they will be able to go swimming, joining fitness classes like Zumba or aerobics and also the sauna; either in Padiham or Burnley. We would also like to offer 12 weeks of health and wellbeing workshops, these will be delivered by a qualified dietitian, who will create a tailored programme suitable for adults with learning disabilities.

**Project Outcomes:** Our service users felt a lot fitter and healthier. It helped them improve their mental health as well as physical health and well-being.

They all made conscious lifestyle changes and overall, we saw an empowered and improved mind set.

Individuals felt more in control of their lives, generally confident and made new friends.

**Unexpected benefits:** Our service users implemented a lot of the information that they learned in the healthy eating classes, as well as this, we found a couple of individuals managed to lose weight too, with the rest mentioning feeling healthier and being in better shape.

The gym offered them a reduced rate for taking part in our project and a number stayed on.

Additionally, our service users asked if we could provide health cooking sessions in the future.

### Case Study

**Background:** Middle-aged lady with learning disabilities, struggles to make friends and always very anxious.

**Need:** To find activities that helped her mental health and also helped her socialise in a safe space. She enjoyed dancing but was too shy to ever join any groups.

**Action:** We helped her learn about healthy eating habits and a person's wellbeing. We also introduced her to our dance classes which helped improve her social anxiety and get fit too.

**Outcome:** Her confidence grew and she began to talk more to people in the sessions, making friends and chatting to everyone. Her mental health improved we saw her anxiety levels drop and she became more settled.

**I enjoy dancing, it helps me feel relaxed and make new friends.**





## MS Angling and Education Fishing for Wellbeing—healthy lifestyles—fishing therapy

**Amount Awarded: £5000**

**About the Project:** All sessions will provide participants to be involved in sessions which will support and help to improve mental health & wellbeing, self-confidence. Self-esteem and resilience, as well as enable individuals to socialise with others.

Participants will build new connections and relationships with the sport fishing and with other members of the community whilst participating in physical activity and learning new skills.

**Project Outcomes:** Our project has connected people together throughout the sessions from a number of different backgrounds.

The sessions have provided opportunities to be active; getting up and out of the house,

walking to the venue or around the venue during sessions, being out in the fresh air in a beautiful greenspace.

The project has provided opportunities for volunteers to get involved and the health and wellbeing of those attending has definitely improved.

So many positive outcomes which is fantastic.

**Unexpected benefits:** A gentleman who attended offered to pick up other clients on-route to the sessions which was extremely helpful. This help has made it possible for more people to benefit from the sessions.

### Case Study

**Background:** A young man in his 20's suffering with depression and anxiety. Reports of substance misuse too.

**Need:** They need social interaction, time out of the house, time to relax, recharge and refocus. Building up their confidence too.

**Action:** Fishing Therapy Sessions, discussions around improving health and wellbeing, discussions around why fishing is proven to be helpful to improve your health and wellbeing.

**Outcome:** Improved mood, improved confidence, new sport/hobby, made new friends, now has something to focus on and help get him out of the house.

**I needed a distraction Mark  
and this is it. Thanks so much.**



## My Colourful Memories CIC

**Amount Awarded: £3580**

**About the Project:** To improve the well-being of adults with long-term physical or mental health conditions or disabilities.

**Project Outcomes:** The project will use art-health practices to boost participants' confidence, foster a sense of achievement, and enhance overall well-being. The workshops will take an innovative approach by combining art with conversation, which has been shown to stimulate discussions among people living with dementia. to empower participants to engage in art activities and conversations, creating meaningful connections between carers and other group members.

In order to accomplish this, we will be providing unique art resources which are specifically designed to promote connections among people, such as colouring prompt cards, colouring books, and transforming family photos into colouring pictures. The holistic approach also welcomes carers to participate, allowing them to gain a deeper

understanding of the people they care for and fostering connections.

### Case Study

**Background:** Young man aged 24, referred themselves into the project.

**Need:** To express their feelings through art and to feel part of a group—make friends.

**Action:** Did a selection of art which brought confidence and the ability to express his feelings.

**Outcome:** Gained confidence, made friends, looking into other areas in art as he enjoys it.

**Thank you, Neil, please keep the club going.**

### Case Study

**Background:** Young lady with an acquired brain injury and learning disabilities.

**Need:** To learn how to take turns when communicating and to gain social skills.

**Action:** The group provided opportunities to practice patience, share ideas and the chance to express herself.

**Outcome:** The group helped with social and communication skills as well as learning new skills.

**Thank you. I hope it keeps going so I can keep seeing my new friends.**





## PLL Solutions CIC Skills for Working and Wellbeing

**Amount Awarded: £5000**

**About the Project:** A series of life skills workshops in Burnley focused on improving mental health and wellbeing while upskilling participants and building essential life skills.

**Project Outcomes:** The project will provide individuals with practical tools for managing stress, improving emotional resilience, and fostering healthy relationships, all while developing key skills such as communication, financial literacy, and self-care routines. These workshops will not only support participants' mental health but also equip them with valuable skills they can apply in everyday life, enhancing both personal and professional development. By creating a supportive environment, participants will connect with others, share experiences, and build lasting social networks, empowering them to improve their wellbeing and thrive both mentally and practically.

**Unexpected Benefits:** We linked cooking and DIY skills to help people into employment—it also supported everyone to improve their maths skills and increase their confidence with maths -we enrolled 7 people on to Multiply Maths WEA as well as 2 on to Lancashire Adult Learning. We supported people into volunteering as a first step back into employment. We have also helped one person to set up their own business. We formed a small committee who we are hoping will help us to shape future projects.

### Case Study

**Background:** Young woman struggled in College due to her autism and the busy, large group environment

**Need:** Looking for help with job searching, creating a CV, preparing for interviews, and understanding how to start her own small business. She also wanted to grow her confidence and develop her overall life skills whilst meeting new people in a smaller group environment

**Action:** Received one-to-one and group support with job applications, CV writing, and mock interviews. She was also supported with goal setting and business start-up guidance related to her nails and beauty career ambitions. Also attended cooking classes and arts and crafts sessions, which helped develop practical and social skills.

**Outcome:** Made excellent progress and grew significantly in confidence. Began volunteering with a local disability charity using her new skills. Continues to receive support and remains committed to her long-term personal and career goals.

**Thank you so much for helping me. I feel much more confident and supported. I am very proud of how far I have come.**

## Rosegrove Neighbourhood Watch A Bundle of Hope

**Amount Awarded: £4915**

**About the Project:** 7 different workshops which will include nurturing change, school of magic, community choir, botanical art casting, our house in the middle of the street, and get creative community arts. Over 46 sessions in our new youth and community hub.

**Project Outcomes:** This will allow the residents activities in a safe environment. Supporting families to care for each other and lead healthier lives.

**Unexpected Benefits:** Volunteer helped with report over 8 hours due to lead ending up in hospital in December with Sepsis. This could only happen because the volunteer had worked on increasing their confidence as part of the group.

### Case Study

**Background:** Elderly man lives on his own in a bungalow he has got breathing problems and suffers from arthritis. He regularly attends Physio at the doctors.

**Need:** To meet other people due to be being lonely. He attends Rosegrove Neighbourhood Watch weekly he enjoys chatting to people. The gentleman needed sign posting to other local groups

**Action:** The group offered a friendly environment and support weekly. The gentleman has started doing more at home to keep him busy for example doing jigsaws He was also sign posted to local groups run in Burnley, Rosegrove and Padiham

**Outcome:** The Gentleman enjoys coming to the small group with local residents He's now going out more in to Padiham to charity shops looking for Jigsaws and going to another group on a Friday in Padiham Sign posted to other groups which are available in the area.

**I love coming to the group every week. I go three times a week!  
Thank you to the volunteers.**







## UK Yoga CIC Empowering Educators for Holistic Student Wellbeing

**Amount Awarded: £5000**

**About the Project:** Dynamic 90-minute training sessions at each school, enabling educators to incorporate these practices into their teachings effectively.

**Project Outcomes:** Our objective is to create a mindful, nature-connected school environment. By integrating our Outdoor Learning Cards, we'll inspire a positive shift in school culture, focusing on:

- **Mindfulness and Meditation:** Cultivating emotional well-being and resilience.
- **Breathing Techniques:** Enhancing focus and creating a calm learning atmosphere.
- **Nature Connection:** Deepening appreciation for the outdoors, enriching well-being.
- **Movement Integration:** Encouraging physical activity as part of daily routines.

**Unexpected Benefits:** Although the project was designed to improve mindfulness, emotional resilience, and well-being in Burnley schools, several unexpected positive outcomes emerged during implementation. These benefits extended beyond the classroom, impacting students, teachers, and the wider

community in meaningful ways:

1. Improved Parent-Child Relationships
2. Enhanced Teacher Well-being & Staff Morale
3. Better Peer Relationships & Social Inclusion
4. Positive Impact on Classroom Behaviour & Learning Readiness
5. Increased Interest in Outdoor & Physical Activities
6. School-Wide Cultural Shift Towards Mental Health Awareness

These additional benefits highlight the broader impact of the project, extending beyond its original objectives and fostering a more mindful, connected, and resilient school community.

### Case Study

**Background:** Year 3 child, brother in hospital very poorly long term illness.

**Need:** The child needs a safe place to think and express her emotions.

**Action:** Took time to be present by using the yoga poses and liking the breathing and zone of regulation

**Outcome:** Now able to use the learned technique whenever she needs to at home, in school and at the hospital.

**'It's lovely to see how much she is managing her emotions using these breathing & Yoga techniques.' - Mum**



## Active Sisters Socialise and Fitness for Females

**Amount Awarded: £4500**

**About the Project:** Sessions tailored for females that focus on a socials-based youth club setup as well as fitness classes.

**Project Outcomes:** The project will take place over 20 weeks with 3 hours of delivery each week. One of the sessions will be focused around fitness with a qualified coach. These will take place for females who are aged 17+ as we already have sessions running for ages 6-16. These sessions will be delivered by a qualified female personal instructor. We are an organisation led by people of colour so the majority of the participants will come from ethnically diverse communities and having female only environments are an important aspect that removes barriers to entry for many. The 2<sup>nd</sup> session will be a youth club setup so we will

purchase items such as board games, table sports so girls aged 6-16 are able to have a weekly opportunity to have fun and socialise with other girls. Both these projects have a strong emphasis on improving the mental health of females with statistics showing it is affecting them more than males at the current moment.

We had really good engagement and used an app to record attendance on a weekly basis. We saw a big difference in the confidence levels of the girls once the sessions had come to an end.

**Unexpected Outcomes:** We were able to recruit more volunteers. Through the project as a relatively new organisation we were able to make many more people aware of the organisation and grow our marketing reach.

### Case Study

**Background:** A girl from a conservative household was shy and hesitant to participate in extra curricular activities.

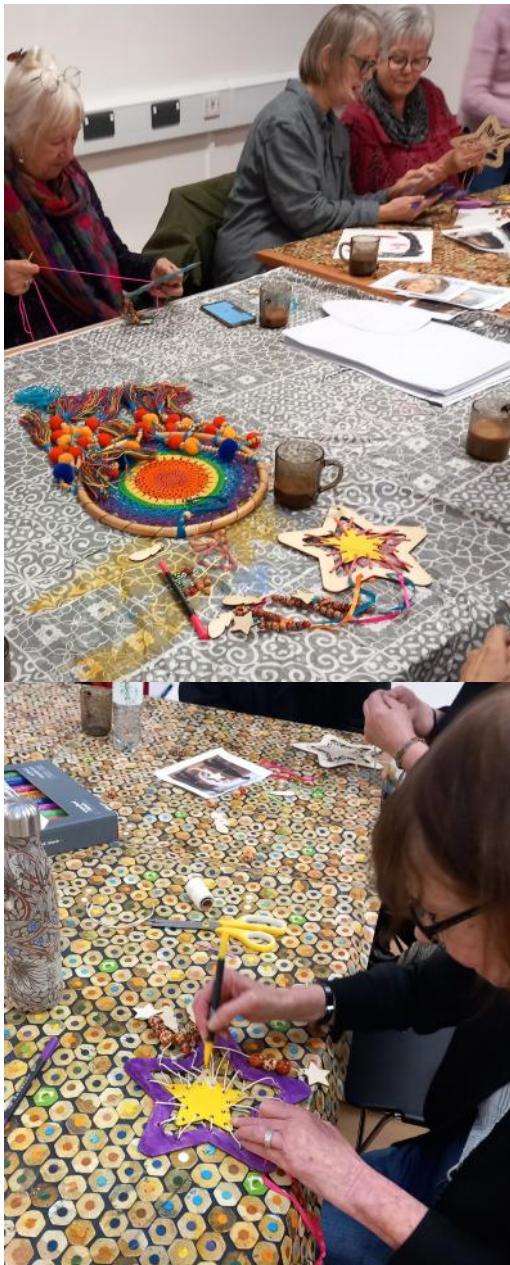
**Need:** Important for her to engage as she had limited local role models and cultural barriers.

**Action:** We paired some of the more shy and reserved girls with others so they had a buddy.

**Outcome:** Became more confident and made more friendships as well as getting fit as she was very unfit when she first joined.

**I am looking forward to taking part in more activities with Active Sisters. This is just what I needed, even though I first struggled to attend.**





## Artfull

**Readiness to start learning through creative arts, writing and drama**

**Amount Awarded: £5000**

**About the Project:** To work with a group of adults, using creativity to combat issues such as loneliness and mental health. They will use visual arts as well as creative writing, storytelling and drama to encourage lifelong learning. There will also be elements of relaxation and wellbeing within the sessions where the group can meditate and quietly work on creative artwork.

**Project Outcomes:** The sessions will promote confidence, self-worth and self-confidence, it will encourage critical thinking.

They looked at ways of encouraging lifelong learning by understanding and experiencing a contemporary, Avant-guard, ecological art exhibition, with well-being activity with knots, tassels – creating good energy for themselves and others.

The group throughout the project have engaged in wellbeing activity, meditation with music and enjoying play, drama games.

Using visual arts as well as creative writing, storytelling and drama to encourage lifelong learning

Participants will work together and individually and will be encouraged to take part in group discussions and to present their own work in a relaxed, informal setting .

**Unexpected Outcomes:** Quotes from participants:

“Learnt things about myself that I did not think I could do” “Less afraid of trying and participating in new things” “Meeting people and having a purpose” “Socialising, confidence building and learning new skills”

### Case Study

**Background:** Retired nurse and grandmother of three, happily married, poor health issues.

**Need:** Help with confidence building and support with anxiety and low mood.

**Action:** Mindfulness helped the anxiety and helped with confidence.

**Outcome:** Renewed a belief in ability and making new friends.

**Becky and Donna have been excellent. I loved the drama that Donna taught us and the crafts Becky taught. I will be forever grateful for meeting them and the lovely people in the group.**





## Awaaz Empowering Families

**Amount Awarded: £4000**

**About the Project:** Rolling programme of activities for the benefit of our local families and community. Family Health = Family Wealth – a carousel of fun physical and educational activities to engage and motivate

families to become healthier and more active. Families Learning Through Play – a carousel of sessions aimed at encouraging families to converse with one another through educational sessions that encourage working together to problem solve and achieve success. Families would work together to design and make board games – the more creative, the better. Pre-school activities – modelling nurse rhymes and actions for parents to enjoy with their young child. These sessions would incorporate bilingual rhymes to encourage speech. Reading sessions – parents and children would be encouraged to enjoy reading together. Research shows that reading for pleasure is a catalyst for educational attainment.

**Project Outcomes:** The short-term evidence suggests that we have achieved considerable success through our project. We had good attendance and participation. Through feedback we have ascertained that there is a need and demand for our project and associated activities so we will look to pursue this again when such funding becomes available. Until there is further funding, we aim to continue providing our sessions for as long as we can to ensure our beneficiaries continue to gain maximum benefit and support. We would like them to be skilled and empowered enough to go on to support others.

**Unexpected Outcomes:** One of our volunteers has secured a successful place to begin her journey towards becoming a Social Worker.

2 of our beneficiaries have managed to secure employment as Welfare Assistants at a local school.

We have managed to continue some of the sessions beyond the project completion date due to the positive engagement and goodwill of our existing volunteers and some of our beneficiaries who have developed the skills to now help others.

### Case Study

**Background:** Widow with 2 young children. One of her sons has been diagnosed with ASD and the other is currently on the pathway.

**Need:** Illiterate, speaks very little English and relies on her in laws for everything. Needs benefits support, ESOL, access to driving lessons and support with her son's condition.

**Action:** Helped to sort her benefits out and transfer bank account access from her deceased husband's name to her own. Signposted to Action Northwest for support around understanding ASD. Discussed bereavement support. Accompanied by her mother-in-law for some sessions, which appeared to have a positive impact on the boys' participation.

**Outcome:** Engaged in most activities, reducing her anxiety and sense of isolation for both her and her sons. Her sons continue to access some activities as the other children have become familiar with their traits and behaviours. Has financial stability as she has independent access to her money.

**Thank you for all you do.  
Thank you for all your help  
with me and my boys.**

## Barlick First Youth Organisation Barlick Digital Youth Club

**Amount Awarded: £2478.71**

**About the Project:** Barlick Youth Club aims to establish a digital youth club that provides an opportunity for children who are isolated to become actively involved and connected with the club a digital youth club provides an essential connection to a community. We also have significant numbers of young people who are excluded from school, either permanently or temporarily. We hope that this more informal approach might provide a vital stepping stone in re-connecting young people with mainstream education.

**Project Outcomes:** Key outcomes include:

Improved confidence and engagement in children with little prior experience in using technology.

Strengthened social inclusion, offering an accessible entry point for children who may otherwise be disengaged.

Early digital skills development.

Positive feedback, highlighting increased enthusiasm for learning and improved social interaction.

The club has contributed to making Barlick Youth Club more inclusive, responsive, and aligned with the digital aspirations of the next generation.

Notably, the club has successfully engaged:

- Children from low-income households with limited digital access.
- Young people with neurodiverse conditions or social anxieties.
- Participants who prefer quieter, structured environments to physical or high-energy sessions.

**Unexpected Outcomes:** That the pilot you have funded will become a permanent feature of our provision

That a discrete group of young people with significant additional needs has come together, both on line and in person.

### Case Study

**Background:** K is a 15 year old wheelchair user with cerebral palsy

**Need:** Apart from his physical needs he also only has a very small group of friends, from school. Apart from school he rarely meets other young people.

**Action:** K has joined the group and whilst he has very limited keyboard control , he participates enthusiastically in all the sessions. We are looking at other technologies to allow him to participate more fully

**Outcome:** He is more confident. He genuinely enjoys all the sessions

**'He can't wait for the next session'  
K's Mum**

## Beside You In Bereavement Nelson Pilot

**Amount Awarded: £5000**

**About the Project:** 12-week pilot group aiming to modify and reproduce the BYIB group, currently running in Preston and Chorley. Provide regular sessions out of hours to people in work.

**Project Outcomes:** Regular groups, instant access after initial one to one screening, a 24 hour peer support system, option of progression through training to supporting service delivery as volunteers, out of hours buddy system, use of therapeutic art work and involvement in the natural world through cycling, walking and foraging. A chance to experience grief and process difficult emotions.

20 participants were recruited. All attended every session and gave feedback that the sessions had benefitted them in terms of their mental and physical health, their ability to process their grief, reduced isolation, sense of community, connection to nature, support and increased awareness of the impact of bereavement by suicide. Poetry and other artwork were produced by individual participants, who gave consent to publication.

This model was intended to overcome barriers to male participation and as an alternative to traditional support groups. The foraging was supplemented by soup and resulted in a shared meal enjoyed by all. In addition, despite January weather, bike riding, walks in nature were used to help with the bonding process. Clay modelling, poetry writing and other forms of art were produced and collated ready for publishing. All participants consented to share their information.

**Unexpected Outcomes:** The shared care arrangement with Pendle Craft was inspiring and appropriate. We will continue to work with them, and the project will continue there unfunded monthly. Pete from Pendle Craft paved the way for making a shared meal each week from foraged food. Also made pancakes and vegetarian dishes, very inspiring for people too depressed to cook for themselves. People found the connection with nature therapeutic.

### Case Study

**Background:** B is 50, female and was in full time employment until the death. She lost her 21 year old daughter to suicide 6 months ago. There was no evidence at all of her daughter being low or mentally distressed. B works in higher education and is returning to resume her career. However, she carries much guilt about her self perceived short comings. The strain for B has been huge, she has had to hold it all together.

**Need:** To listen and talk to other people bereaved by suicide, with professional counselling support and guidance to help with the grieving process.

**Action:** B was able to share some memories and her disbelief. She was able to hear that everyone in the group had similar feelings of guilt because this is the nature of being bereaved by suicide. She enjoyed making hearts with her daughter's name on them out of clay which is grounding and helps keep a person centred and in their body.

**Outcome:** B has attended every session since her first visit, and has also come to our ongoing Preston group. She has felt heard and has spoken about the death in a way she could not talk with family. She does not now feel that she needs medical intervention for her feelings.

**"Thank you, something  
has shifted in me, I  
breathed a big sigh of  
relief when I left"**



## BOOST Wellbeing Yoga for Wellbeing

**Amount Awarded: £4555**

**About the Project:** BOOST Wellbeing CIC delivers a wide range of weekly sports and exercise classes, to support people who have mental ill health, long term health concerns, and those who may be experiencing loneliness and social isolation, and as a result are physically inactive

**Project Outcomes:** We have had a very positive response from participants who have indicated that the classes have contributed to improved physical health and wellbeing.

Over 50% respondents have indicated that they have or intend to participate in other community activities with several crediting the yoga classes for having boosted their self-confidence and ability to try new things.

Aided participants with stress reduction whilst equipping them with new techniques to manage their anxieties.

80% of our respondents have made new friends in the group and this is one of our primary aims – to combat loneliness and social isolation through group activity.

**Unexpected Outcomes:** We see people speaking before and after the classes and going for coffee afterwards too.

We have also brought together three gentlemen who have but only recently learned of their similar challenges with addiction.

Indeed one of the most unexpected results has been the number of men taking part in the class with 15 male participants from a total of 56.

### Case Study

**Background:** Struggled with alcohol dependency for several years and had gone through previous detox programmes.

**Need:** Successful in significantly reducing their alcohol intake. Due to external stressors reached a crisis point and started drinking heavily again, sadly culminating in them losing their job. .

**Action:** Contact was maintained with the client during this period and the client agreed to engage again with Inspire. The client was very keen to return to the Yoga group and has now been a regular attender for several months.

**Outcome:** Marked improvement in overall confidence. Interacting with others as well as the Yoga exercises. Overall physical health has improved.

Feels ready to contemplate returning to work. Has invested in Yoga equipment and is practicing the exercises at home.

**The group is a little haven of peace and relaxation. It feels like I belong to a group which does not judge and I feel appreciated.**





## Chatting Chimers CIC Creative Mindfulness through Poetry and Arts and Crafts

**Amount Awarded: £3800**

**About the Project:** Creative mindfulness and yoga exercise to reduce stress and depression and develop skills. Improve physical health indirectly and develop transferable employability skills. Giving holistic support by providing exercise and poetry sessions.

**Project Outcomes:** We delivered arts and crafts activities, which provided creative mindfulness and helped reduce stress. It helped the participants gain skills they could use to develop a business as well. Increased self-esteem and gave them the confidence. Exercise sessions and workshops around healthy eating and calorie control. Learners weighed themselves and they found it useful and were amazed when they saw some weight loss. Motivated, and the different exercise moves created some fun and laughter leading to amazing group sessions and a feeling of belonging for the participants. Feedback: had helped reduce or eradicate pain altogether; felt less tired; feeling much better and happier. The ONS4 forms, also showed a huge improvement. The participants gave good word of mouth to their peers, which brought in more participants for the project.

**Unexpected Outcomes:** A participant who was attending the exercise sessions visited her physiotherapist and told about the exercise benefitting her and her pain was better. The physio was impressed and asked for our number for referrals. Another unexpected benefit was that many women brought children to the sessions (which we allow) and the children keenly participated. When we had our

online classes 4 children and toddlers joined the exercise along with their mums, so our beneficiaries were not only the women themselves, but their children as well!

### Case Study

**Background:** A mum of 3 children. Has skills though lacks confidence with English and has back pain. She is struggling to progress. Of South Asian background. Lacks motivation to leave the house.

**Need:** Wants to go out of the house and take part in activities to reduce isolation and stress levels. Wants to increase her motivation to exercise to help her back pain and reduce tiredness.

**Action:** Took part in arts and crafts, healthy eating, calorie control and some poetry as well as weekly exercise sessions.

**Outcome:** Exercise helped to relieve the back pain and reduced tiredness. Painting and embroidery gave her some 'me' time.

**My physiotherapist was happy with the result and asked for your number for referrals. I really enjoyed the sessions.**

## Colne Citadel Movement to Music

**Amount Awarded: £2760**



**About the Project:** Movement to a Musical composition. While individual or selected movements from a composition are sometimes performed separately as stand-alone pieces, a performance of the complete work requires all the movements to be performed in succession. A movement is a section of a piece. This has been requested for by service users.

**Project Outcomes:** Improve the lives of residents by reducing social isolation in a safe, caring environment. We have had requests for this project/ With much research, advice and recommendations we can now set this up at Colne Citadel. This will be delivered alongside our 'Mindfulness' group.

**Unexpected Outcomes:** Building bridges with community outside of Colne Citadel.

### Case Study

**Background:** Retired socially isolated gentleman. Referred in via social prescriber team.

**Need:** Social prescriber team brought gentleman in due to being in a marriage to a mentally ill lady who had recently passed, in need of company and advice.

**Action:** Movement to music group attended. Learnt how to relax to music, with ease.

**Outcome:** Gentleman made new friends, who he meets out of Colne Citadel, linked in for counselling, now attends daily to the centre.

**Best place ever in this type of establishment**

### Case Study

**Background:** We have an elderly lady who was referred in via social prescribing team. Had anxiety, and social isolated, now has attended regularly.

**Need:** The lady was referred into movement to music, with a love for music and being a dancer back in her younger days. Social prescribing team contacted Colne Citadel to see if any groups accessible for the lady, which at the time we were just setting up movement to music.

**Action:** The movement to music can be chair based, floor based or stood up. Our facilitator adjusts the movements to the people's needs, which the lady in question was a seated base.

**Outcome:** The lady enjoys a cuppa and snacks at the end of every group and enjoys company alongside listening to music and being involved within the group.

The lady has continued to join in the group weekly.

**I love a cuppa and a chat after each session.**



## Colne Youth Action Group Basic Cooking Skills Pilot

**Amount Awarded: £4000**

**About the Project:** Cooking skills classes for young people aged 10 to 16 from Colne and its neighbouring Villages. Young people will learn essential skills, including meal planning, budgeting, shopping, food preparation, cooking, and cleanup - all with a focus on food hygiene and affordability.

**Project Outcomes:** Participants developed skills in food preparation, cooking, hygiene, budgeting, and planning. The hands-on nature of the program provided real-life learning that has already been applied at home by some participants, strengthening their self-

sufficiency. More details available on request.

**Unexpected Outcomes:** Over the course of our 6-week cooking skills program for young people aged 10 to 16, including participants with a range of neurodevelopmental difficulties (such as ADHD, autism spectrum conditions, and sensory processing challenges), several unexpected and meaningful benefits emerged (more details available on request): Enhanced Emotional Regulation; Growth in Communication and Social Interaction; Development of Executive Functioning Skills; Increased Sensory Tolerance; Improved Confidence and Self-Esteem; Emergence of Peer Leadership; Improved Fine Motor Skills; Establishment of Routine and Anticipation; Strengthened Family Engagement; New Interest in Health and Nutrition; Supporting the Development of Emerging Youth Work Professionals. More details on request.

### Case Study

**Background:** Young person, in year 7 at a Specialist GLD School. Diagnosed with Autism and Pathological demand avoidance. Lives at home with his sister and parents. Referred in by his mum.

**Need:** Mum wants him to engage in more social activities and build his socio-emotional skills. Struggles with emotional regulation and social communication and can find any demands placed on him overwhelming. Out of education for a year until he was finally placed at his high school in year 7.

**Action:** Given alternative choices throughout to enable him to feel a sense of autonomy in his decision making and allow him to think as much as possible for himself. Given opportunities for regular movement and brain breaks so that he was able to come back to task sensibly and safely.

**Outcome:** Learned to prepare recipes from scratch. With sensory accommodations (like wearing gloves), he practiced cutting and chopping. Taking initiative in the kitchen. Improved emotional regulation: Demonstrated increased patience and self-control.

**He came home every week from cooking skills really impressed by what he made. He was always eager to tell us what he made and how he made it. He has since become more independent with chopping skills and wants to help more in the kitchen at mealtimes. He has always had a very beige diet, and it has been nice to see him willing to try something new and become more involved with cooking.**





## Female Friendship Forum Improving the health, wellbeing and aspirations of the Bradley community

**Amount Awarded: £4300**

**About the Project:** Variety of sessions, activities that they can pick and choose from. Creative –These sessions and activities will be a mix of creative workshops including pottery, calligraphy, painting, oral history. Connecting - There will be connecting activities including healthy eating and cooking workshops linking with other groups working in the Bradley area. Active - There will be a programme of active sessions that will appeal to a wide mix of women including swimming classes, boxercise, yoga and reiki. We will work with Pendle Leisure and local Bradley practitioners to deliver these sessions.

**Project Outcomes:** The activities have all taken place and been oversubscribed and we have had waiting lists. The swimming and aqua aerobics was very popular. Over 20 ladies have learnt to swim.

The exercise classes have all been popular and fun. We have attracted a lot of women to the classes which we have delivered from 2 venues. The classes have led to the improved fitness and health and well being of the participants.

**Unexpected Outcomes:** We attracted young people 18-25 to the activities which wasn't expected. One of them has now become a volunteer with the group.

Also got quite a few ladies wanting to volunteer.

### Case Study

**Background:** A young mother of 3 who has gone through a divorce. Suffering from poor mental health. Referred by Social Prescriber.

**Need:** Referred by the Social Prescriber to help her get out of the house, meet new people, make friends and feel less isolated. Needed support and develop friendships.

**Action:** She participated in the swimming classes and learned to swim. She also attended



some of the yoga classes to improve her fitness levels.

**Outcome:** She became more confident, made new friends and had improved mental health

**I would like to thank Farida for helping me. She has given me time and encouraged me to learn to swim. My kids think it's great I can swim and go swimming with me on Sundays.**





## Nature Warriors Active Mind, Active Body

**Amount Awarded: £5000**

### About the Project:

40 sessions of a range of multi sports activities for young people in the Pendle area to help them to improve their physical fitness levels. In addition, there will be 40 sessions with a qualified tutor to support young people with their education. Our active mind, active body project will therefore focus on developing both the body and mind of the young people. Based on the consultation we will be delivering the multi sports sessions on Monday evenings and the tuition sessions on Saturday mornings. Each session will be 1 hour long. Some of the multi sports we will deliver include a range of martial arts, archery, basketball, padwork, and general fitness.



### Project Outcomes:

We were able to deliver a range of multi sports sessions following on from our pre project findings that this was what the community was interested in. As we learnt about children not doing well at school so our homework club has helped them to receive extra tuition.

### Unexpected Outcomes:

One of the unexpected benefits was we had young people learn more about the centre and other activities that take place. They took an interest in some of these activities and their parents enrolled them on. This has allowed us to stay engaged with young people beyond the project and help them to continue to stay fit and active.

### Case Study

**Background:** Young person needing additional help with school work.

**Need:** Mother of the child was interested in more learning to prepare her daughter for her exams.

**Action:** Attended the homework club sessions and helped her with revision ahead of her exams.

**Outcome:** She felt more confident about her upcoming exams and told us the sessions

**I like that the teacher was a qualified school teacher so knew about our challenges and was able to give us excellent lessons.**



## People's Enterprise Empowerment Forum

### Stay Healthy

**Amount Awarded: £4320**



#### About the Project:

Brierfield has been and continues to be one of the most deprived wards in the country. The area has a growing elderly population that is isolated and socially inactive. A recent consultation shows that there is little or no local social activity for this age group. The project aims to provide a range of health and wellbeing activities for local elderly, this will include: 1. weekly Exercise Classes for the elderly. The isolated Elderly will be able to participate in gentle exercise classes appropriate to their age and physical condition 2. Luncheon clubs - these sessions will offer regular hot meals and demonstrate, weekly,

how to cook healthy meals. This will help the elderly to reminisce with peers and make new friends.

#### Project Outcomes:

The project has made the following difference to the beneficiaries and wider community

1. an opportunity to learn healthier recipes
2. use the skills and recipes for cooking for their families
3. Take the learning from the classes and reduce the amounts of takeaways per week
4. have an opportunity to engage in activities in a friendly local venue that was easily accessible
5. an opportunity to meet new people and make friendships
6. learn about other mainstream services
7. Increasing daily exercise
8. learning how to stay healthier by exercising regularly.

The project has helped beneficiaries to increase their daily exercise and learn about healthy cooking.

#### Case Study

##### Background:

65-year-old lady, moved to the UK from Scotland couple of years ago. Divorcee and lives alone. Had 1 child who passed away very young. Studied til high school in Scotland with a good standard qualification. Previously worked from home, completing jobs given by factories.

##### Need:

Has arthritis and joint/muscle pain. Referred to us by the physio and has been attending the classes and Luncheon Clubs regularly.

##### Action:

Lighter jobs in the kitchen have helped her to gain some physical strength.

##### Outcome:

Miss M has attended all of the cooking sessions and luncheon clubs. She feels she has benefitted from these as she is more active than she was prior to attending the sessions. Miss M feels that she is a lot healthier as she has tried the new healthy recipes at home also. She feels her health has improved over the last 4 months since the support offered.

**I was really happy to join the project. Thank you for all your support.**

## Pendle Food 4 All Healthy Options

**Amount Awarded: £5000**

**About the Project:** Support to encourage members to access information around healthy lifestyles and diets. Improve health outcomes. Increase levels of social contact, awareness of skills. Reduced levels of frequent attenders for non-clinical interventions in primary care. Reduce level of non-clinical attendances at A & E. Increase patient education about the appropriate use of health services

**Project Outcomes:** This project has enhanced food affordability and accessibility for low income threshold families, enabling them to purchase and consume healthier foods more easily, suggesting potential improvements in household food security, potential economic and health benefits. Fosters stronger community connections and a real impact on providing access to healthy affordable food.

**Unexpected Outcomes:** The project allowed more conversations to take place about the cost of living. There has also been increased discussion around food wastage, best before dates and use by dates. It also allowed for the sharing of experiences and what further support could be available.

### Case Study

**Background:** Unemployed for a few of years with a number of health issues including diabetes and COPD. Family: Mum, partner who is also long term unemployed on health grounds and two sons aged 17 and 13. Both sons have SEN needs—ADHD. The family referred in themselves after speaking with a volunteer.

**Need:** Family struggling due to Mum's mental health issues. Feeling of isolation and loneliness. Physical disabilities preventing her from gaining employment and in debt.

**Action:** Instant social connection, this was a safe space away from all dependents where she could share her experiences and feelings. She could shop for healthy nutritious food whilst making savings. Access to health care checks to monitor her health conditions.

### Outcome:

Mum has now progressed to being a volunteer with the food club. She has developed confidence to deal with health issues, ensuring she has regular checks to monitor conditions. Made changes to the family diets through access to affordable nutritious food.

Takes responsibility in her role as a volunteer and sees this as a foundation for entering education and training and then employment.

**At first I was really nervous about going to the food club, but now I know I did the best thing. I enjoy being there, the buzz, the teamwork and being able to give a bit of something back. It's such a supporting environment, we can have lots of health people come in which is a real bonus. Sitting down and chatting with people is my favourite bit.**

**We get access to some really healthy food and it's a way of making our money go further.**





## Pendle Women's Forum Healthy Horizons

**Amount Awarded: £4590.50**

**About the Project:** Community wellness programme, which consists of activities aimed at promoting healthier lifestyles. Health Literacy workshops – information and awareness on women's health, accessing NHS services, health screening, nutrition, diets, exercise, healthy weight and obesity. Mindfulness sessions with art therapy. These will provide a safe space for ladies to express their feelings and emotions. Weekly Health Walks would allow women to get together and go on local guided walks to promote physical activity and healthy weight and improve overall physical health and mental wellbeing.

**Project Outcomes:** The majority of clients on the Project require language support. The main focus has been to empower ladies through providing learning opportunities and experiences at a pace according to their ability and level of English Language.

50 ladies have benefitted from the Project. Increase in self-confidence—a sense of self-empowerment. Increase awareness, access and engagement in further support services. Health Literacy – health screening, diet, nutrition, accessing services and exercise. Weekly Walks – local guided walks - improved physical health and mental health wellbeing. Health Literacy Workshops – including nutrition, diets, exercise, healthy weight and obesity. Mindfulness sessions – guided techniques through Art, meditation, breathing exercises and stress management techniques.

**Unexpected Outcomes:** PCN Pendle West has carried out one-to-one health checks and recorded weight, height and blood pressure. Able to check medical records and make sure they were engaging with the surgeries, keeping on top of vaccinations and national screening schemes etc.

### Case Study

**Background:** Very shy and has very low confidence. On a spouse visa. Has a Pakistani passport; no recourse to public funds.

**Need:** Socially isolated; would like to become more independent and manage own affairs; would like to engage in activities to help with language.

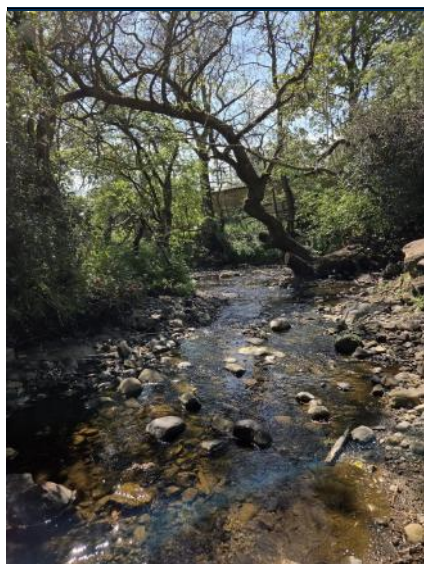
**Action:** Mentor accompanied her in the 8-week programme for Mental Health Awareness. Attended health check followed by 6 week programme on Women's Health and week programme on Accessing NHS Services and Speaking Confidently When Using Health Services. Mindfulness activities. ESOL classes. Employability sessions—active in searching for employment. Weekly walks and gardening project.

### Outcome:

Able to approach staff and ask for help. Made one/two friendships. Making progress in her English Language Skills. Has more knowledge around women's health and NHS services. Does not feel as lonely and better able to cope.

**I didn't think my situation would ever change; I am so happy to have found all this help via CVS/PWF. I am ready to work and would love to have my own money!**





## Pennine Oaks Green Horizons Nature's Haven

**Amount Awarded: £4795**

**About the Project:** We would like to provide local people in Pendle of all ages, including people of South Asian heritage, opportunities to experience nature connection by exploring nature on their doorstep and the benefits of outdoor nature wellbeing activities.

**Project Outcomes:** Some had never set foot in woodland before or lit a fire, while others had longed for safe, supported outdoor experiences but hadn't previously had access.

The social impact of this project cannot be overstated. Lifelong friendships were formed. People discovered shared histories, new talents, and a collective sense of purpose. A woman who once felt isolated now coordinates her own informal meetups with other attendees. Young people who had never lit a fire or cooked outdoors gained skills that they proudly demonstrated to family and friends. A group of elderly people from different cultural backgrounds now meet every fortnight to cook, talk, and walk the canal path.

This project began as a nature programme, but it became something far greater. It became a hub of friendship, healing, learning, and transformation. It reminded us that everyone deserves the chance to feel the earth beneath their feet, to hear the birds in the trees, and to be part of something meaningful. We are immensely proud of what we've achieved, and even more excited about what's to come. The roots have been planted, and they are already growing into something beautiful, tended with love by the hands that made it happen.

**Unexpected Outcomes:** A local lady has started a walking group. We now have 13 extra volunteers always on site working on our Orchard, Helping maintain the Wanless Waters River and helping in planning an allotment site. We are also starting a new group called Friends of the Wanless Waters.

### Case Study

**Background:** A young woman in her mid-20s from a South Asian background, active and passionate about the outdoors, but discouraged by previous experiences in mainstream outdoor groups that lacked cultural sensitivity and understanding of modesty or group dynamics relevant to Muslim women.

**Need:** She was referred by a fellow attendee of her mosque, a woman participating in the Pennine Oaks eco-therapy sessions. The group welcomed her into the 6-week Green Social Prescribing programme, which focused on using nature as a means of improving emotional wellbeing and connection.

**Action:** She took part in a range of outdoor activities including eco-printing, foraging, fire lighting, outdoor cooking, and bushcraft skills. The sessions were held in safe, female-friendly environments with cultural considerations in place, such as prayer accommodations, female facilitators, and inclusive group settings.

**Outcome:** The experience was transformative. She felt truly seen and heard for the first time in a community nature group. It gave her confidence to be her authentic self in outdoor spaces and restored her faith in community-based environmental action. She is now exploring training to become an eco-therapy facilitator herself and has started leading nature walks for other women in her community.

**I feel truly seen and heard for the first time. I am excited to learn more and do more out in nature.**

## Aged Blind and Disabled Centre (Bacup)

### Dance 4 All

**Amount Awarded: £4116**



**About the Project:** Two distinct dance classes, a Swing & Lindy Hop class and a Ballroom & Sequence class both taught by professional dance tutors (and international examiners). We have run some limited pilot sessions on ballroom and sequence dancing, and they have been successful. These did however attract a specific age demographic which is great but maybe a younger generation need a more casual and more energy dance so we will look to introduce Swing and Lindy Hop classes to accommodate both young and old.

**Project Outcomes:** As well as learning to dance and having fun during the learning process, we plan to host two social evenings at the end of each 12-week session where dancers will be able to showcase their dancing with a live swing band. During the Swing & Lindy Hop classes we will also introduce the cultural background behind the dance style to raise greater awareness of multi-cultural influences in dance.

#### Case Study 1

**Background:** Elderly lady who was at risk of social isolation. Referred in to project by tutors who were neighbours.

**Need:** To take part in social activities to reduce adverse effects of social isolation.

**Action:** The lady being of a certain age had some basic dance knowledge, so this was a familiar environment for her. Also knowing the dance tutor helped overcome the initial barriers of attending an unfamiliar activity and venue. Transport was provided by the tutors, without transport it would have been difficult if not impossible with poor public transport.

**Outcome:** The lady attended every class, had great fun and made friends with new people.

**Sad it ended but hope more classes could be arranged.**

#### Case Study 2

**Background:** A female participant in their late 50's with anxiety and confidence issues. Referred in by ABD Centre Manager

**Need:** To build confidence and reduce anxiety in a safe and friendly environment.

**Action:** The beginners ballroom dance class was just pure fun. Everyone was at the same level, on the same journey. This provided a safe environment / non-threatening. Through being a relaxed environment then she felt she could relax and over the course of project learnt the basic dance step and built some confidence to dance.

**Outcome:** Improved confidence and reduced anxiety about trying new things.

**Enjoyed it, pity it ended'.**



## East Lancs Downs Syndrome Support Group Social Activities Programme

**Amount Awarded: £4116**

### About the Project:

#### **Monthly family peer support activities:**

One Saturday a month for families to come together to meet others for support and friendship over a brew and obtain advice and information about issues that may affect them e.g. a session about the support available to help educational outcomes. Varied activities such as dance, circus skills, drama, gymnastics, arts and crafts, sensory and soft play sessions.

#### **Monthly social group for members aged 13+ who have DS:**

One Sunday a month - tailored activities such as dance, cookery, and

drama. Having fun in a relaxed environment with staff and volunteers who understand the unique learning profile of DS.

**Project Outcomes:** Consistently positive feedback from families and from the members themselves with proof being in their attendance and referring new families into the group. Very positive feedback from other visitors e.g. Mayor of Rossendale and MP for Rossendale and Darwen who said they could see the need and benefit. MP joined the All Party Parliamentary Group for DS based on the people he met at the group and their need to be represented and seen.

**Unexpected Outcomes/Benefits:** We have seen growth in friendships both in the individuals with DS and their parents and carers too, which has been lovely to see, particularly for those who have expressed isolation previously. It has been great to see our young people with DS grow in confidence, to the extent of being confident to represent the group in other situations such as the recent national DS conference – parents said this never would have happened before. We have also seen an increase in volunteer engagement with a number of them offering to provide additional help eg fundraising, and they have made it clear they love being involved with the group.

### Case Study

**Background:** Adult female with Down's Syndrome and her single Mum. Moved back to the area.

**Need:** To be able to socialise freely (without Mum as carer) with friends in a safe, fun environment where she could express herself without feeling self conscious.

**Action:** Volunteer support workers of similar age enabled activities away from parents and carers who spent time in a separate room.

Enjoyed dressing up for the Halloween party, decorating cupcakes, dancing and playing bingo, as well as enjoying the food provided.

**Outcome:** Both have made friends and gained confidence from being part of the group.

**Attending the group is a much needed social get together for M and myself. M is able to have her own space and enjoyment, with friends and the fabulous adults that support her, trying out different activities. I am able to relax with other parents, share ideas and tips to help with any hurdles we might face, but also to just enjoy some downtime. The group is a blessing and we both appreciate all the hard work from everyone who makes it possible.**



## Focus & Fly Lift Off

**Amount Awarded: £5000**

**About the Project:** 2x10 week programmes for up to 18 residents living within emerging futures drug and alcohol recovery project, workshops will be 3 hours long. Supporting participants at the earliest point in their recovery to help with confident participation, managing healthy lifestyles, forming and breaking habits, personal goal setting, etc.

**Project Outcomes:** Originally the funding was to be used to provide 2 courses for groups of people in recovery from substance misuse. Unfortunately/ fortunately I got a job with the same service so there was a conflict of interest. I then contacted BPRCVS who kindly allowed me to find two new groups—those were Spectrum of Light who are based in Rawtenstall and Brightstart (Recovery Homes) in Bacup. Both courses, I feel, were successful in achieving the aims and objectives of the course—boosting confidence for all participants and facilitating connections.

**Unexpected Outcomes/Benefits:** Working with neurodivergent individuals was a huge learning curve for me as a facilitator. I had to adapt the Lift Off Programme to meet a range of specific needs, which called for consultation with parents and much research. A valuable learning experience!

### Case Study

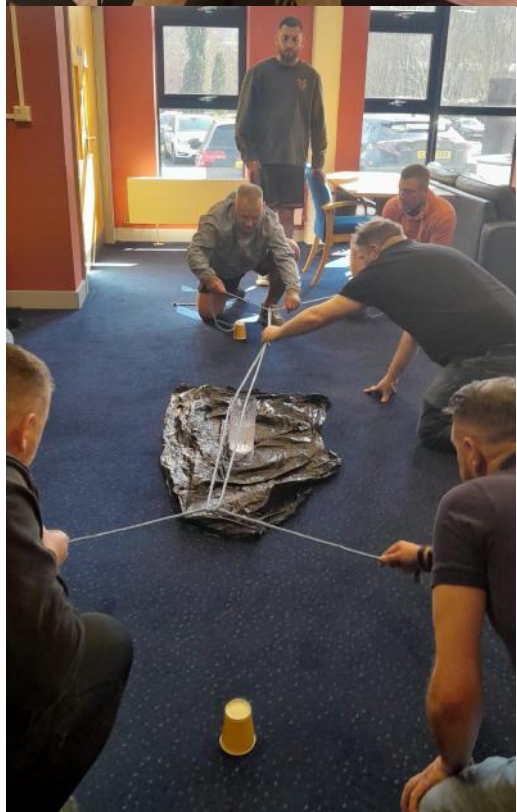
**Background:** Young woman, aged 18 years—referred by Spectrum of Light.

**Need:** Neurodivergent. Lacking in confidence. Finds it difficult to cope in groups and open up.

**Action:** Many interactive, team building games—visual ones—lively and fun exercises within the group.

**Outcome:** She was able to open up, contribute and in the final few weeks, take a lead on an activity.

**I have managed to open up and get involved in group activities which normally I wouldn't want to do. It has been a great 10 weeks of learning with some lovely people.**





## Parkwood Tennis Club Walking Tennis

**Amount Awarded: £2790**

**About the Project:** New weekly Walking Tennis sessions. Walking Tennis is a gentler and more inclusive game for older people of all abilities. It's a fantastic way to stay active while enjoying some social interaction. The rules of the game includes no running or jumping, allowing the ball to bounce twice and is played on a smaller court with low pressure balls.

**Project Outcomes:** 9 out of 10 sets of ONS initial and final visit form were positive ie the scores were higher at the end of the project.

2 participants have joined the Tennis Club and come to social sessions.

The finance was a great support to try the project and all the participants would like the sessions to continue.

Our original bid was for one year of the project and we didn't realise that the funding period ended 31/3/25 so we were unable to complete it and will be returning 7 months worth of the funding. The evaluation guide is very clear.

### Case Study 1

**Background:** Older lady who has had both hips replaced. Self referral.

**Need:** Ex PE teacher so sport is very important to her.

**Action:** Walking tennis with a sponge ball made tennis accessible to her again.

**Best thing ever to be playing again**

**Outcome:** Gave her a sport back as prior she was confined to cycling or walking.

### Case Study 2

**Background:** Older lady recovering from cancer and bereavement—having suddenly lost her husband. Self referral.

**Need:** Social interaction and physical activity.

**Action:** The slower pace allowed her to participate and reconnect with people.

**Outcome:** She particularly enjoyed the brew and chat at the end of the session.

**Thank you for persuading me to come.**







## Rammy Men CIC Activity Led Mental Wellbeing

**Amount Awarded: £5000**

**About the Project:** New activity sessions to try and engage people who otherwise would not seek help with their issues (particularly mental health). We are aware that certain demographics of society (most notably men) prefer to talk about their issues while undertaking some kind of activity. The proposed activities are: woodwork, Computer programming, computer aided design, sewing / textiles, computer programming for neurodiverse young adults and social sessions also two walks per month.

**Project Outcomes:** This project has been incredibly successful and significantly increased the amount of support offered to our community. We have now engaged four new counselling trainees alongside our professional counsellors and life coach. The past 5-6 months have been huge for our organisation, and we are very proud of the huge strides that

our volunteers have made in taking us forward.

**Unexpected Outcomes/Benefits:** Our woodwork attendees are in the process of setting up a new business manufacturing and selling their handiwork. Established new partnership with The North Lancashire Training Group in Accrington, with whom we are hoping to run some vocational projects supporting disenfranchised young people into employment, education and training. Also created a new partnership with a Young Offenders' Unit near Preston. We have got a load of new volunteers as a result of the sessions, including a new director.

### Case Study

**Background:** Muslim gentleman, 40s, history of violent crime, including time in prison. Schizophrenia and some related issues (including intense anxiety). Social issues, alcohol-dependent girlfriend and issues around seeing his children. Lacks hope and direction in his life.

**Need:** Very easily led down the wrong path. Recently released from prison, psychiatrist and care-worker both suggested he needs a sense of purpose, and a caring community around him. Requires a very light, but supportive touch. Gets involved with many of our activities, but needs space to withdraw if his 'demons' become too intrusive.

**Action:** Undertook two courses of woodwork, and was heavily involved in our woodworking sales and new manufacturing processes. Also invited his son, and three others to the sessions. We relaxed sessions so that he could come and go as best suited his state of mind.

**Outcome:** Helped him re-engage with society in a positive way, and with his son, which was life-changing for him. Met, and made friends with lots of new people, becoming more and more involved with delivery of sessions, and encouraging more people to join in. His psychiatrist and care worker have seen him making huge strides in his life through attending our sessions.

**RammyMen is the best thing that's ever happened to me, particularly in giving me something positive to do with my lad.**

**I will do everything in my power to help RammyMen achieve its potential, and look forward to working with RammyMen for many years to come."**



## Spectrum Inclusion CIC Spectrum Lantern Campaign

**Amount Awarded: £1938.64**

**About the Project:** Work with any venue or community group which wishes to better understand and support the LGBTQIA+ community, but in particular we are looking to work with hairdressers, barbers, beauticians, cafes, and clothes shops so that transgender women, genderfluid and non-binary people particularly can feel safe and comfortable going out however they choose to present themselves, which is very important for improving their mental health and boosting their wellbeing overall.

We will be looking for venues in Haslingden, Rawtenstall, Waterfoot, Bacup and Whitworth, which covers the length of the Rossendale valley. We want to establish a network of venues and community groups across Rossendale which are vetted as being specifically safe and friendly for LGBTQIA+ people. This includes delivering an awareness training session (maximum 1 hour) to invite discussion and encourage questions in a safe environment to help create stronger allies and connections to the community.

**Project Outcomes:** The project was well received and has definitely increased awareness, support and safe spaces for the LGBTQIA+ community. The problem we have encountered is that as we're aiming for small local venues and organisations, they are often interested but struggle to fit the training in. We have had a number of people express interest, but trying to pin them down to deliver the training has proved difficult.

**Unexpected Outcomes/Benefits:** We have delivered the training to other organisations that don't necessarily fit into the Lantern Campaign criteria, such as the Appropriate Adults service and the health coaches (as 2 examples). We have also been approached by groups and venues outside of Rossendale who are interested in signing up, so our long term goal now is to establish a network of safe spaces across East Lancashire.

### Case Study

**Background:** A women's empowerment group.

**Need:** Making sure they were inclusive to anyone who identified as female.

**Action:** Discussion around non-binary, genderfluid and transwomen (and any other gender diverse individuals who identified as female) and how to support them within the group activities, also how to handle any potential negativity from other members of the group.

**Outcome:** They felt they were in a much stronger position to challenge the way other people think regarding gender identity if there were any negative reactions from anyone, also more able to support all female identifying people.

**We have achieved accreditation as part of the Spectrum Lantern Campaign through Spectrum Inclusion. This milestone is part of our dedication to inclusivity and support for diverse communities.**



## Stronger Together Carers Group Activity Led Menal Wellbeing

**Amount Awarded: £2482**

**About the Project:** Bring together the local community helping people exercise, eat healthier and enjoy music and song. Whilst building friendships and preventing social isolation and loneliness. Through music we will provide gentle exercise inclusive for all (armchair Zumba, yoga and dance). Through song we will create a group who love music and singing, going into the community to perform for local care homes.

**Project Outcomes:** We successfully delivered 18 sessions of varied activities aimed at reducing social isolation, promoting mental

wellbeing, and supporting unpaid carers in our community. These sessions included creative arts, wellbeing workshops, social afternoons, and gentle movement. The feedback we received has been overwhelmingly positive, with many attendees expressing how much they looked forward to the sessions and how valued they felt. . For some, it has helped them build lasting friendships and reduced feelings of loneliness. Our volunteers also reported increased confidence and a strong sense of purpose from being part of the project.

**Unexpected Outcomes/Benefits:** We have had new members join because they have heard about the project.

### Case Study 1

**Background:** Older couple among the very first to walk through the doors when Stronger Together began in 2023. He had recently been diagnosed with dementia, the news had left them both shaken.

**Need:** She, devoted and determined, trying to navigate the overwhelming reality of becoming a carer while holding herself — and her emotions — together. She found a listening ear, a shoulder to lean on, and a circle of people who understood. She accessed emotional support and received practical advice and guidance on securing a care package for her husband.

**Action:** They began to build new friendships, giving them moments of laughter and light. His condition sadly deteriorated. A year after they first joined us, he had to move into a care home, shortly after, he passed away.

**Outcome:** She was devastated. We stood by her side, providing the same support and love she had come to rely on. As she processed her loss she found purpose again. Today, she is one of our treasured volunteers, offering the same care and kindness to others that she once received. We are honoured to walk alongside her.

**You saved me.**

### Case Study 2

**Background:** Young man diagnosed with Fragile X syndrome, autism, and learning disabilities

**Need:** Often felt overlooked and unsure of where he belonged. Quiet, reserved, and anxious in new surroundings.

**Action:** Stronger Together is built on warmth, patience, and genuine acceptance. Week by week, he settled in. The familiar faces, gentle encouragement, and sense of routine helped build his confidence.

**Outcome:** Something beautiful happened — he started to shine. He began helping out, playing a key role in activities. His quiet presence became a dependable and valued part of the group. As his confidence grew, so did his sense of purpose. The group rallied in support, cheering him on as he took on more responsibilities. Now, he is not just a participant — he's a volunteer. He has found purpose, pride, and joy. We love seeing the way he's flourished.

**I love having a job to do.**

## The Greater Good Project CIC Craft in the Community

**Amount Awarded: £5000**



**About the Project:** Free inclusive creative craft sessions for adults in the Rossendale area specifically those who are lonely, isolated or face barriers to accessing community activities including those with disabilities and additional needs.



The sessions will run weekly from September to March and will be led by a professional artist at St Peters community centre, Haslingden.

**Project Outcomes:** These workshops will teach people new art and craft skills whilst aiming to reduce stress, build self-esteem and confidence and celebrate everyone's creativity. The sessions will also focus on building new friendships and signposting participants to other opportunities in the community that they may benefit from.



Many of the group feedback that the classes have reduced stress, give them confidence and helped them feel relaxed and also useful.

**Unexpected Outcomes/Benefits:** People joined other classes they were signposted to.

New friendships formed and some of the group often went for a walk or lunch together after the session.

Support for a group member going through a tough time

### Case Study

#### Background:

A single mother in her 40's who struggles at times with her mental health.

#### Need:

She referred herself after looking into free local sessions focussing on self care.

#### Action:

GGP provided a welcoming safe space with free refreshments and inspirational craft activities each week.

#### Outcome:

The lady attended the classes when her children were at school and she found that the sessions provided her with a much-needed break from her hectic life. The class allowed her to reconnect with her passion for arts and crafts and provided her with a sense of calm and focus.

After attending the classes for a few weeks she reported feeling more relaxed and mentally clear each Tuesday as the creative process allowed her to step away from her day-to-day responsibilities and focus on something entirely for herself.

**I find Tuesday mornings at the Craft session very beneficial to my mental health. Thank you!**





## Wave Adventure Active Outdoors Families

**Amount Awarded: £3707.29**

**About the Project:** 10 outdoor based family sessions to support and encourage families to get outdoors and use their local green spaces to take part in activities together. The activities might include rock climbing, bouldering, team building and volunteering. We work with a range of communities, for example those with lived experience of mental illness, a disability, living in abject poverty, unwaged, with family members involved in the criminal/youth justice system, those in recovery or homeless.

**Project Outcomes:** We have reached and engaged families from a range of communities

which are underrepresented, such as Muslim girls and women; those with lived experience of mental illness and those from low income households. These communities have also come together and gained an insight into each other's lives.

**Unexpected Outcomes/Benefits:** We were able to cement an excellent partnership with ski Rossendale through a session which a group of Asian women and girls asked for.

### Case Study 1

**Background:** F has 3 children, 2 younger children engage well in family activities.

**Need:** Oldest daughter K was more isolated and did not show an interest in taking part.

**Action:** F and daughter attended a Muslim mums & girls intro to ski programme and both were fully engaged—now attend together independently regularly. F has told us that the relationship with her daughter has strengthened and that her confidence and willingness to try out family activities has increased.

**Outcome:** F has progressed onto a L1 Snowsport England programme to address underrepresentation amongst Muslim women in leadership.

**Me and my daughter are much closer now.**

### Case Study 2

**Background:** H attended a family bouldering session with his father.

**Need:** He was low in confidence and needed constant reassurance from his dad.

**Action:** Individualised coaching and support during the session now more self-reliant and willing to 'fail'- an important aspect of problem solving.

**Outcome:** Very engaged in rock climbing and bouldering—began attending other sessions as a young leader. Confidence and maturity grown significantly and now teaching other young people and his family members to climb under the guidance of our experienced staff. Progressed onto our Duke of Edinburgh programme and is expected to complete his Bronze award in May.

**I love teaching the younger ones and my family.**

## The White Horse Project The Great Outdoors

**Amount Awarded: £5000**

**About the Project:** Our youth council, 'Limitless' cited gardening and outdoor-craft activities as something they would like to initiate this academic year. In its new home in a former church, TWHP has a garden once used but now abandoned. TWHP will collaborate with Rossendale Men's Shed. They will prep the ground and take on some of the adult-only tasks to enable our young members to use the space effectively. Indoor activities such as bird box constructing, garden design, pot decorating, bulb & seed planting can be indoors or outside. Some of these design and woodwork skills will fuel the future employment and self-reliance of our young members in the future.

**Project Outcomes:** We expected more younger 11/12 year olds, but the majority have been age 13-16. Gardening has given some of our existing members avenues to grow and realise their own ability – physically, mentally and socially. They have had to work as a team, creating relays carrying stones, earth – it has been a lot harder work than anyone expected! Students with SEND mixed

with young people from mainstream. Next time I would like to be more on top of the reporting as we did not get questionnaires from everyone, and I would also like to ask young people upfront if they would like to participate in being a case study. We have done this in the background and I think we could have got more from it by being more open about the reporting part.

**Unexpected Outcomes/Benefits:** We didn't expect as many new young people to join us with SEND. It has been a very physically challenging task as the garden has been redesigned and actually rebuilt by the young people themselves so the physicality of it has shocked some of them – and more-so the fact that they have succeeded moving wheelbarrows of stones and earth around to create something that actually looks like a garden rather than a tip.

### Case Study

**Background:** LY just turned 13, very small, shy. Often overlooked by her peers. She suggested doing outdoors art in Limitless, our youth council. She comes to the weekly Art sessions.

**Need:** She has always been very unassuming, very, very quiet and softly spoken, overpowered by others who are more confident. We felt she would benefit from being outside to build confidence over time.

**Action:** Individualised coaching and support during the session.

**Outcome:** The prospect of seeing her art work in the garden was encouraging and she was excited by having her own customised pot. Without the art initially there is no way she would have had the confidence to join – she really didn't think she had the physical strength.

**I feel much more confident and the gardening has helped me to chat to people —some of them have become friends. I want to come to gardening every week and help with it in the future.**





**Whitewell Bottom Pre-School**  
**To promote health and wellbeing**  
**within Pre-school and the wider**  
**community**

**Amount Awarded: £1960**

**About the Project:** Fun and active sessions for our children and their parents. Children's mental wellbeing and physical activity has been diminishing since covid. Parents struggle financially to pay for extra activities outside of Pre-school therefore leading to weight gain in children and also mental wellbeing and social skills from taking part in group activities. We would also like to create a more exciting and inviting book area, we have so many children now with speech, language and communication difficulties. We are now carrying out therapy plans, working closely with parents and the inclusion teacher from LCC using WellComm which is new speech and language programme through Early years.

**Project Outcomes:** Our project has been a huge success. We have been amazed at the impact it has had on our SEND children and also those children who struggle in large groups.

**Unexpected Outcomes/Benefits:** The children with speech/language difficulties and non-verbal children have especially benefitted from both projects. Using music and actions to communicate, the children have really picked up some new sounds and words.

**Case Study**

**Background:** 4 year old little boy who struggles to join in with large group activities and doesn't like to engage at Story Time.

**Need:** Needs help to overcome his fears of large groups and the other children watching him.

**Action:** It took this little boy a few sessions to join in, first from afar then gradually joining the group of children. The same in the book area with Story Time.

**Outcome:** The activities have been amazing for him. With having a lot of sessions he was able to go at his own pace and slowly integrate with the group. By the end of the project he was singing, dancing and using the puppets to act out stories with his friends.

**Case Study**

**Background:** 4 year old little girl who struggles to sit still and not wait her turn. Also lots of confidence and tends to take over.

**I like the puppets and can sing with my friends and play music.**

**Need:** Needs to learn to wait her turn and listen to the other children and adults in the group.

**Action:** The Kids Rock sessions were fantastic in helping with sitting and waiting. They also helped her with taking turns and sitting nicely. She will start school in September and be required to sit longer than in pre-school. Enhancing the book area has given her more opportunities for sitting quietly.

**Outcome:** The activities have made a lot of difference—she took a couple of sessions to fully engage but once she was aware of the boundaries with the session she was amazing. Her listening skills have really improved.

**Thank you, the songs and bubbles were great and I love the new book area with the nice carpet and puppets.**





## Lancashire Collaborative Ministry Unity in the Community

**Amount Awarded: £5000**

**About the Project:** Program of activities in Padiham and Rawtenstall. The programs offered in each location are informed by the needs of the community and therefore differ for each location, but all meet the aims of improving wellbeing and reducing social isolation.

**Project Outcomes:** Tara Kenyon from the LSCFT, NHS states, "Our clients are already benefiting from the drop in at Padiham church, and we also have a number of clients in Rawtenstall. The cafe and garden benefit our service users who suffer from mental health and addiction. Our clients could also volunteer. We are a social inclusion service and encourage our clients to go out into the community. Our clients also benefit from being able to use the food bank/Unity Fridge."

### Case Study 1

**Background:** Older lady who was told about the event by friends and attended with them

**Need:** Wanted to learn new skills and take part in the activities on offer, as well as learn more about global cultures.

**Action:** Volunteers and organisers helped the participant and her friends to take part in the cooking and art activities, across multiple sessions of the Community Connections Cafe. Coming with friends helped her feel more comfortable and socialise with others as a group. All participants helped and welcomed each other, aided by the positive and relaxed environment those running the event created.

**Outcome:** Learned new skills by taking part in the cooking and craft activities and was learnt about the history and culture of numerous countries including Italy, Thailand and Morocco

**Loved the relaxed friendly atmosphere. Enjoyed helping to prepare the meals and particularly enjoyed the eating! Enjoyed also the associated crafts.**

### Case Study 2

**Background:** Older couple

**Need:** Wanted to meet new people and take part in group activities, both for enjoyment and to develop existing skills/gain new ones.

**Action:** Organisers at the Community Connections Cafe event welcomed them and invited them to take part in collaborative cookery which was followed by sharing the meal all had helped make. Volunteers demonstrated the art activity to the participant and guided them when needed.

**Outcome:** Were able to socialise and meet new friends. Learned new skills from the cookery and art session and found both engaging and relaxing.

**Friendly atmosphere. Great to see authentic meals being cooked. Love the art work – very relaxing. Nice to meet new people and share food.**

## Social Prescribing Team

In the period July 2024 to March 2025 we had six part time ICB funded Community Connectors working across Burnley, Pendle and Rossendale. BPRCVS also employs six full time PCN funded adult Social Prescribing Link Workers working in Burnley East and Pendle West with the recent addition of two children and young people's Social Prescribing Linkworkers working across Pendle West.

Burnley West, Pendle East and Rossendale PCNs took the decision to either employ their Social Prescribing Linkworkers themselves or employ them with another organisation. The figures shown here do not include statistics from those PCN's staff across CVS who provide support in a wide range of circumstances which enhance the scheme. From April 25 these will be collected

## The Clients

The figures are calculated from July 2024 to March 2025.

Locality	New referrals	Closed clients	Hours of Support delivered	Volunteers	Volunteer support hours delivered	Active clients at 31.03.25
<b>Burnley</b>	794	646	9528	0	0	119
<b>Pendle</b>	997	897	11448	5	8.5	158
<b>Rossendale</b>	109	45	1308	0	0	38
<b>Total</b>	<b>1900</b>	<b>1588</b>	<b>22284</b>	<b>5</b>	<b>8.5</b>	<b>315</b>

## Measuring Impact

To measure the impact for each individual client, our Social Prescribing Team completes an initial and a final Wellbeing (ONS4) forms with each person they work with & support to access activates.

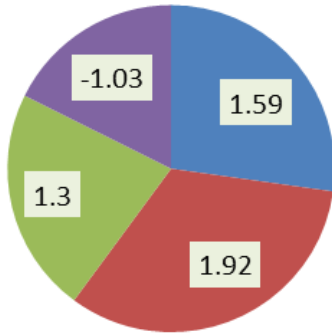
The Wellbeing (ONS4) results from clients in this period show:

- A 2 point average positive impact on their life satisfaction
- A 2 point average positive impact on their feelings of life being worthwhile
- A 2 average positive impact on their happiness
- A drop of, on average, 1 point in their feelings of anxiety

On first glance, this may not seem like a very dramatic impact, however, for the clients, this service has a huge impact, overall, on their general wellbeing:

## All Areas Wellbeing Measure (Clients)

### Step Change

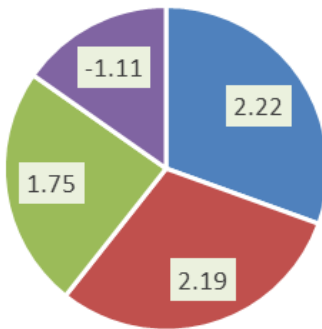


■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

You have saved my life, and I will never be able to thank you enough. It is so reassuring to know that going forward should I need any further support I know I can call you and you will help me.

## Burnley Wellbeing Measure (Clients)

### Step Change

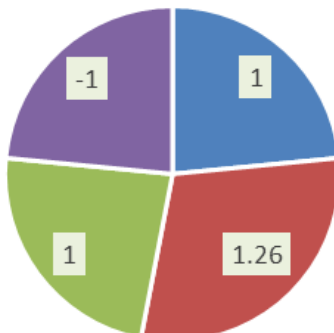


■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

I would be lost without Communicars they have given me my wheels. I can't speak highly enough of the service and wish I'd have known about them sooner. I now donate to them when I can. Thank you for helping me it's made such a big difference.

## Pendle Wellbeing Measure (Clients)

### Step Change



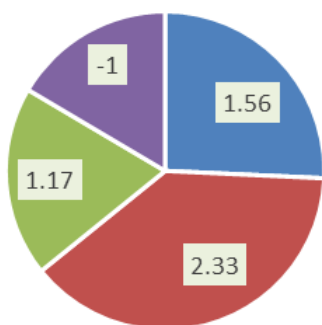
■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

I am so grateful for all your input; it has made a huge difference. Just being able to have a bath and a shower now, that wasn't possible before. I'm a water baby and this helps with my aches and pains and improves my wellbeing. Things are so much better now than they were before and financially things will be a little easier.

Thanks for your time and help, it has relieved some stress and I feel more positive regarding my housing situation.

## Rossendale Wellbeing Measure (Clients)

### Step Change



■ Life Satisfaction ■ Worthwhile ■ Happiness ■ Anxiety

I have enjoyed the session; the people were very supportive and nice, thank you.

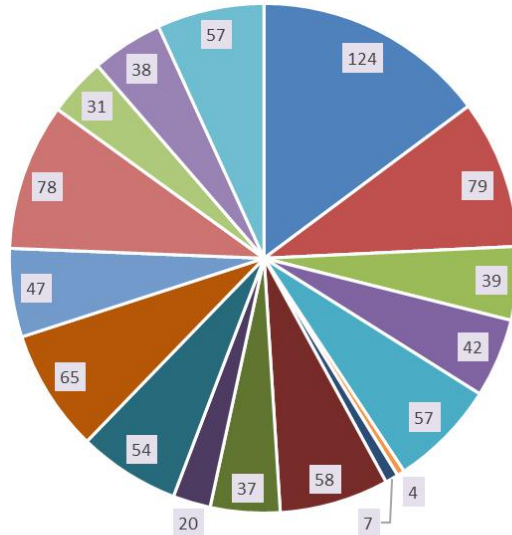
Thank you for taking me to the Nattershock, I really enjoyed it, and everyone was so friendly. This is going to be life changing for me.

I am so grateful for your help—I was very lost before you came along.



## Client Numbers for Burnley Wards

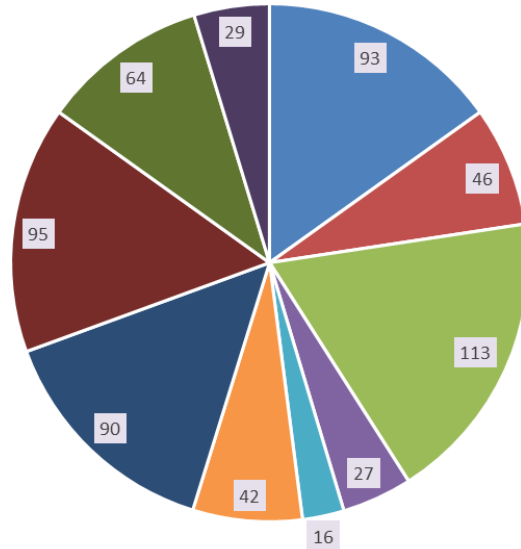
- Bank Hall
- Brunshaw
- Cliviger & Worsthorne
- Coal Clough & Deerplay
- Daneshouse & Stoneyholme
- East Whalley, Read & Simonstone
- Fence & Higham
- Gannow
- Gawthorpe
- Hapton with Park
- Lanehead
- Queensgate
- Rosegrove & Lowerhouse
- Rosehill with Burnley wood
- Briercliffe
- Whittlefield & Ightenhill
- Trinity



Residents of Bank Hall are number one in the league table of wards in Burnley taking advantage of support from our Social Prescribing Team with Rosehill with Burnley Wood coming in second and Gannow ward in third.

## Client Numbers for Pendle Wards

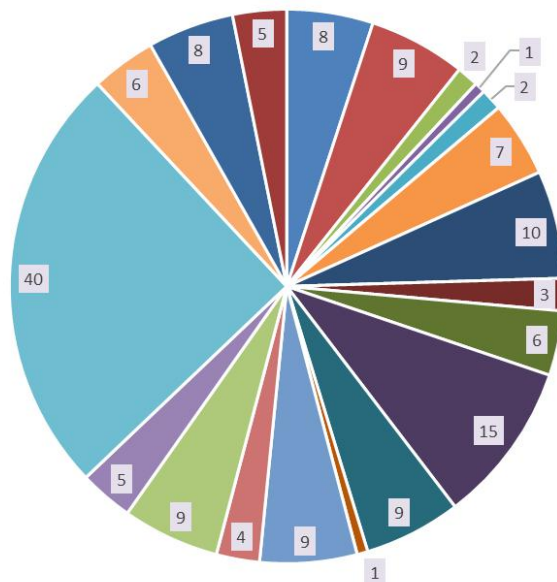
- Marsden & Southfield
- Vivary Bridge
- Whitefield & Walverden
- Barnoldswick
- Boulsworth & Foulridge
- Barrowford & Pendleside
- Bradley
- Brierfield East & Clover Hill
- Brierfield West & Reedley
- Earby & Coates



Residents of Whitefield and Walverden are number one in the league table of wards in Pendle taking advantage of support from our Social Prescribing Team with Brierfield East and Clover Hill coming in second and Marsden and Southfield ward in third.

## Client Numbers for Rossendale Wards

- Bacup
- Britannia & Lee Mill
- Cribden
- Eden
- Facit and Shawforth
- Goodshaw & Cribden
- Greenfield & Eden
- Greensclough
- Hareholme
- Hareholme & Waterfoot
- Haslingden
- Healey & Whitworth
- Helmshore
- Inwell
- Longholme
- Stacksteads
- Waterside & Horsfield



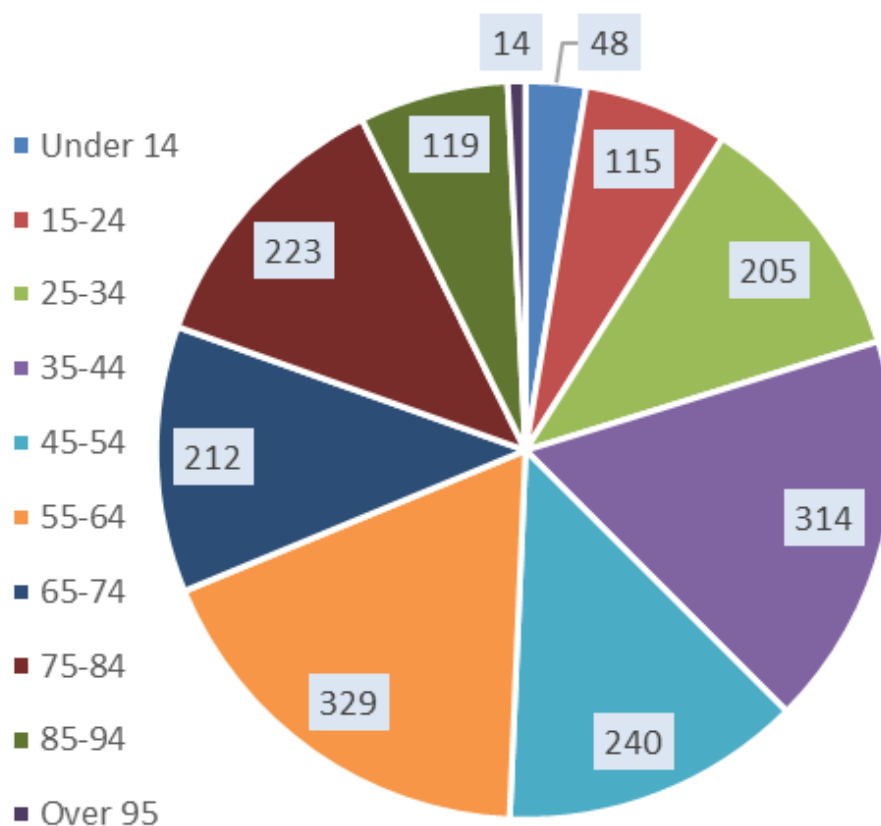
Residents of Waterside and Horsfield are number one in the league table of wards in Rossendale taking advantage of support from our Social Prescribing Team with Hareholme and Waterfoot coming in second and Greenfield and Eden ward in third.

The age range taking advantage of the support offered by our Social Prescribing Team the most is the 55 to 64 years age groups with 35 to 44 years in second and 75 to 84 coming in third.

Our Social Prescribing for Children and Young People's service is only available in Pendle West though still account for a significant number of referrals in the Under 14 and 15 to 24 years age groups.

(We are unable to break these figures down into areas at this time.)

## Social Prescribing for Adults & Social Prescribing for Children & Young People Client Ages - All Areas



I would like to thank you for the help I received as it has really made a difference. Thank you again Amy for all you have done. You were so helpful and very patient with me.

Very happy with the help you have given me. I am so grateful for the support. I feel I can now continue accessing food banks alone and I am ok to arrange any further appointments with my GP and others myself.

Thank you so much, at last I feel like I am going to get the support I need at home and with chasing up my cardiology referral.

We have a long way to go but I am so grateful for the help you have given me with my brother.

## Burnley East

By Lois Metcalfe - Social Prescribing Link Worker



### Reasons indicated on initial referral

- Social isolation
- Self esteem and confidence, training
- Education

**Background of client** 39 Year old female

### Initial Assessment, Findings and Support Provided

Client has tried quite a few different social groups in local community. She explained that she struggles to make connections as a lot of the established groups seem to be occupied by senior clients. SPLW spoke with client about the Social Prescribing Team identifying a gap in provision for community groups aimed at people mid age range. SPLW also explained that the

Team are looking to set up a new group to cater for this age group. Client expressed an interest in contributing.

Client has a lot of skills she would like to share with the community. She feels she needs to improve her confidence and self esteem. She would like to get to the point where she may be able to facilitate a group and share some of these skills which in turn will give her some purpose and motivation.

### Client Outcomes

- Linked in with BPRCVS for group support.
- Client has been attending meetings with us around setting up a new group.
- Signposted to Lancashire Women Steps to Confidence group, Linkbridge courses and Lancashire Adult Learning courses.

**I hope to get to the point where I can take an active role in facilitating a group. I want to share my skills with the community and help to support people's wellbeing.**





## Pendle West

### By Ummul Fayyaz - Social Prescribing Link Worker



#### Reasons indicated on initial referral

The client feels she would like more social inclusion in the community and be supported to access activities and meet new people in the community as she feels she has history of associating herself with people who have used substances and would like to find meaningful activities that she enjoys and meet new people.

#### Background of client

- The client is 59 years old.
- Client has had a recent relapse of substance misuse and attempted suicide following the passing of her sister.
- Client has been free from substance misuse and completed a detox at her daughter's house. She has previously been free from substance misuse for over 2 years prior to her recent relapse.
- She is now working alongside Inspire to maintain her sobriety.
- She also is accessing bereavement counselling through Pendleside Hospice. The client is engaging well with community services and intends to focus on her recovery and social inclusion.

**Initial Assessment, Findings and Support Provided** The client required support in finding things in the community that mattered to her. She was looking for groups and activities in the local community. The client was self-motivated and eager to start.

The client was interested in gardening groups, art & crafts, friendship groups and coffee mornings. She is very self-aware and does not want to overwhelm herself with too many groups/services at once, she would like to pace herself as she believes this will create the best outcome.

#### Client Outcomes

Client started to attend things straight away in the community and started to attend groups that she had been told about from the new people she had met. She stated she has made good rapport with other group attendees and feels comfortable attending on her own.

**Thank you for all the support you have given me. I did not know half of these groups existed so close to me. I now have a routine and go to things daily. I have a purpose again.**



## Rossendale

### By Rossendale Social Connector Team



**Charlotte Jarvis**  
**Social Connector**

**Reasons indicated on initial referral:** D has estranged from her partner 24 months ago and is a victim of domestic violence. She still has situations frequently where she feels her partner is stalking her. Domestic support worker is in contact with D – additional support required to offer confidence/counselling/housing. She would like to move home.

**Background of client:** D, Age 47. Mother of two teenage boys. Not currently working.

#### **Initial Assessment, Findings and Support Provided**

- Referred to Freeflow counselling service as D has emerged from abusive and controlling relationship.
- Gave Housing Needs phone number and will support her to call them as house is ex's and he isn't paying mortgage therefore will be repossessed.
- Referred to Lancashire Women so she can be considered to take part in their menopause support sessions.
- We looked at Lancashire Adult Learning Courses and also gave her NLTG leaflet as she would like to start looking at courses.
- Called for a space on free Yoga sessions at Haslingden Community Link. All booked up but she is on waiting list. Social Connector joined D for a Women's Wellness walk at HCL while she gains confidence.
- Referred to BPRCVS Volunteer Hub as D expressed an interest in becoming a volunteer.

#### **Client Outcomes.**

- D feels a sense of regaining control over her life.
- With support D is thinking about what employment she can do and possibly upskilling herself.
- D is willing to engage in everything offered, which have lead to positive life changes for D.

**Thank you so much for meeting with me. Your help has been great in getting me on track.**





## Pendle West Social Prescribing for Children & Young People

By Sammie Taylor, Social Prescribing Linkworker for Children & Young People



**Background:** YP and family were not happy with the support the young person was receiving at their current school. They said there was a lack of communication, and they wanted more support for the YP. It was decided that the YP would try a managed move.

**Actions:** The YP was excited to attend a new school, however following the first day the parent text to say they had not had a good day, they were really upset and did not want to go the following day. SPLW had a meeting booked in with the YP for that week.

Parent text SPLW on the morning of the meeting saying that YP was very upset going to school.

SPLW met YP who talked about getting lost around the new school and not knowing who to ask for help. YP talked about some things that the school said they would put in place though they didn't appear to be in place, and they were worried about accessing homework.

After the meeting with the YP, SPLW met with the external agency coordinator to discuss some of the YP's concerns. SPLW also mentioned how it had been discussed that certain things were going to be put in place. The school was very supportive in wanting to make the transition as smooth as possible.

**Outcomes:** SPLW spoke with parent and explained what had happened after her meeting with the YP and said that YP seemed better having had a chat. Parents were grateful of our support.

The following day SPLW spoke with mum who said YP was like a different child and did not get upset going to school. They had been reading which is something they do not really do and had asked to be picked up a little later as they were going to go to the library first.

Parents also had a meeting with school to discuss support for YP.

Communication lines are open for parents and the YP. YP is feeling much better and is attending school regularly.

**Parent:** Thank you so much for your help. I don't know what we would have done without you.

**YP:** Thank you for listening to me and sorting all this out. I feel happy now.





## Past, Present & Future.....

We hope we have proved that Social Prescribing works well, when you have multiple services and organisations pulling together to benefit clients and patients.

Our local community groups never fail to astound us with their inventive and inspirational methods of project delivery, and their efforts to reach those in need, often in daunting and challenging circumstances.

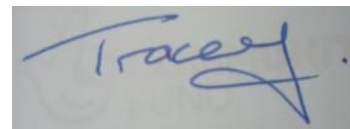
All of our groups are offered support prior to, throughout and beyond the process. Our Group Support Funding Team take great pride in nurturing the smallest groups from caterpillars to butterflies. With those butterflies taking up the mantle of supporting our communities every day—some with complex needs and issues.

Our plans for the future include continuing to communicate effectively and honestly with all partners, continuously developing the service to meet the needs of the communities we serve.

Our Social Prescribing Teams are evolving rapidly to meet the ever-changing and demanding needs of our communities.

We continue to be involved at strategic level to contribute the voluntary, community and faith sector voice and ensure it is heard. Volunteering isn't free—groups need (demand even!) support to deliver their projects safely, effectively and compassionately at micro-local level. BPRCVS has stepped into that role for 90 years and we have no intention of stopping now! (Please do check out our articles on how it all began, just after the Battle of the Somme in 1935 to what we continue to do today: <https://bprcv.co.uk/bprcv-news.html>)

Finally, thank you to everyone who has been involved in the 2024/25 Programme. Your faith in us, our groups, our partnerships and our communities keep us going and continue to help people to help others.



**Tracey Noon**  
**Operations Manager – BPRCVS**  
**11th September 2025**



*Helping people  
to help others*

**Social Prescribing Programme—Looking Ahead**