



**BURNLEY PENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



**Lancashire and
South Cumbria**
Integrated Care Board

SMALL GROUPS GRANTS PROGRAMME

**BURNLEY
PENDLE
ROSSENDALE
HYNDBURN
RIBBLE VALLEY**



2025 - 2026 FINAL REPORT

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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 community groups come in, and this is why the ICB continues to invest in those small groups by providing a funding programme to support their activity, and a Social Prescribing Team who work directly with the patients.

Managing community centres and project work brings its own challenges and this is compounded by the financial worries individuals and charities are facing in the current climate. Our resilient communities continue to rise to these challenges, pulling together to support each other, and to help those in need of community-based support.

This year's grants programme was launched in August 2025, with projects to be completed by the end of July 2026. The grants have been fully allocated to VCFSE groups and organisations in Burnley, Pendle and Rossendale.

The final report demonstrates the success of the groups in terms of meeting the outputs and outcomes predicted in their application. All groups have completed wellbeing forms (ONS4) with their beneficiaries to assess the impact of their project upon their beneficiaries' health and wellbeing.

All groups have been offered on-going support by BPRCVS throughout.

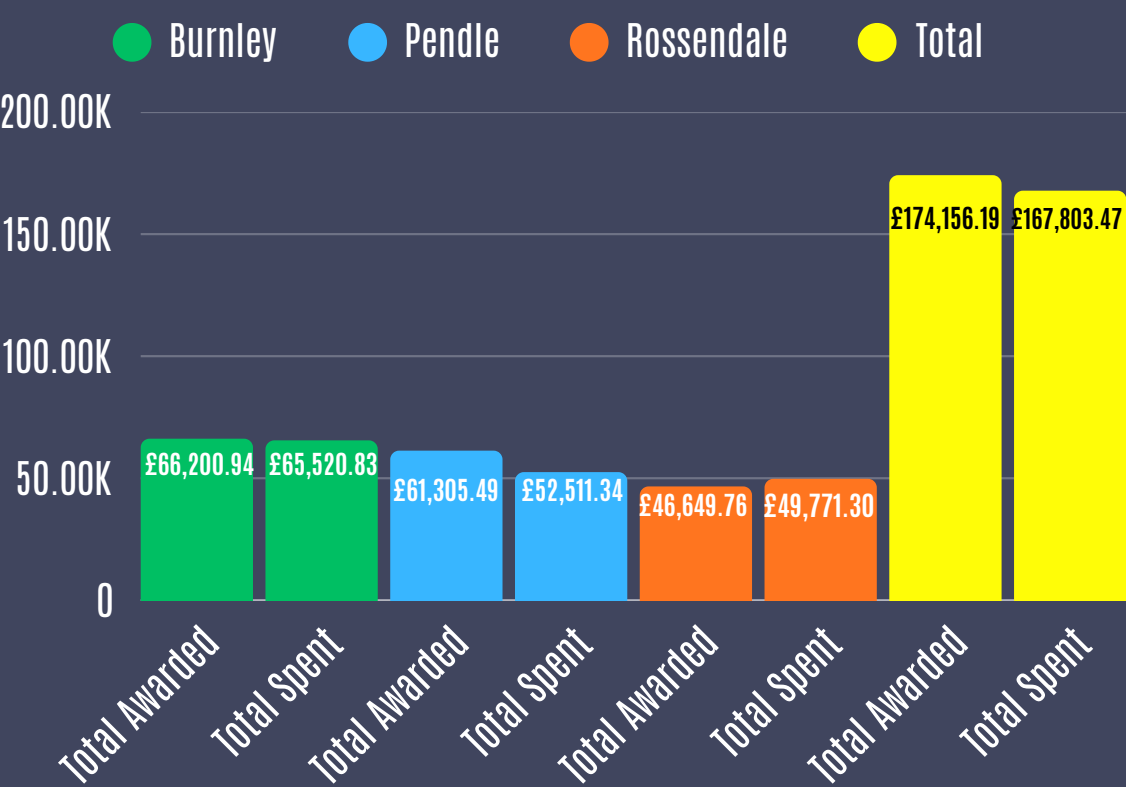


We had 2 Burnley groups with an underspend totalling £1,395.50 and therefore, we have net underspend of £680.11 because several groups contributed additional monies to the project delivery.

We had 3 Pendle groups with an underspend totalling £172.15 and 2 groups who had not reported on their collective £9,444.99 award, and therefore we have a net underspend of £8,794.15 because several groups contributed additional monies to the project delivery.

We had 2 Rossendale groups with an underspend totalling £211.21, and therefore we have net overspend of £3,121.54 as almost all groups contributed additional monies to the project delivery.

AMOUNT AVAILABLE & AWARDED

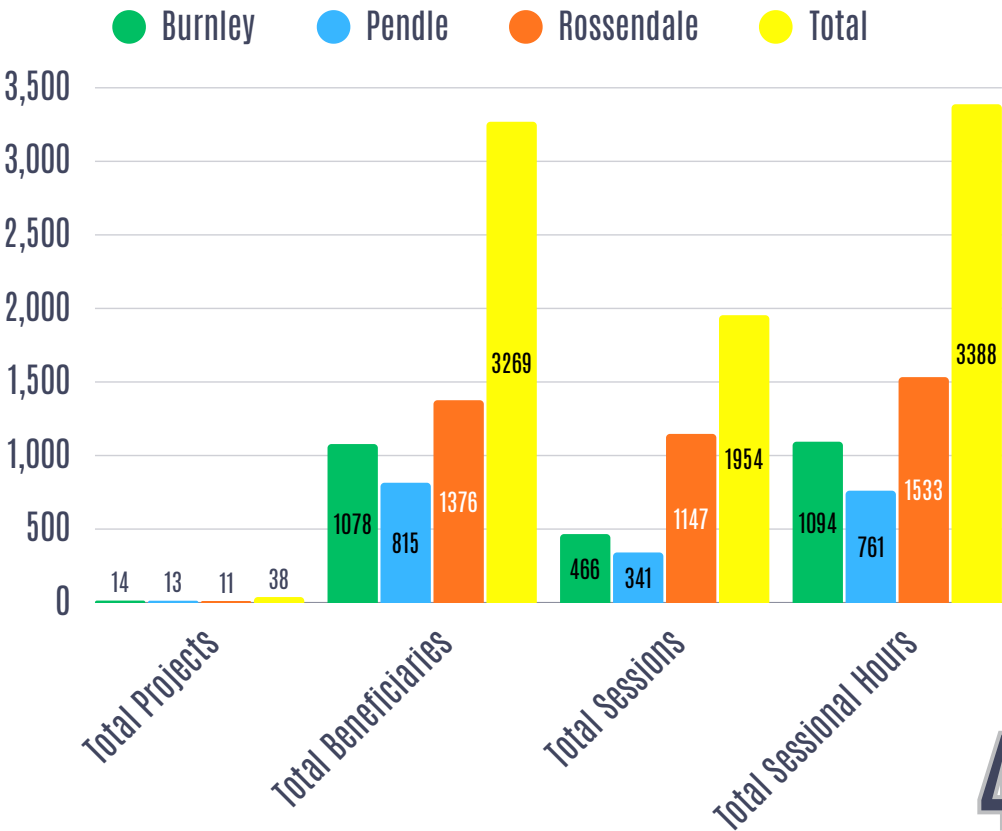


STATISTICS

Statistics are collated from information submitted by the groups at the conclusion of their project delivery.

38 Projects have been awarded grants this year, however 2 projects failed to submit a final report which impacts these statistics. A variety of activities were applied for, including outdoor activities, mental health and wellbeing support, and social inclusion.

TOTAL PROJECTS, BENEFICIARIES & SESSIONS



STATISTICS

BENEFICIARY AGE RANGES

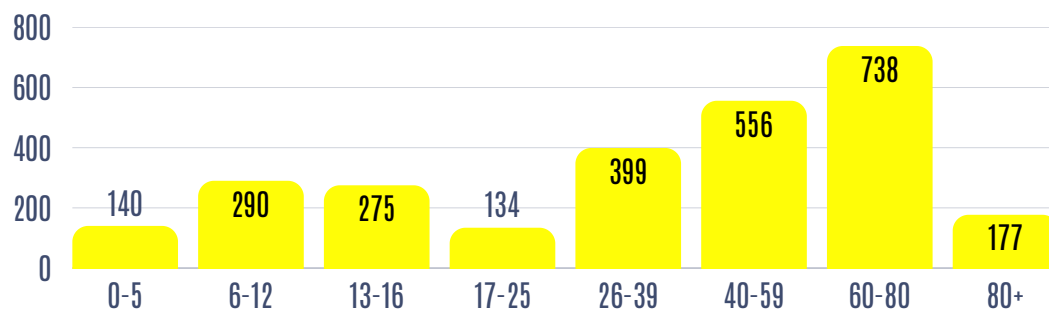
The funded projects throughout Burnley, Pendle and Rossendale have supported beneficiaries from across all ICB-specified age ranges. Each locality reported supporting beneficiaries from each and every age range.

This shows that the grant programme is ideal at addressing the health and wellbeing needs of the entire population.

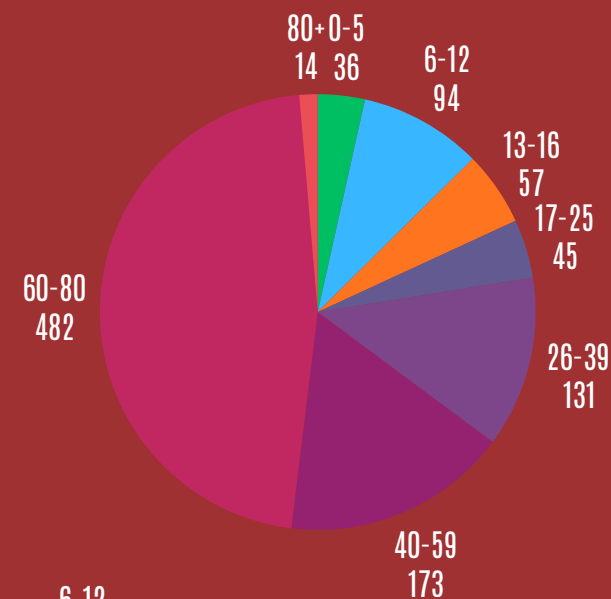
This year's programme supported almost 50% of beneficiaries aged between 40 and 80 years old which is a logical conclusion to make as this would be largest available audience for weekday daytime provision, for which most of the projects delivered.

The smallest group of beneficiaries was those aged between 17 and 25 years old. Again this is a logical conclusion as this group would be predominantly unavailable due to education and work commitments, and a tendency to not engage with local community services in the same way other age groups do. Furthermore, as this fund tackles health and wellbeing, it is less likely this group of people would have a presenting health condition. Similarly, this rationale applies to the other lower age groups. Most engagement with these age groups would have been in family-based activities.

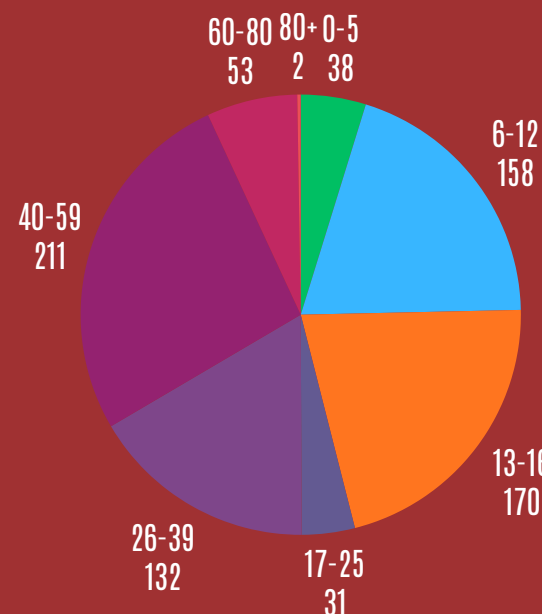
Total Age Ranges Supported



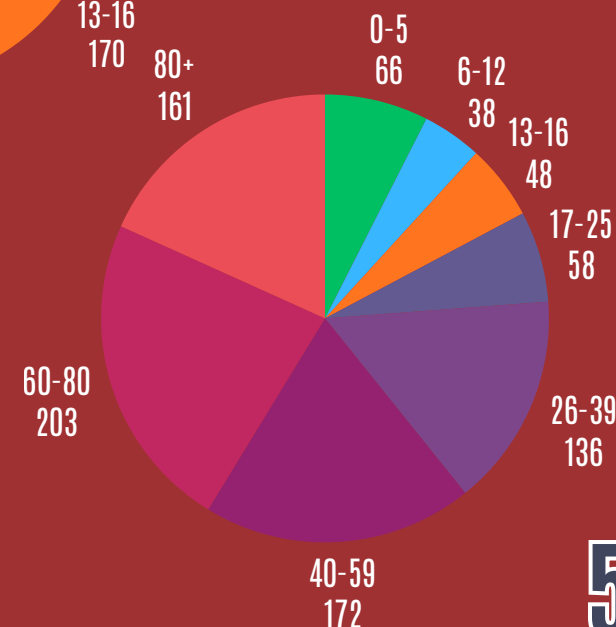
BURNLEY



PENDLE

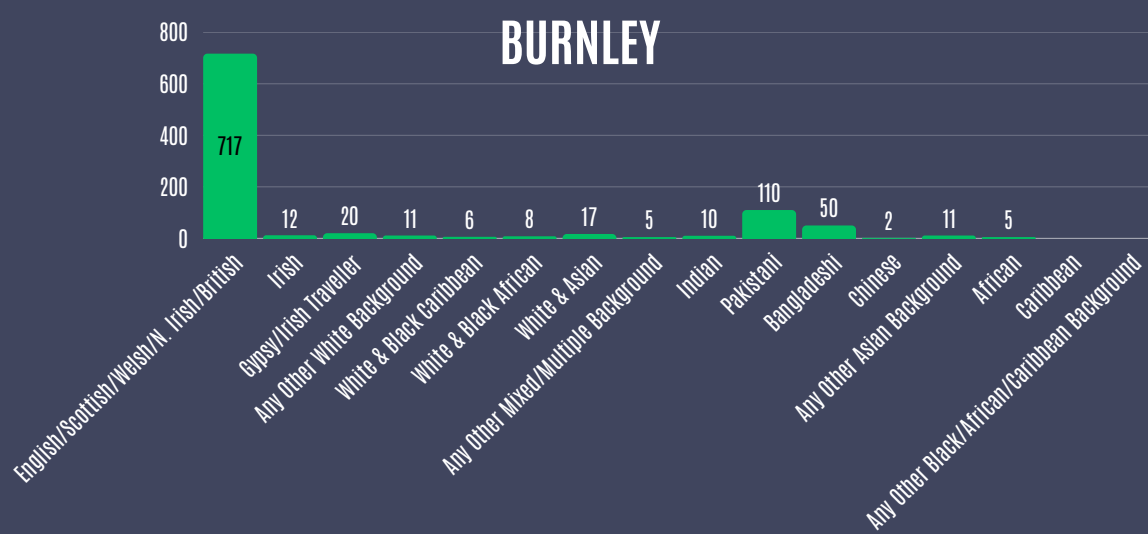


ROSSENDALE

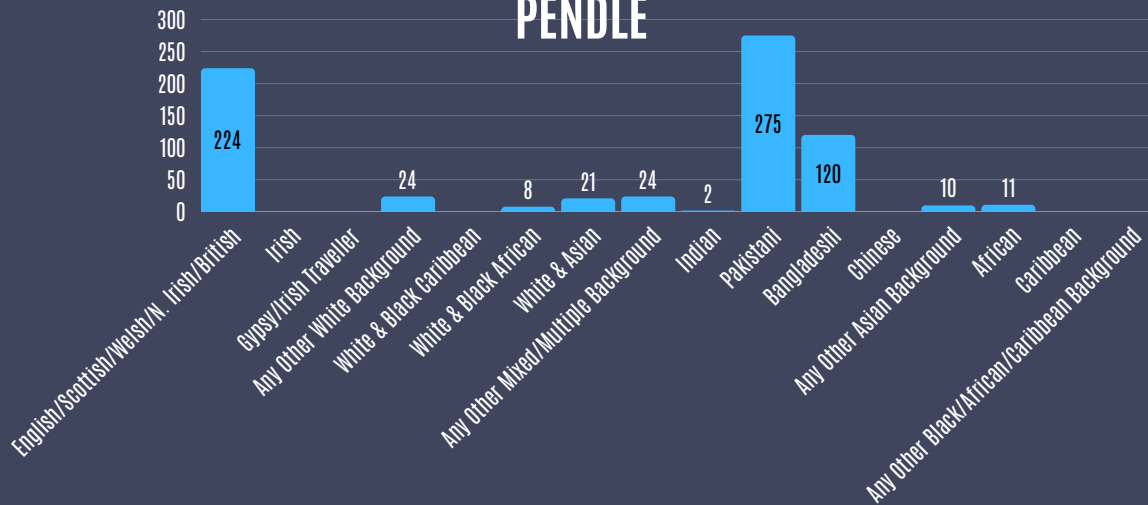


STATISTICS

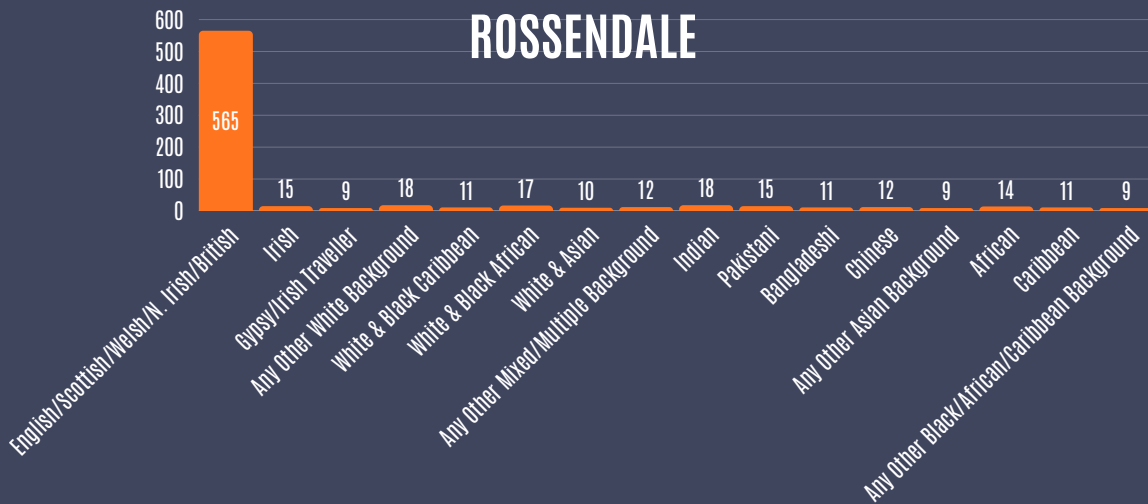
BURNLEY



PENDLE



ROSSENDALE



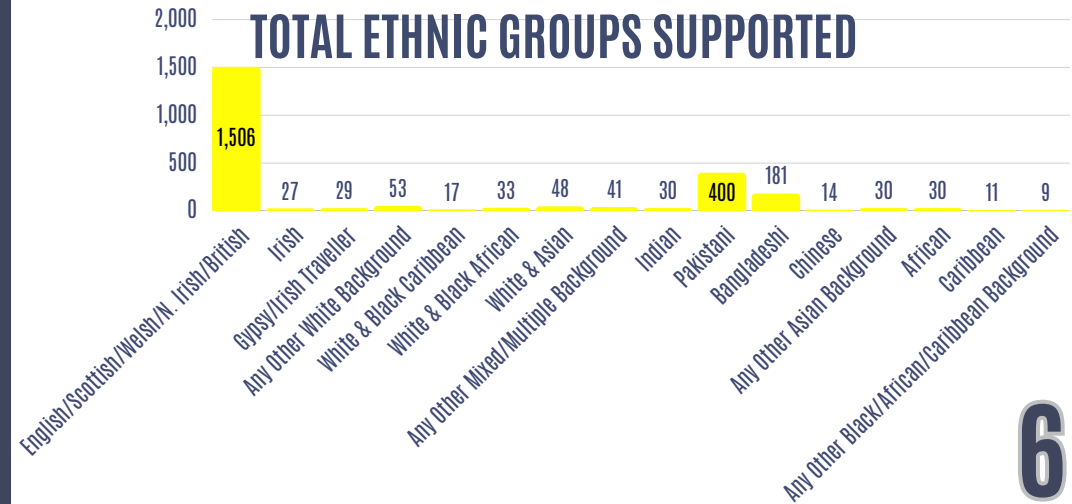
BENEFICIARY ETHNICITIES

The ethnicity of beneficiaries is overwhelmingly identified as English/Scottish/Welsh/N. Irish/British with the next 2 largest ethnic groups being Pakistani and Bangladeshi. It is worth noting that not all groups recorded ethnicity and in some cases, beneficiaries declined to provide this information.

Pendle is the exception in that the largest ethnic group supported is Pakistani which reflects local population centres as a number of projects were delivered in the Brierfield and Nelson areas which comprises large asian populations.

All ICB-specified ethnic groups are represented, but not across all localities. However, this is due to there being very low numbers of some of these ethnicities across Burnley, Pendle and Rossendale. Although this does demonstrate the accessibility, inclusivity and diversity of the funded projects with every recognised group represented, albeit with low numbers.

TOTAL ETHNIC GROUPS SUPPORTED



STATISTICS

HEALTH CONDITIONS

These funded projects addressed a wide array of health conditions throughout Burnley, Pendle and Rossendale. So many individual health conditions were specified in the groups' final reports that we've condensed this data in health condition groups e.g. 'Respiratory Conditions' include COPD, asthma, long covid, etc.

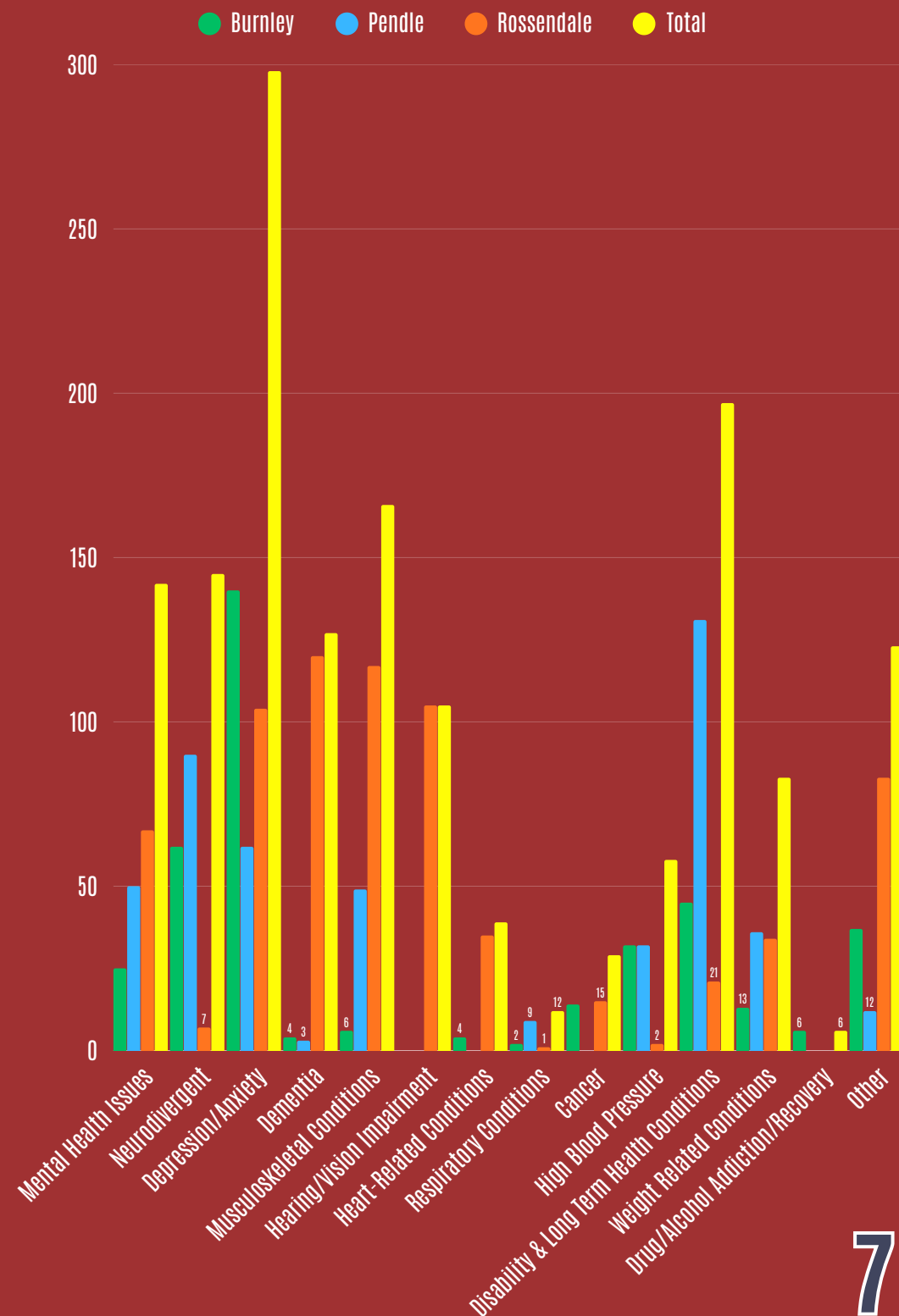
In Burnley, depression and anxiety was the most common health condition, in Pendle, disability and long-term health conditions was the most common, and in Rossendale, dementia was the most common, whereas the overall 3 most common totals were depression and anxiety, disability and long-term health conditions, and musculoskeletal conditions.

As the graph highlights, there are significant numbers of health conditions present upon accessing these projects, and across a broad spectrum of conditions with many beneficiaries presenting with more than one condition.

Some of the low numbers are logical as in the example of dementia; in Burnley and Pendle, the activities didn't have this group primarily as a target audience whereas in Rossendale, one of the larger projects (in terms of unique beneficiaries) did.

Some projects didn't disclose health conditions as part of their reporting. We know that for some this was irrelevant as the age groups they were supporting were unlikely to have any presenting health conditions. For some groups, this was voluntarily provided by their beneficiaries and some wished not to disclose this information.

This showcases that the small grants programme is beneficial to helping support a wide demographic of people with various health conditions thus reducing stress and strain on the NHS system through successful community intervention.



STATISTICS

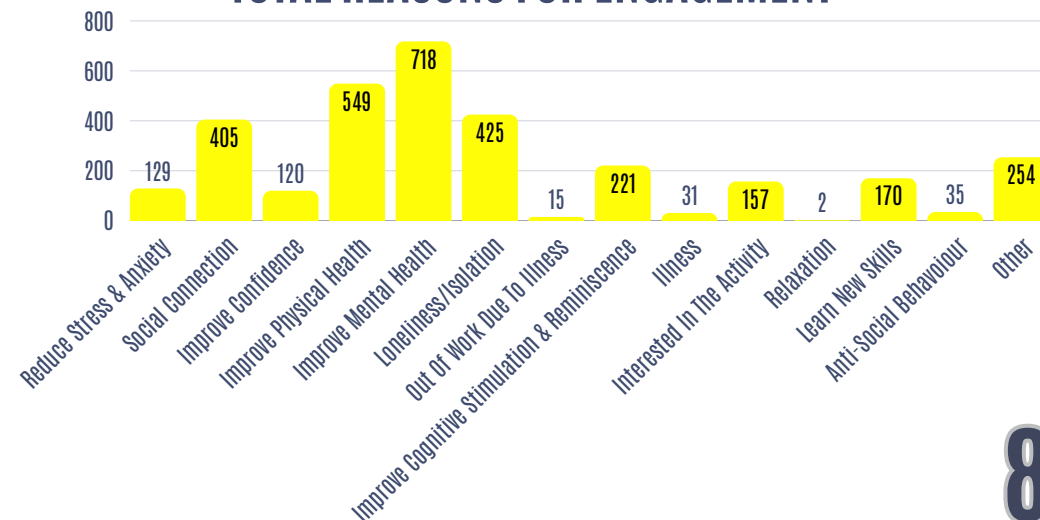
REASON FOR ENGAGEMENT

The primary reason for engaging with these projects across all 3 localities is improving mental health. Improving physical health is the second most common, and accessing projects for social connection and loneliness/isolation is the third most common with the latter 2 having almost the exact same score.

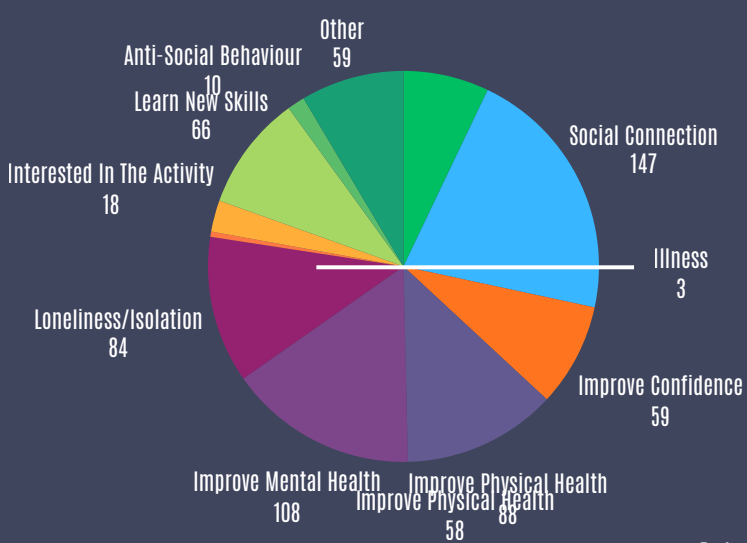
This demonstrates that for many beneficiaries, they see accessing community-based projects as an ideal means to improve mental and physical health, and reducing isolation and connect with other, and make new friends. The informal settings of these projects certainly helps facilitate the latter.

Many beneficiaries have attended these projects for more than one reason.

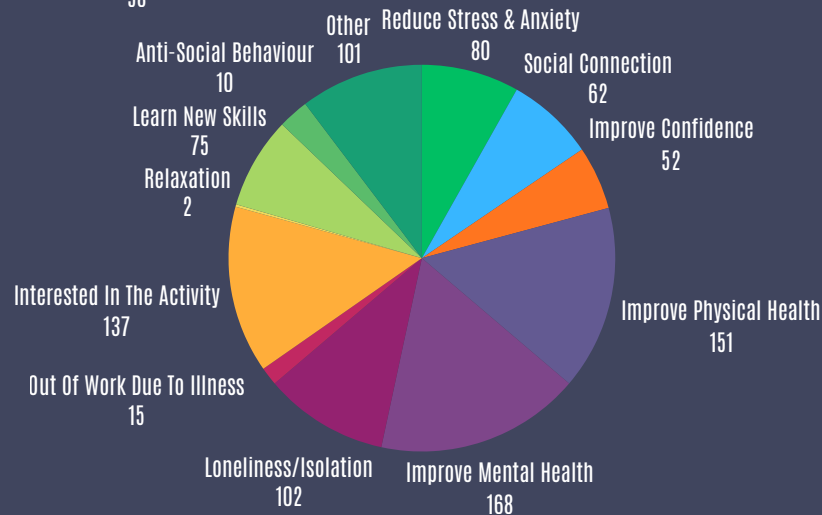
TOTAL REASONS FOR ENGAGEMENT



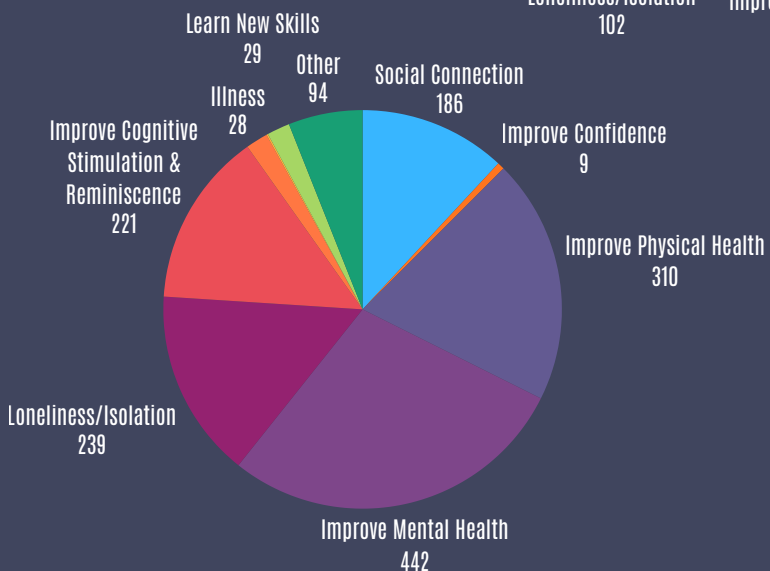
BURNLEY



PENDLE



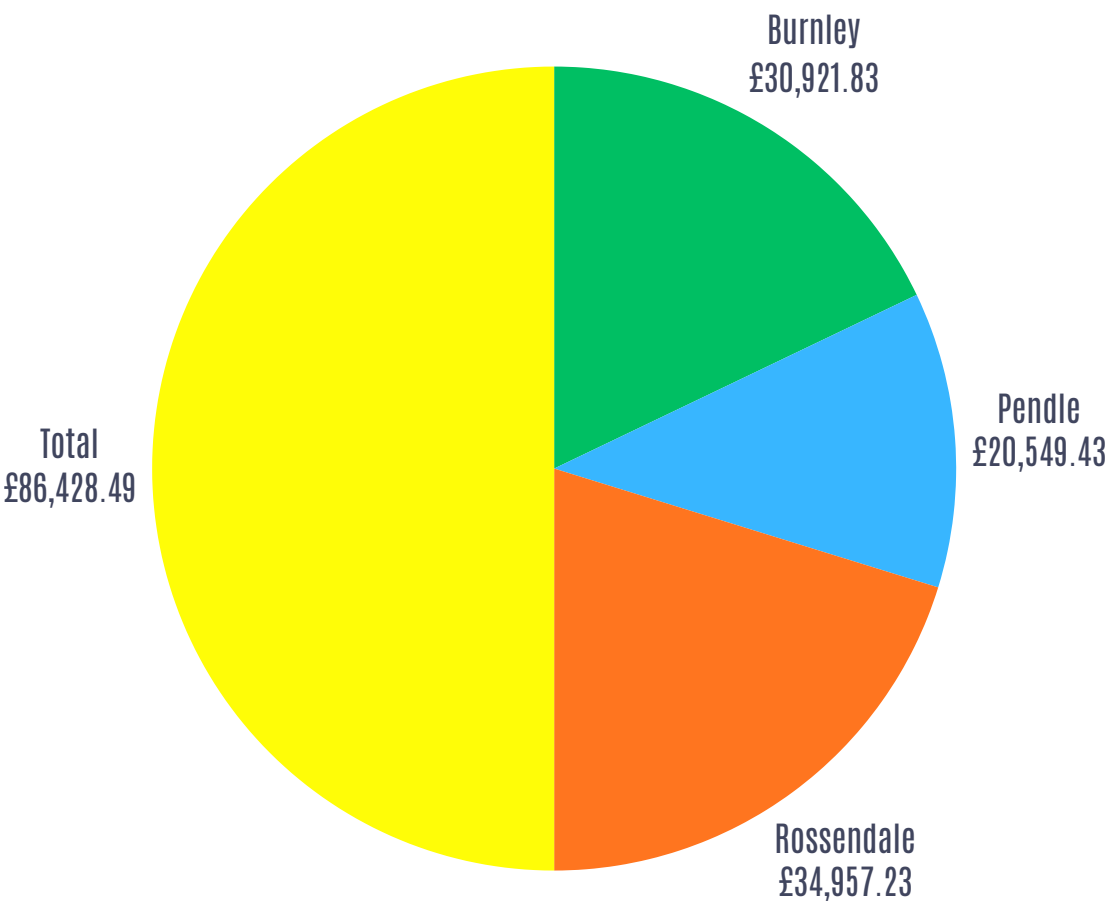
ROSSENDALE



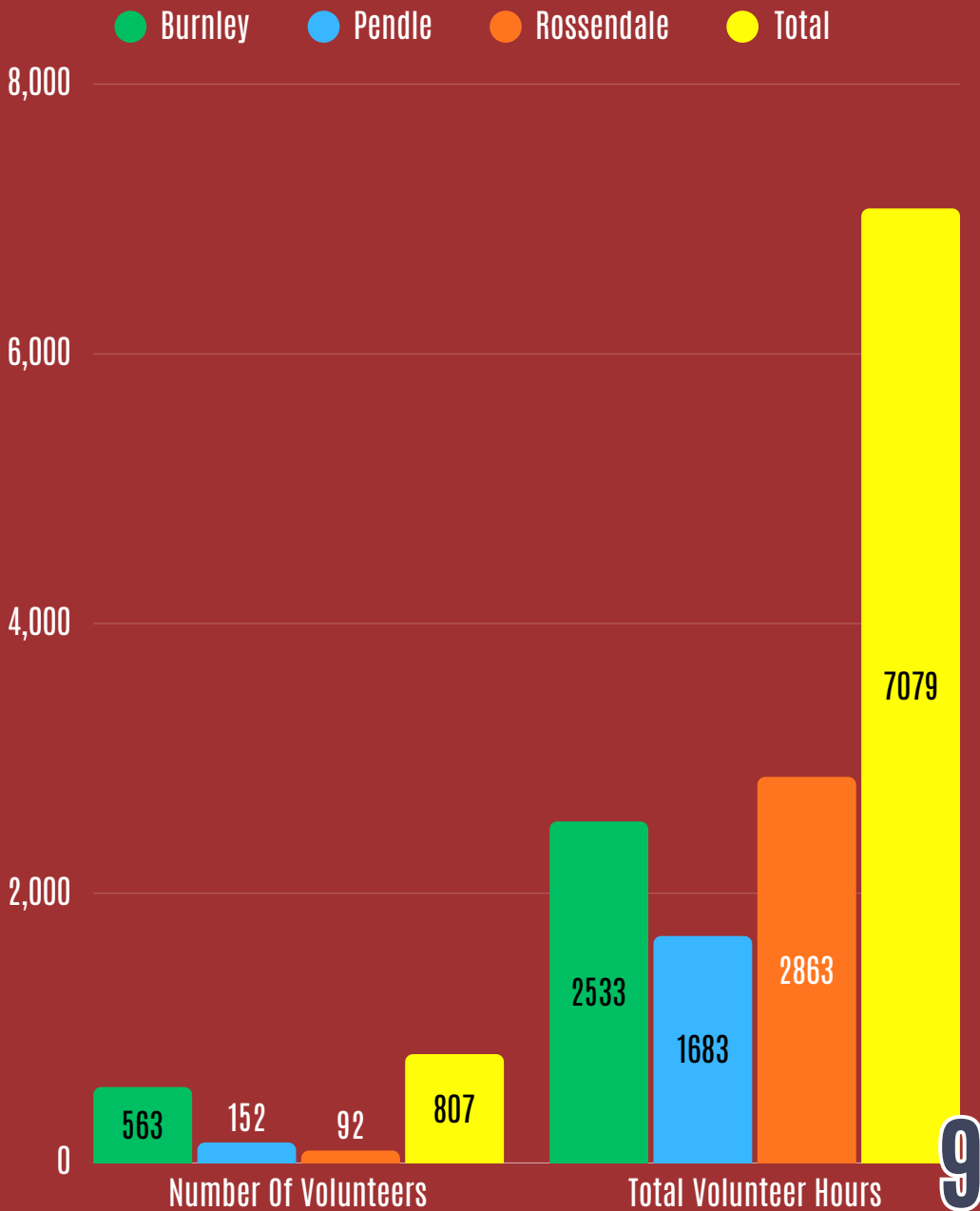
VOLUNTEERING

Volunteering is a vital element of project delivery for these groups. Some use many, while some only a few, and hours of support varies from project-to-project. For example, Rossendale groups had the smallest number of volunteers, but collectively provided the most volunteer support hours. Collectively, volunteers make a substantial contribution to the local economy in the form of added value – the true figure is likely higher as this year's programme crossed the National Living Wage increase threshold, but we couldn't know when people volunteered, and therefore used the rate as of 2025.

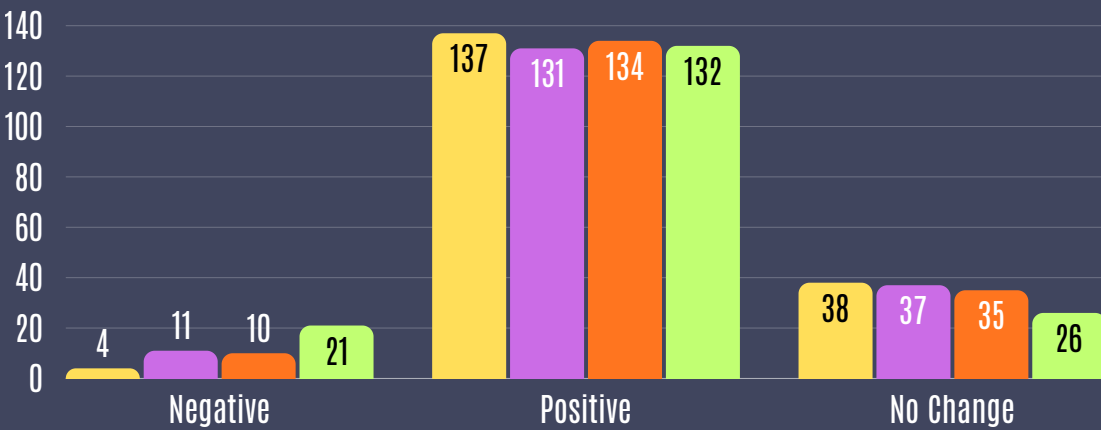
ADDED VALUE TO THE LOCAL ECONOMY @£12.21 PER HOUR



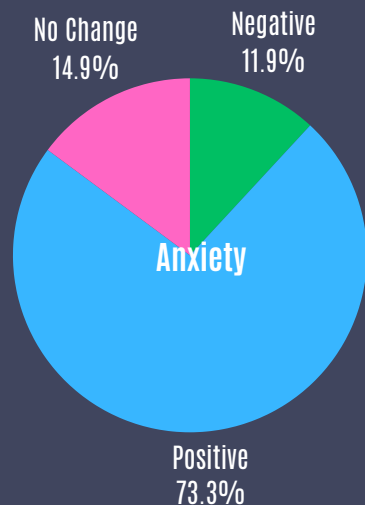
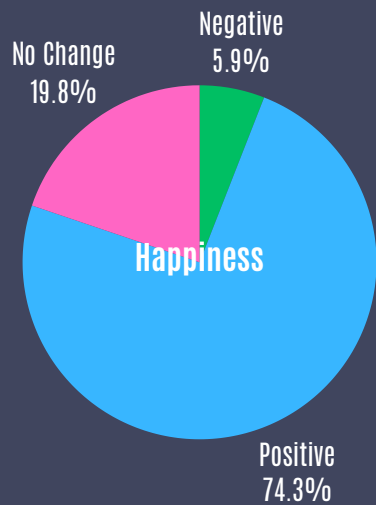
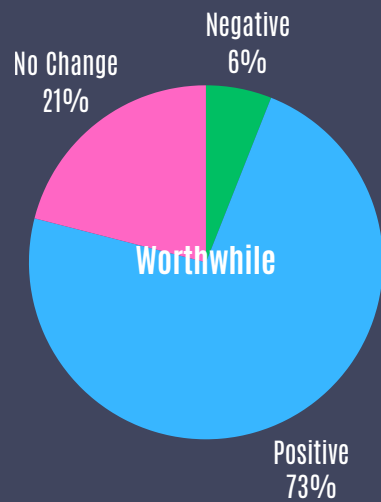
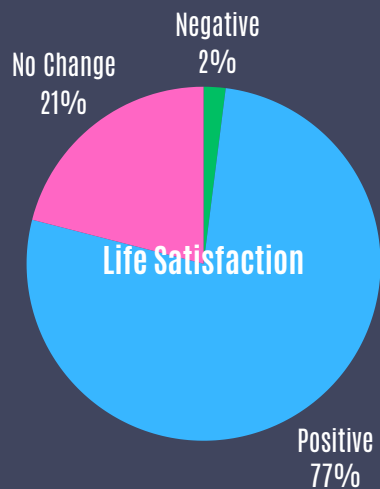
VOLUNTEER NUMBERS & HOURS SPENT SUPPORTING PROJECTS



● Life Satisfaction ● Worthwhile ● Happiness ● Anxiety



Status Of Change Between Initial & Final ONS4 Scores



ONS4 SCORES

These graphs represent the collective state of change in ONS4 scores from initial to final as provided by the groups.

In total, we received 179 completed initial and final ONS4 score surveys from which the data on this page and the following pages is derived.

We request a sample size of 5 beneficiaries per group, although not all groups complied with this request. Nevertheless, the total sample size received across all projects provides a suitable reflection of the impact this fund has upon local community activities, projects and services.

With so few negative responses received this clearly indicates that there is, at the very least, no evidence to suggest that these activities, projects and services have a negative impact generally on health and wellbeing. In fact, the vast majority report a positive increase in the 4 measures suggesting the value, impact and benefit of funding activities, projects and services in the community.

76.5% of beneficiaries showed a positive change in life satisfaction after attending these funded projects.

73.2% of beneficiaries stated feeling more worthwhile since participating in these funded projects.

74.9% of beneficiaries claimed to feel happier upon concluding one of these funded projects.

73.7% of beneficiaries reported a positive change in their anxiety levels having completed participating in these funded projects.

ONS4 SCORES BURNLEY

Projects in Burnley have reported significant improvements to health and wellbeing as demonstrated by these ONS4 scores.

55 beneficiaries reported a positive improvement to their life satisfaction which equates to a mean average improvement score of 1.79. 48 beneficiaries claimed to be feeling more positive at the end of the project with an average step change of 1.69. The second highest improvement was in happiness levels with a score increase of 1.97 on average from 52 beneficiaries. The greatest improvement in Burnley was in seeing anxiety levels fall. 60 beneficiaries stated a positive improvement with a mean average score difference of -2.49 (anxiety is shown as a minus as we look for this score to fall)

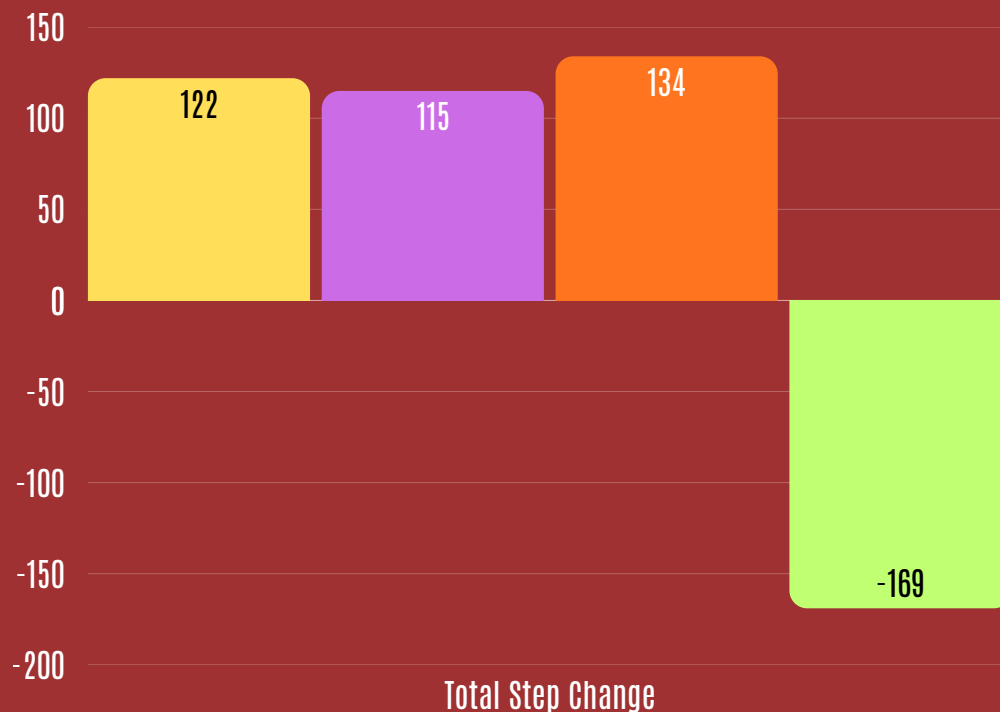
This clearly evidences the impact that community-based projects funded by the ICB to support and improve health and wellbeing is real and tangible. It demonstrates the supporting local communities can have a positive impact which in turn is going to reduce the need for direct NHS resources to be deployed.

Status Of Change Between Initial & Final ONS4 Scores

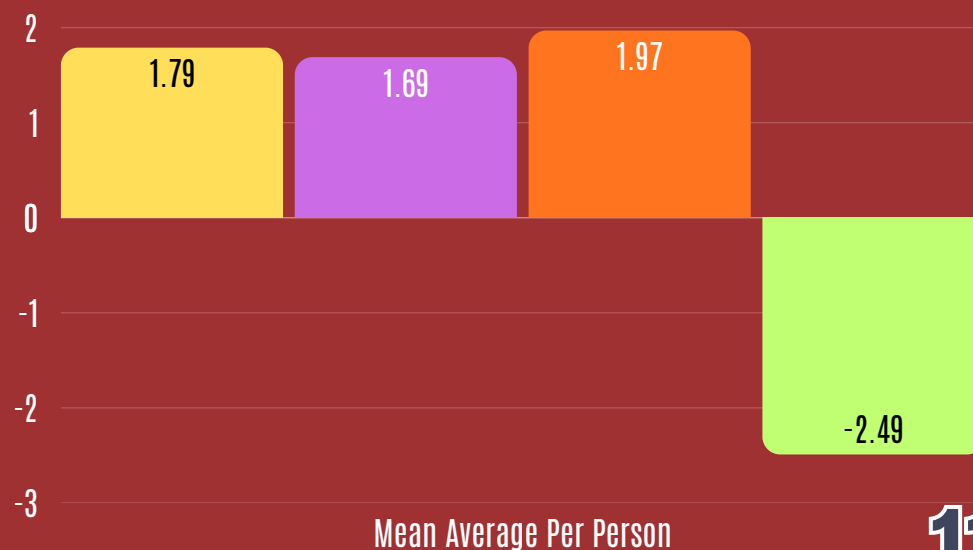
● Life Satisfaction ● Worthwhile ● Happiness ● Anxiety

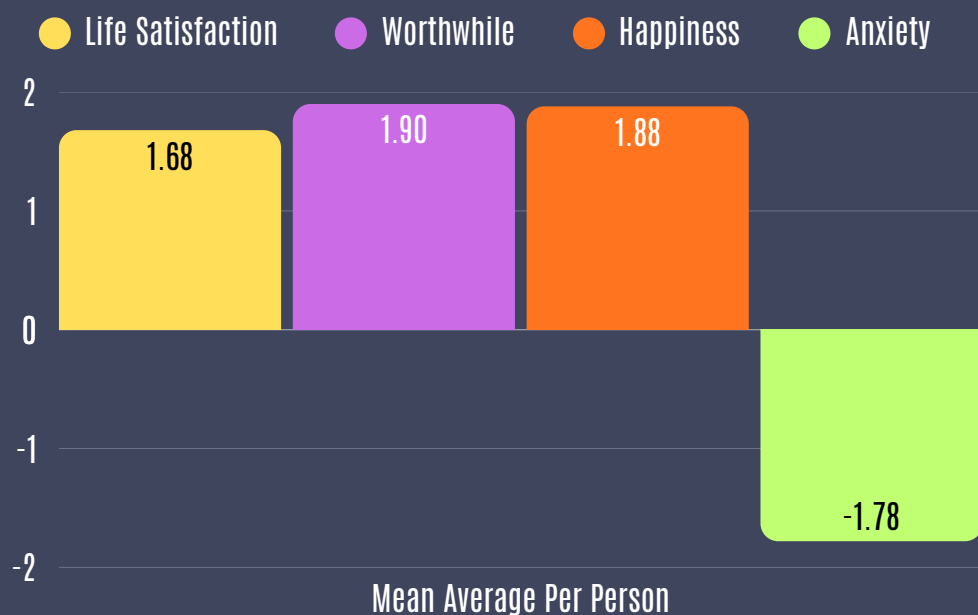
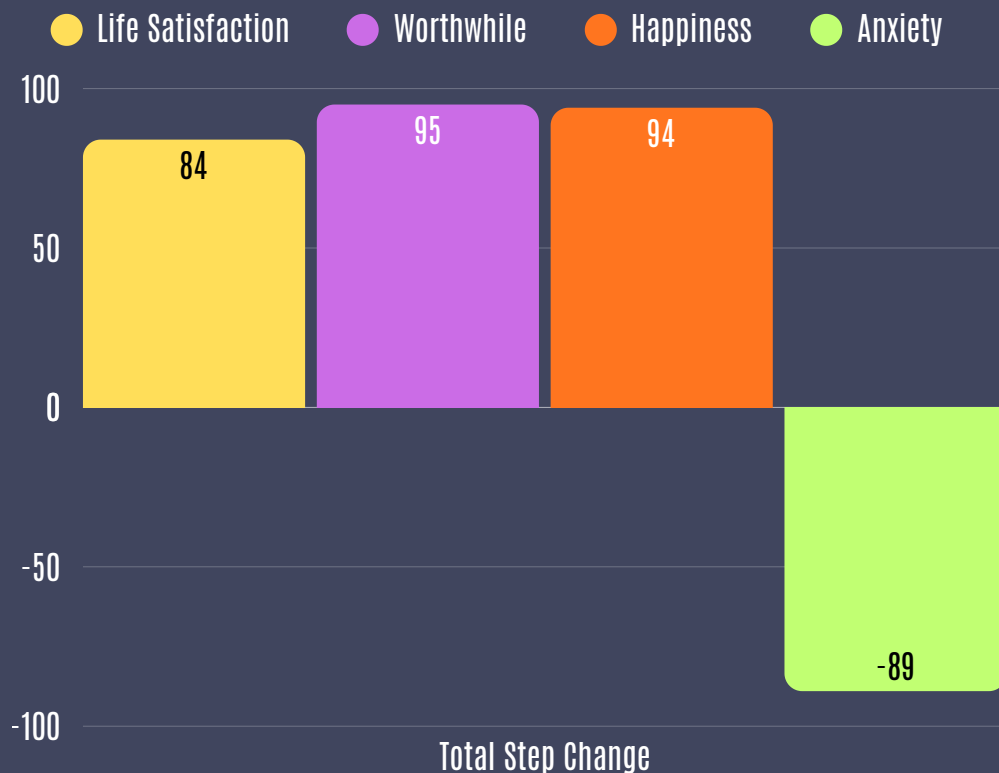


● Life Satisfaction ● Worthwhile ● Happiness ● Anxiety



● Life Satisfaction ● Worthwhile ● Happiness ● Anxiety





ONS4 SCORES PENDLE

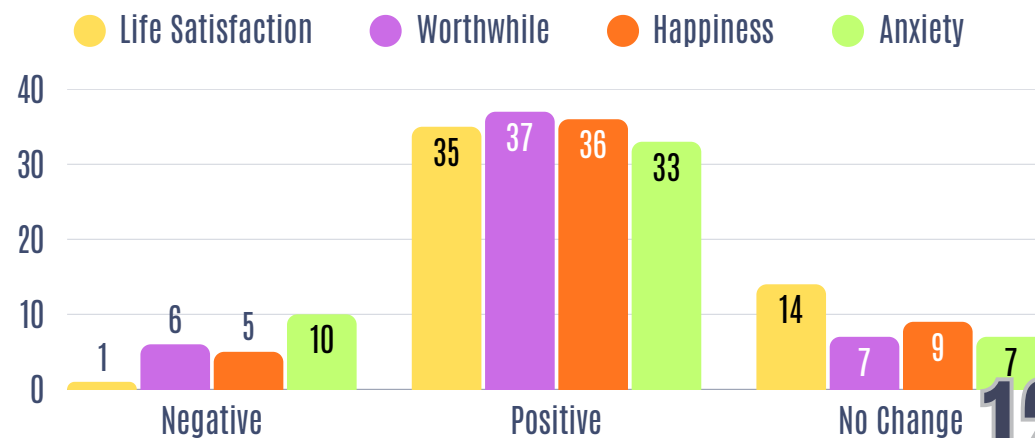
Pendle-based funded projects have shown a demonstrable improvement to the health and wellbeing of beneficiaries as shown with these ONS4 scores.

Overall, 70.5% of respondents reported positive outcomes. 70% of beneficiaries stated an improvement in their feeling satisfied with life. 74% reported feeling more worthwhile and 72% said they felt more happy after completing the programme. 66% claimed to be less anxious after being supported by these projects.

The greatest increases came in the form of feeling more worthwhile and improved happiness levels upon conclusion of the project with both showing an average score increase of 1.9 and 1.88 respectively. However, not far behind was an improvement to anxiety levels and life satisfaction with score step changes of -1.78 and 1.68 respectively.

Improvements to health and wellbeing are evident across these funded projects and show the value and impact of supporting community-based activities, projects and services.

Status Of Change Between Initial & Final ONS4 Scores



ONS4 SCORES ROSSENDALE

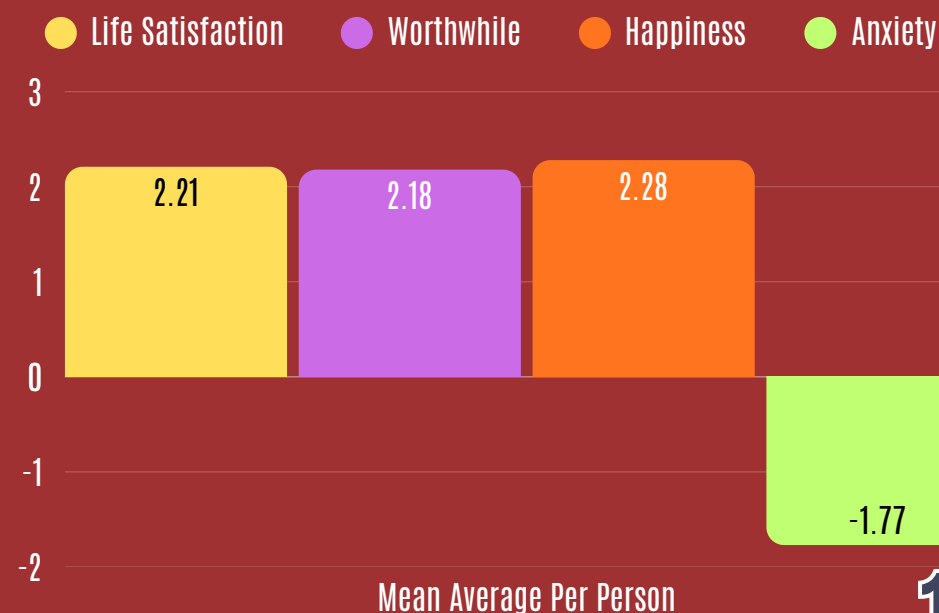
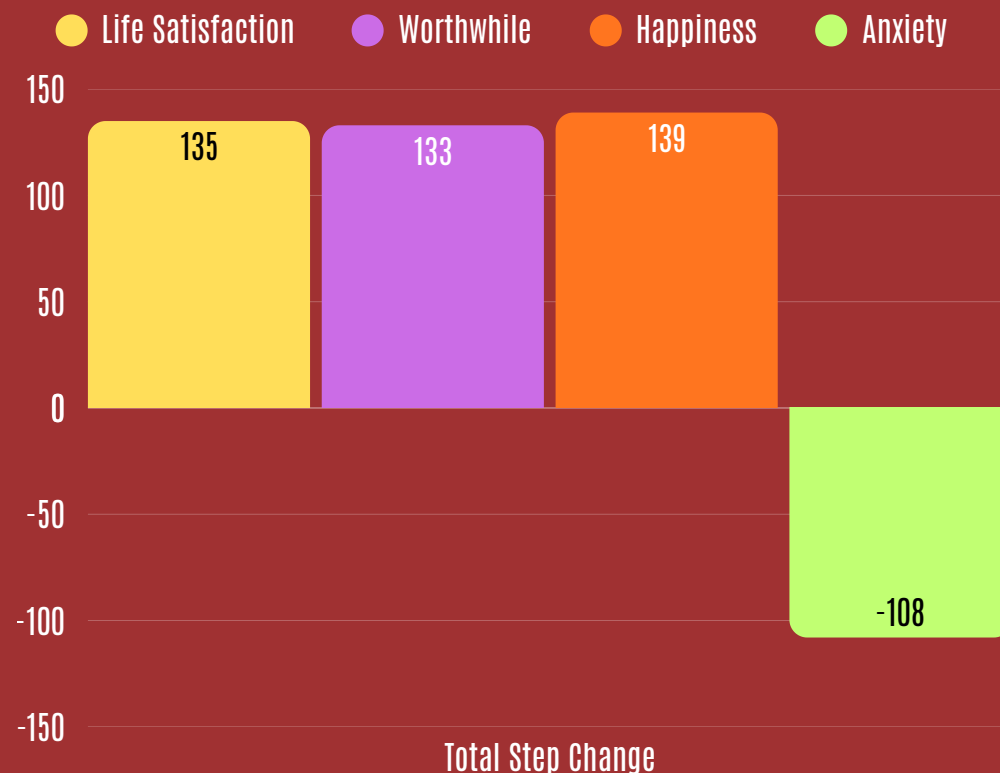
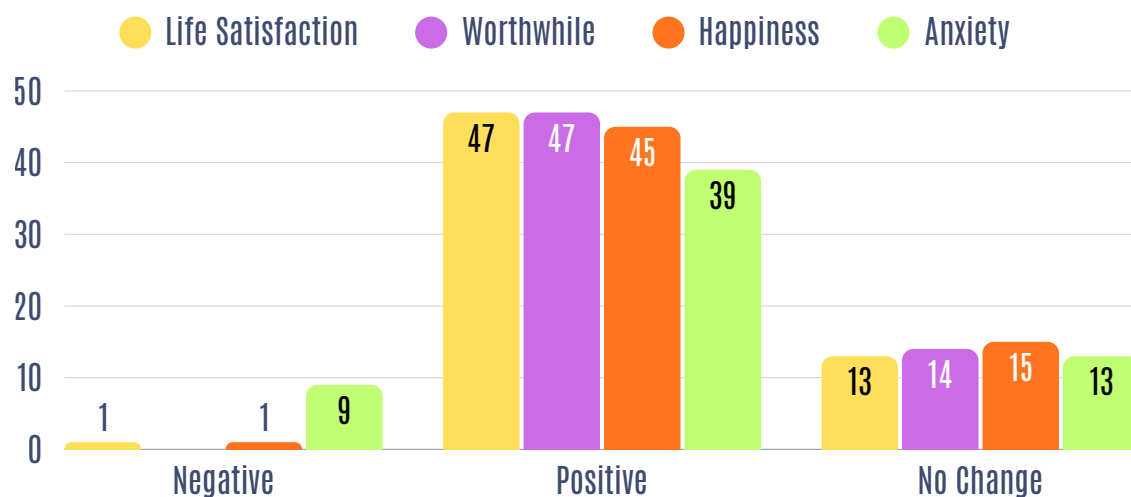
Projects in Rossendale have proven the benefit of funding and supporting community-based interventions in respect to health and wellbeing. Across these projects there was very few negative changes throughout.

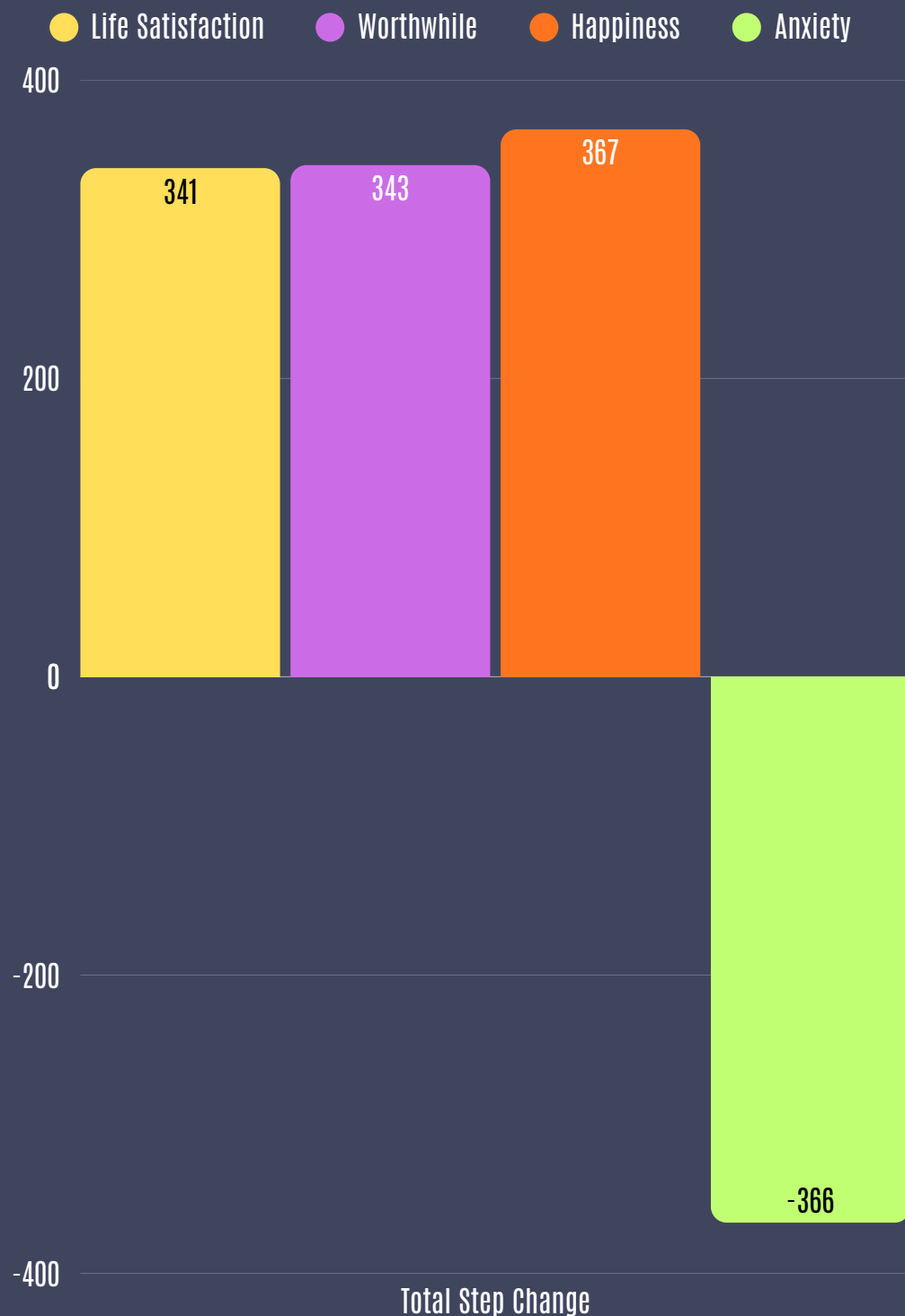
Life satisfaction among beneficiaries improved by an average score of 2.21 and feeling more worthwhile improved by 2.18. The greatest improvement was in happiness with an average score improvement of 2.28. The lowest improvement in Rossendale was anxiety, but this still improved by an average of -1.77 per participant.

Overall, 73% of Rossendale respondents reported positive improvements across the ONS4 score scale.

These levels of improvements clearly highlight the need to support community-based activities, projects and services to help improve health and wellbeing of residents.

Status Of Change Between Initial & Final ONS4 Scores





ONS4 SCORES OVERALL

Projects across Burnley, Pendle and Rossendale have demonstrably proven the impact they can have upon improving the health and wellbeing of the participants of their activities, projects and services.

As this graph shows, community groups running projects like the ones found in this report are more than capable of having a significant impact upon beneficiaries' health and wellbeing across the ONS4 score scale.

Similar improvements in life satisfaction, feeling worthwhile, feeling happier, and feeling less anxious demonstrate that community groups are particularly suited to tackling a range of issues and having a substantial impact across the spectrum.

Whether providing physical exercise, mental health support, peer support, arts and crafts, food support, and more, each project is able to help and support local people to feel better all-round in themselves.

It shows that funding and supporting community-based projects is a valuable tool in tackling health and wellbeing issues while taking away the strain upon varied NHS services.

Groups in Burnley, Pendle and Rossendale are a more than suitable option, when funded and supported, in improving the health and wellbeing of residents in these communities.

ONS4 SCORES OVERALL

The mean average per person ONS4 improvement scores clearly indicates the impact of community-based health and wellbeing interventions.

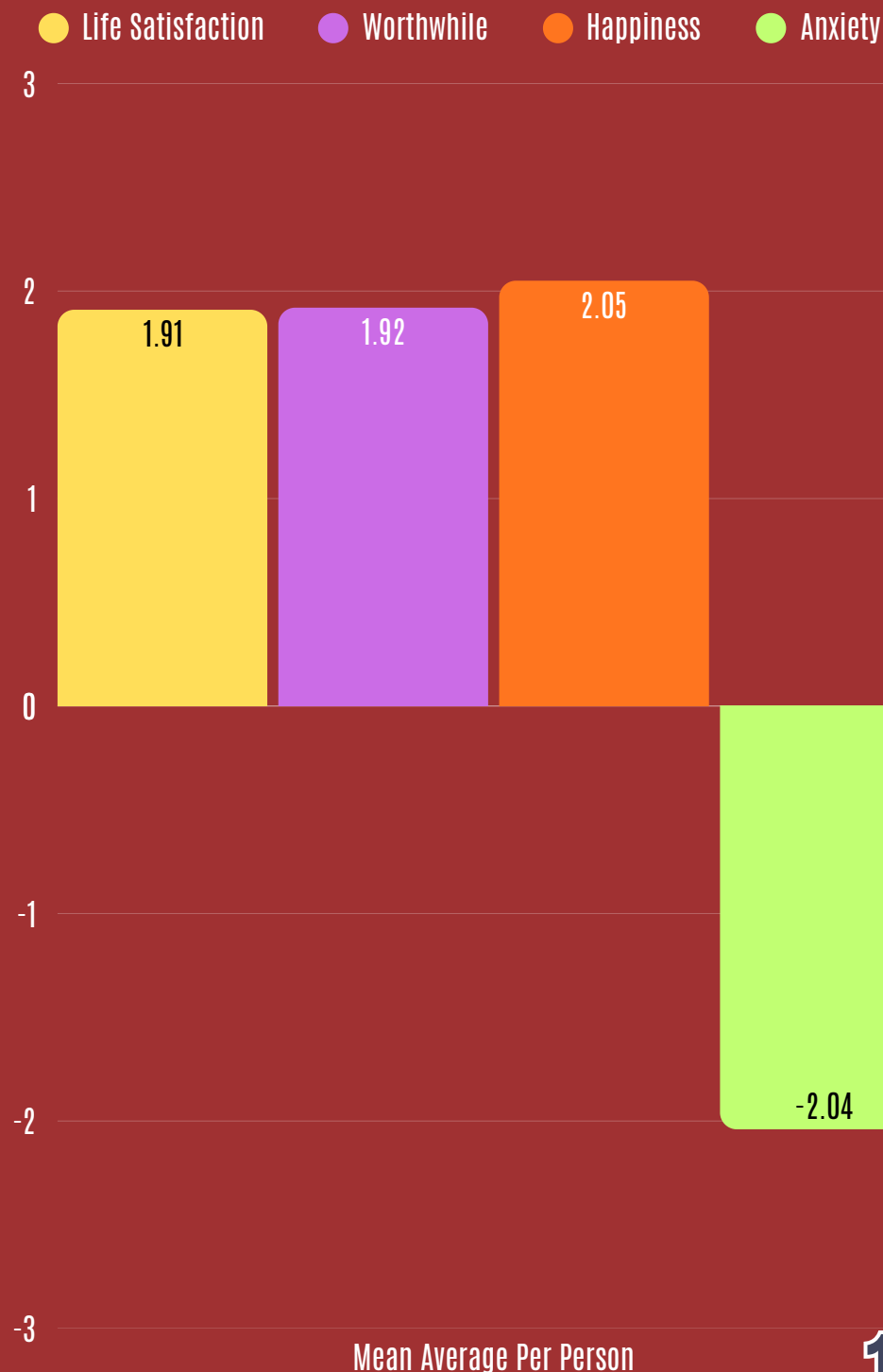
With almost every aspect of the ONS4 score scale showing an average step change of around 2 steps, this demonstrates that projects contained in this report have a tangible effect upon people's lives.

While an average step change of around 2 steps doesn't seem like much, this represents a 20% improvement which is sizeable and remarkable when it is considered that the maximum funding available is £5,000.00 for a project, and many projects reach a significant number of people, 83 beneficiaries per project on average.

If using the maximum £5,000.00 award and the average of 83 beneficiaries, the 20% improvement across the board in health and wellbeing costs £60.24, and many projects are capable of reaching more people for less than £5,000.00 which in turn reduces this cost base much further.

The need for continued funding and support of community groups delivering projects which tackle health and wellbeing priorities is evidenced clearly. If not for groups like these found in this report, the people who have benefitted from these activities, projects and services would have been more likely to be inclined to seek help and support from NHS services.

If community groups can make a 20% improvement to people's lives on average then this lowers the need for access to greater NHS resources.





**£66,200.94
AWARDED**



**14
PROJECTS**



**466
SESSIONS**



**1,078
BENEFICIARIES
SUPPORTED**

BURNLEY

Each recipient of the Small Groups Grants Programme in Burnley have completed their final report and provided two case studies with client comments along with the outcomes of their project's performance and successes.

The project background with its aims and objectives has been included to demonstrate how the outputs and outcomes match up with, or even exceed, expectations.

Photos have also been provided showcasing projects in action.

A variety of activities were applied for and successfully obtained grants to deliver, but not limited to:

**outdoor activities
mental health and wellbeing support
employment support
and healthy eating**

Mean average cost per session = £140.60

Mean average cost per sessional hour = £59.89

Mean average cost per beneficiary = £60.78

MS ANGLING & EDUCATION

AWARDED £5,000.00 FOR FISHING FOR WELLBEING/HEALTHY LIFESTYLES

MS Angling & Education would like to continue to offer 'Fishing Therapy Sessions' and mindfulness opportunities to help to continue to improve the health and wellbeing of community members in East Lancashire. Sessions will be available to the social prescribing teams, health and wellbeing coaches, Burnley West/East Primary Care Network, Age UK and to those currently attending our sessions.

Sessions will be available from September 2025 following another very successful delivery of 'Fishing Therapy' sessions. We continue to have referrals sent through to us from all of the above and currently have reserve lists ready for the next sessions starting.

Over the years of offering these sessions, we have now built up a wonderful, supportive 'community' of people who look forward to meeting up each week. Friendships continue to grow and the 'community' likewise.

These sessions have again, had such a positive impact on supporting those clients referred into the sessions from local GP's and the social prescribing teams in the Burnley, Pendle and Rossendale community. In addition to previous sessions delivered and available opportunities, we will continue to incorporate some 'log cabin based' wellbeing sessions to compliment practical fishing sessions delivered outside.

We have previously taken adult beneficiaries trout fishing. This was a wonderful opportunity and something that we are going to continue to arrange as an additional experience throughout the next year, if successful with the application. Nelson Angling Associations' Secretary, Chairman and paying members have fully supported the opportunities MS Angling and Education are offering to our community members and have offered availability for the trout fishing sessions again. They understand the important role the sessions are providing and it is something that clients have previously thoroughly enjoyed and continued to ask about.

All sessions provide opportunities for participants to be involved in sessions which support and help improve mental health and wellbeing, self-confidence/self-esteem and resilience, as well as enable individuals to socialise with others and therefore reduce social isolation.





AN AMAZING EXPERIENCE

Background: An 82-year-old man suffering with Parkinson's Disease and experiencing low mood, loneliness, and a lack of routine. He has been an avid angler all his life but struggles fishing on his own.

Needs: He was referred by his GP through a social prescribing link worker. The group welcomed him to weekly fishing sessions. He needed support 1:1 whilst fishing which we provided each week so he could take full advantage of the sessions.

Action Taken: Fishing Therapy Sessions – helped him to enjoy the sessions and take part fully.

Outcomes: Attending the sessions helped him find structure in his week and begin forming new friendships. He rediscovered his love for the great outdoors and fishing. Over time, his mood lifted, and he began fishing more often with further support, on a weekly basis, outside of the group.

"It has been a marvellous benefit to have something to look forward to, once a week. An amazing experience to go back to fishing. The staff have been brilliant."

MS ANGLING & EDUCATION CASE STUDIES

MADE FRIENDS, LEARNED SKILLS - FEEL MUCH BETTER

Background: Female suffering with stress, anxiety and depression. Referred in by Burnley social prescribing link worker.

Needs: They require social interaction, time away from home/work/family to relax with like-minded people.

Action Taken: Group discussions around improving mental health and wellbeing. Fishing Therapy Sessions. Learning new fishing-related skills.

Outcomes: Made new friends. Learned new skills. Found a new hobby. Now goes out fishing regularly with partner. Feels much better in herself.

"I really look forward to these sessions each week. They're brilliant and really help me a lot!"

MS ANGLING & EDUCATION PROJECT OUTCOMES

We have delivered all of the sessions we had planned to deliver as laid out in the application, and more besides.

28 sessions have been delivered totalling 84 hours of support provided. We have directly supported a total of 26 unique beneficiaries through the Fishing For Wellbeing/Healthy Lifestyles project.

3 volunteers have also supported this project providing a total of 60 hours of support between them.

We continue to receive new referrals for the group, which is great.

Through this project MS Angling & Education has built up a wonderful group of friends who attend sessions regularly and enjoy a great afternoon of support, fun, laughter and learning.

This is evident in feedback forms, informal discussions, as well as feedback received from social prescribing link workers on behalf of their clients, and the participants themselves each week.

Unexpected benefits of the project have been that we have had tackle donations from users and user's friends/contacts which has been donated to those attending that want to continue fishing outside of the group.





RECONNECTION TO WELLNESS

AWARDED £4,920.00 FOR THE SEASONAL WAY

Reconnection to Wellness CIC delivers innovative, community-based health and wellbeing programmes that combine ancient practices with modern science. Our approach integrates meditation, mindfulness, Zen yoga, and seasonal food education which are all proven to improve mental, physical, and emotional wellbeing.

We propose a 26-week programme at Gannow Community Centre, an area with high levels of social isolation and health inequalities. The programme includes:

8-week Meditation & Mindfulness course : improving stress resilience, emotional regulation, and connection; topics covered include pain, stress, anxiety and depression.

18 weeks of “Yoga for people who don’t do yoga” – gentle Zen yoga rooted in Chinese medicine combining principles of Qigong and Tai Chi, accessible for all ages and abilities.

The winter segment focuses on rest, nourishment, and conserving energy. In Traditional Chinese Medicine (TCM), it links with the water element and the kidneys and bladder, which influence vitality, bone health, and emotional balance. We use slow, grounding postures, twists, and breathwork to support kidney energy, improve circulation, and calm the nervous system. Participants are guided towards warming, mineral-rich seasonal foods. These foods boost immunity, support fluid balance, and restore energy reserves. The spring segment –

Zen Yoga for Liver & Gallbladder Health which includes dynamic sequences and gentle backbends to release stagnation, enhance energy flow, and stimulate digestion. Breathing practices open the diaphragm and improve oxygen intake, aiding clarity and mood. Food guidance encourages fresh, seasonal and cleansing produce prepared lightly to preserve nutrients and aid gentle detoxification. Together, these seasonal practices help reduce fatigue, improve mobility, boost resilience, and support mental and physical wellbeing year-round.

Seasonal, healthy lunches after each session foster social connection, allow for the sharing of recipes, and promote healthy eating.

Adults experiencing poor mental health, isolation, or long-term health conditions in Burnley will benefit.

RECONNECTION TO WELLNESS

CASE STUDIES

FEELING SAFE IN MY BODY

Background: 46-year-old female. Diagnosis of autism. 4 children – challenging situation as one child has SEN and is at home.

Needs: Wanted to do the programme as she was feeling stressed, suffering with anxiety and not working.

Action Taken: Attended the full 8-week meditation and mindfulness course including the taster day the week before. Each week the group are taught something how mindfulness and meditation can help with all aspects of stress including the impact of stress on the nervous system, physical pain, emotional dysregulation, anxiety, depression, time pressure and healthier habits. They also have a daily home practice that each person does. The group share a healthy seasonal lunch together where we discuss what's in season and why it's good for our health to eat and align with the seasons. Heavy focus on the gut microbiome with fermented drinks and foods. We concluded in autumn with a festive celebration of music- we had a musician come and play, we danced, sang, and shared a buffet.

Outcomes: Quality of life improved, and stress decreased. Improved attention, and reduced forgetfulness.

"For the first time ever in my life, I actually feel safe in my body."

TRANSFORMATIVE TO SAY THE LEAST

Background: C joined the project after experiencing ill health, mental health difficulties and long COVID, which had left her feeling disconnected from her body and mind. Before attending, she described feeling out of sync and needing time and support to reconnect with herself.

Needs: At the start of the course, she wanted to improve her mental health, reduce stress and anxiety, become more physically active, improve her physical health and learn healthier lifestyle habits. She needed a safe, gentle and supportive space where she could rebuild confidence, improve her wellbeing, manage stress more effectively and begin to feel more hopeful about the future.

Action Taken: C first attended the 8-week meditation and mindfulness course, where she was supported to learn practical tools for stress reduction, emotional regulation and self-awareness. The sessions included guided meditation, breathwork, body scans, group reflection and gentle wellbeing practices that she could continue using at home.

She progressed onto the Seasonal Way yoga programme, giving her a gentle, accessible way to reconnect with her body through mindful movement, stretching, breathing practices and relaxation. Sessions were adapted to different abilities, allowing her to take part safely and at her own pace.

The group also provided a welcoming social space, with time for connection, conversation and shared seasonal food after sessions, helping her feel part of a supportive community, not just someone attending a class. C regularly volunteered with lunch prep and clearing up.

Outcomes: A clear progression from low wellbeing at the beginning to very strong wellbeing outcomes by the end. The meditation and mindfulness course had a significant impact on her emotional wellbeing, stress management and daily functioning.

C then progressed into the yoga programme, where she maintained high wellbeing scores and developed further physical confidence. The project created a successful pathway from mental wellbeing support into gentle physical activity.

"I am learning and understanding more and more, and how important it is to tune into the body, it's transformative for me, to say the least!"



RECONNECTION TO WELLNESS PROJECT OUTCOMES

The project achieved the majority of its expected outcomes in relation to health and wellbeing, social connection, confidence, physical activity and self-care skills. We reached fewer people than planned, but those who did take part engaged deeply and the evidence shows strong outcomes across both parts of the programme.

The project aimed to support adults experiencing poor mental health, isolation or long-term health conditions through an 8-week meditation and mindfulness course, followed by 18 weeks of accessible “yoga for people who don’t do yoga”, seasonal food education and shared healthy lunches. Intended outcomes included improved health and wellbeing, reduced isolation, stronger community connection, increased physical activity, and support for social prescribing. Some progressed from the 8-week course into the yoga programme – showing a pathway from mental wellbeing support into gentle physical activity.

The 8-week meditation and mindfulness course showed clear improvement in emotional wellbeing. At baseline, 18.8% agreed/strongly agreed they felt calm and peaceful which increased to 83.3%. Future hopefulness more than doubled, feeling connected to others increased by 25%. By the end, 83.3% felt better in themselves and more confident about their wellbeing, and 91.7% had learnt new skills.

Yoga achieved strong outcomes. Initially, 60.9% agreed/strongly agreed they felt calm and at peace which increased to 100%. Energy for daily life nearly doubled, connection to others increased from 65.2% to 88.2%. Hopefulness increased from 60.9% to 94.1%.

Physical activity and movement outcomes were also achieved. 88.2% felt more confident moving their body, 94.1% felt more flexible or mobile, 100% said the yoga felt accessible and manageable, and 100% were more likely to keep doing movement or stretching on their own. 94.1% felt more positive about being physically active and learnt practices to use at home.

Qualitative evidence supports survey data with improvements in stress management, confidence, mobility, pain, social connection, healthier eating and daily self-care habits.

Although the project did not reach the planned number of 60 beneficiaries, it did achieve the core wellbeing, connection and activity outcomes for those who took part.



BANGLADESH WELFARE ASSOCIATION AWARDED £4,850.00 FOR HEALTHY MINDS, HEALTHY WORK



BWA has been working closely with the South Asian community, particularly those employed in the catering trade, who often face unique challenges in maintaining healthy lifestyles. While many individuals are hardworking and committed to their roles, long hours, irregular shifts, and stressful environments frequently contribute to poor physical and mental health. This project seeks to bridge that gap by providing accessible education, support, and training that improves wellbeing and long-term employability.

The Healthy Minds, Health Work programme will create a safe, welcoming space where participants can meet regularly and take part in activities designed to improve health, wellbeing and workplace resilience. Weekly sessions will combine group discussions, 1-to-1 mentoring, and targeted workshops. A key focus will be on mental health awareness, reducing stigma, and encouraging open conversations in a culturally sensitive environment.

Alongside this, participants will be able to access practical resources, including digital skills training, health and hygiene courses, and work-related qualifications tailored to the catering sector and beyond. This dual approach ensures individuals can not only improve their personal wellbeing, but also strengthen their professional skills, increasing opportunities for progression or diversification within the job market.

By creating a consistent and supportive routine, this project encourages healthier lifestyles, stronger community connections, and greater resilience at work. Importantly, it will empower South Asian catering workers – who often put others before themselves – to invest in their own health and future.

The programme reflects BWA's ongoing commitment to improving the lives of South Asian communities by combining practical training with holistic wellbeing support. Ultimately, Health Minds, Health Work aims to build healthier, happier, and more confident individuals who can thrive both in their personal lives and in the workplace.





INCREASING CONFIDENCE IN MY SKILLS

Background: An adult South Asian catering worker who works long hours and has a busy work and family life. They became aware of the project through BWA and the local community.

Needs: They wanted support with their mental wellbeing, healthy lifestyle and confidence. They also wanted to learn new skills and find out about support and opportunities available locally.

Action Taken: They attended Healthy Minds, Healthy Work sessions, group discussions and workshops. They took part in mental health and wellbeing activities, health information sessions, digital skills training and work-related activities.

Outcomes: They became more confident talking about wellbeing and felt less isolated. They made new connections with other people, gained useful information and increased their confidence in their skills and future opportunities.

"I'm grateful for the support and the sessions gave me a safe place to meet people, learn new things and focus more on my own wellbeing."

BANGLADESH WELFARE ASSOCIATION CASE STUDIES

THIS HAS BEEN A LIFELINE

Background: Male 20+ looking for catering work. English as second language. Newly Arrived. Young Family. Low confidence and motivation.

Needs: Support to get into work, create a CV and job search profile. Further need to create a friend circle. Isolated within the community. Needs to find secure and long term employment.

Action Taken: Attended sessions to meet new people. Created CV and job search profile. Worked with staff to conduct job search, benefit check and Universal Credit profile. Enrolled onto Level 2 Food and Hygiene – finished the course and exam, now awaiting pass and certificate.

Outcomes: This has been a lifeline for this client. Created new friends and a place to come back for further support. Gaining confidence in UK society. Looking to secure employment and is optimistic. Will enrol onto ESOL and IT classes and sessions.

"Thank you for allowing me these opportunities and chances. I feel like I can come back whenever I get stuck or want to participate further. Thanks for all your help."

BANGLADESH WELFARE ASSOCIATION

PROJECT OUTCOMES

The project has achieved its expected outcomes, particularly around improving wellbeing, reducing isolation and strengthening connections between participants and their community. The programme was designed to provide regular opportunities for participants to engage in wellbeing activities, group discussions, mentoring, health-related workshops and practical training, with the wider aim of improving confidence, connections and being active.

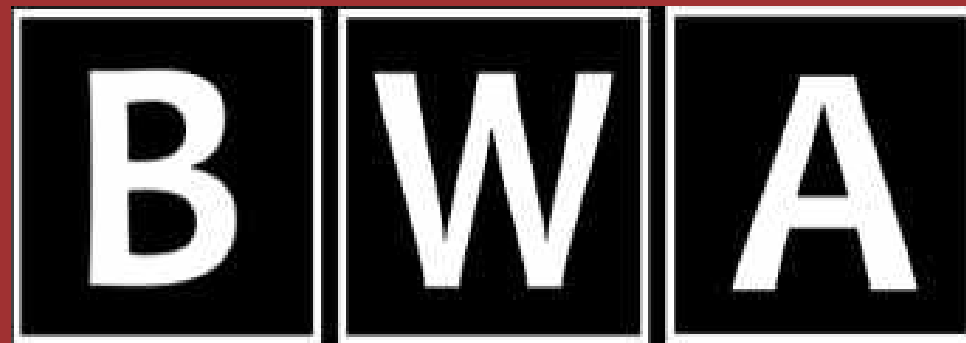
Evidence of this includes participant engagement throughout the programme, participation in group activities and workshops, and the development of stronger peer relationships. The project has also created a safe environment where participants have been able to discuss mental health and wellbeing more openly, helping to challenge stigma and encourage people to seek support when needed.

The project also achieved its wider aim of connecting people with information and opportunities beyond the sessions themselves. Through health, wellbeing, digital skills and work-related activities, participants have developed knowledge and confidence that can support both their personal wellbeing and future employment prospects.

A further indication of success is the level of engagement with BWA and the wider network of partners. The project has strengthened links between participants, community organisations and relevant services, supporting the 'connected' and 'active' outcomes identified within the application.

Overall, the project has demonstrated that providing culturally appropriate, accessible support in a familiar community setting can make a meaningful difference to participants' confidence, wellbeing and social connections. The original application identified 30 beneficiaries and 4 volunteers, with 24-30 sessions planned, providing a clear framework against which delivery and participation met or exceeded these targets.

We have also seen the potential for participants to become more confident in talking openly about mental health and wellbeing. Creating a culturally sensitive, welcoming environment helped make mental health conversations feel more comfortable and less stigmatised.





ASPIRE BURNLEY COMMUNITY DEVELOPMENT AWARDED £5,000.00 FOR PROJECT PILATES: A WOMEN'S WELLNESS PROGRAMME

We want to deliver a much-requested Project Pilates – a women's wellness programme aimed at improving the physical and emotional wellbeing of women in Burnley, particularly those from BAME and underserved backgrounds.

Over the last two years we've built strong relationships with local women through our ICB funded projects; first with Women's Kickboxing, then Women's Bootcamp. Both were well received and we witnessed the difference made to women's confidence, health and motivation. Many participants asked us to continue offering regular, low-impact, gentle exercise sessions in a space where they feel safe, supported and seen.

We plan to deliver between 30–34 Pilates sessions weekly at Olive High where the women already feel comfortable and connected. A qualified female instructor will lead sessions. Pilates is gentle but effective, helping improve strength, flexibility, posture and breathing, while also supporting mental health, emotional balance and stress reduction.

This project will particularly benefit women who are:
Isolated or inactive; managing stress, long-term health conditions or postnatal recovery; balancing work or caring responsibilities and struggling to prioritise their own health.

The focus isn't just on physical exercise. Each session offers time and space for peer support, community connection and wellness guidance, whether that's simple breathing techniques, healthy eating tips or relaxed conversations around self-care. Our instructor plays a big role in creating this safe, welcoming environment. Many participants have shared how approachable and understanding she is, and how much more confident and at ease they feel because of her support.

We're confident that we'll engage and support more than 60 women. From experience, we know the benefits don't stop there. As women begin to feel healthier, happier and more confident, they often encourage others. These positive changes often extend into their homes. Many we support are mothers or carers, and we regularly see them introducing healthier routines for their children and families, creating a ripple effect that strengthens community wellbeing.

ASPIRE BURNLEY COMMUNITY DEVELOPMENT CASE STUDIES

A LIFE SAVER FOR ME

Background: A single diabetic female who recently moved to the area.

Needs: To reduce isolation and improve physical health.

Action Taken: Regular exercise and meeting new people.

Outcomes: Became more active through regular exercise and now has a sense of social belonging too.

"Amazing new people. I have moved here from Bolton due to domestics, and this has been a life saver for me. So glad I came to learn about it."



MY SAFE SPACE

Background: A local woman experiencing isolation and low mood, who joined after hearing about the sessions in the community.

Needs: Support reducing isolation, anxiety and low mood.

Action Taken: Engaged in weekly group sessions, building connections and taking part in regular activity.

Outcomes: Improved mood, increased confidence and developed new friendships. Now looks forward to sessions each week.

"This is my safe space - I would cancel everything just to come here."



ASPIRE BURNLEY COMMUNITY DEVELOPMENT PROJECT OUTCOMES

We have maintained consistent weekly engagement, with an average attendance of 21-22 women per session and approximately 30 unique beneficiaries overall. This demonstrates strong retention and ongoing demand for the programme.

Feedback outlined improvements in both physical and mental wellbeing. Many women managing long-term conditions such as diabetes, high blood pressure and arthritis have been able to engage in regular physical activity, which they were previously unable to access. In addition, participants experiencing isolation, anxiety and low mood have benefited from a supportive, women-only environment that promotes social connection and wellbeing.

Evidence of impact includes attendance registers, which show high levels of consistent participation, as well as informal feedback from participants who report increased confidence, improved mood and the development of new friendships. The sessions have also seen continued growth through word-of-mouth, with new participants joining as a result of recommendations from existing attendees.

Participants experienced a number of additional benefits beyond the initial aims of the project.

Many women developed strong peer support networks and friendships, with some participants arranging to meet outside of sessions, which has helped to further reduce isolation. Confidence levels improved significantly, with several individuals who were initially hesitant to take part becoming regular attendees and actively encouraging others to join.

We also observed increased motivation and routine-building, with participants looking forward to the sessions each week and incorporating more physical activity into their daily lives. For some, this was their first time engaging in structured exercise, which has led to greater awareness of their own health and wellbeing.

Unexpectedly, the sessions have also acted as a safe and trusted space where women feel comfortable opening up about personal challenges, including mental health and social pressures.

This has strengthened the sense of community and belonging within the group. In addition, word-of-mouth referrals have been strong, with new participants joining through recommendations, demonstrating the value and impact of the programme within the local community.

ROSEGROVE NEIGHBOURHOOD WATCH AWARDED £4,725.44 FOR WELLNESS WARRIORS

Rosegrove Neighbourhood Watch aim to run different workshops which will include Nurturing Change, healthy eating, art workshops, and Get Creative community arts.

We plan to deliver 46 sessions in our new Youth and Community Hub. This will address the needs of the community after consultation from our feedback forms.

Wellness Warriors will allow the residents to attend activities in a safe environment and will offer different art forms to address loneliness, isolation, obesity in young people, involving young people and adults together, and building better relationships. The project will support families to care for each other and lead healthier lives, support families to develop skills, confidence and raise aspirations, and improve mental and emotional wellbeing as well as learning about healthier lifestyles in fun and enjoyable way. This will pull families together.

Nurturing Change is a professional company who support and enable people to change their life around. It is ideal for those who feel 'stuck', 'overwhelmed', and struggling with anxiety, by reframing thought processes into action for the next step. Estelle from Nurturing Change naturally guides people forward, improving mental health and wellbeing with a multi-dimensional approach to ensure results.





NO LONGER LONELY & DEPRESSED

Background: A local resident in sheltered accommodation, with family living down south; missing them so much. Saw our leaflet at the GP surgery and the receptionist advised them to attend.

Needs: Looking for support and friendship.

Action Taken: Offer of friendly chats and different type of workshops during the day allowing to meet new people.

Outcomes: Making new friends and now also attending the River Trust on a Tuesday morning.

"I have enjoyed attending RNW sessions. I have made some new friends and this has stopped me feeling lonely and depressed."

ROSEGROVE NEIGHBOURHOOD WATCH CASE STUDIES

A POSITIVE DIFFERENCE FOR THE WHOLE FAMILY

Background: She was referred by a receptionist at her GP surgery. A single parent of two school-aged children—one with ADHD and one with a heart condition. She is finding it difficult to cope and has very little family support nearby.

Needs: The parent was referred because she is finding it difficult to cope while caring for two children with additional health needs. One child has ADHD, and the other has a heart condition. She has very little family support nearby and feels isolated. She needs emotional support, practical advice, help managing stress, and opportunities to meet others in a safe and welcoming environment while her children are at school.

Action Taken: The group offered friendly chats, emotional support and a welcoming place to visit during the day while the children were at school.

The parent was encouraged to take part in different workshops and social activities. These helped her meet new people, build friendships, reduce isolation and take some time for her own wellbeing.

Outcomes: Attending the group helped the parent feel less isolated and more confident. She made new friends and developed a stronger local support network. The family also became more involved in community activities. Her daughter now attends a cheerleading group, and her son has started attending Cubs. This has helped both children socialise, build confidence and enjoy activities outside school.

"I was struggling and felt very alone, but the group has helped me make new friends and feel more confident. It has made a positive difference to our whole family."

ROSEGROVE NEIGHBOURHOOD WATCH PROJECT OUTCOMES

The project has successfully achieved its expected outcomes by providing mental health, wellbeing and community workshops that reduced loneliness and social isolation.

A total of 449 participants attended 72 sessions generating 108 hours of activity, including arts, crafts, confidence-building and wellbeing activities.

Participants reported feeling more connected to their community, making new friendships and gaining confidence.

The project also generated 190.5 volunteer hours from 127 volunteers from the community, helping to strengthen local community support.

Evidence includes attendance records, participant feedback, photographs, volunteer logs and postcode data from 56 households.

The positive engagement levels and repeat attendance demonstrate that the project has improved wellbeing and created meaningful social connections for local residents.





Burnley Play Partnership



BURNLEY PLAY PARTNERSHIP

AWARDED £4,462.50 FOR

SUP, YOGA, WALK, TALK & BREATHE

We want to deliver 'Yoga Walk & Talk' sessions, stand-up paddleboard (SUP) yoga sessions and breathing workshops.

The 'Yoga Walk & Talk' sessions will be delivered across Burnley and Padiham in local parks including Thompson Park, Memorial Park and Scott Park. SUP yoga will only take place in Thompson Park and breathing workshops will take place in community facilities e.g. The Pavilion at Thompson Park.

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 and 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 and mental health, and creating opportunities for people to be with other people, reducing isolation, and creating networks for friendship.

SUP yoga sessions will involve a basic introduction to stand-up paddleboarding and basic yoga, and then time on the water to practise both – led by qualified SUP and yoga instructors.

Breathing workshops will involve practicing regular breathing, meditation and relaxation, increasing emotional stability, reducing stress and building resilience, and improving levels of happiness and mental wellbeing. These sessions will focus on a breathing practice (Pranayama) before moving on to a meditation practice and ending with guided relaxation.

Breath work is very powerful; it impacts positively on sleep, memory, energy levels and concentration – we can focus on energising pranayama or relaxing pranayama. Sessions can focus on just breathing or a combination of breathing, meditation and relaxation.

All sessions are aimed at improving wellbeing as well as giving people self-care tools to help them deal with poor low level mental health issues. These sessions also build on peer support and improving social networks which in turn build confidence and other employability related skills.

BURNLEY PLAY PARTNERSHIP

CASE STUDIES

TIME FOR MYSELF

Background: South Asian lady attended Yoga Walk & Talk during Ramadan – referred in through Burnley FC in the Community.

Needs: Long-term health conditions and some social isolation. Social connections to reduce isolation and improve mental wellbeing.

Action Taken: Welcoming friendly space for her to come and talk to new people, supported by the walk leaders. Group helped her relax in the outdoors in a time that is difficult and busy for her.

Outcomes: Gave her some time to herself, made new friends and saw new places.

"Thank you so much for letting me attend. I don't get time to myself to do things like this. Being on a Sunday morning during Ramadan meant I could attend."



SUPPORTING CANCER REHAB

Background: Self-referred male in cancer rehab and looking to be more active and access the outdoors.

Needs: Looking to be more active after cancer treatment, build up fitness, and support with his mental health after a traumatic period in his life. Also looking to build up social connections.

Action Taken: Supported by health coaches. Attended Yoga Walk & Talk in a local green space which provided time for talking and sharing, and basic yoga moves in the outdoors which helped to relax, connect and exercise.

Outcomes: Enjoyed the session and attended others. Made arrangements with other attendees to meet for local walks.

"Great session and support. Met some lovely people and was even able to make our own plans to meet for local walks."



Burnley Play Partnership



BURNLEY PLAY PARTNERSHIP PROJECT OUTCOMES

This project has been successful in engaging the local community in activities that they may not normally do, with a strong link to reducing isolation, creating support networks and developing knowledge of local green spaces.

Sessions were led through partnership working between the Integrated Care Board (ICB), SUP Burnley, Burnley Play Partnership, Julie Smith, a local yoga instructor, and Burnley Leisure and Culture facilities. The collaboration between these organisations enabled a safe, well-organised, and accessible session for participants. Yoga mats, straps, and blankets were provided for the land-based yoga, while paddleboards and life jackets were supplied for the water-based activities.

A key factor in the success of the session was that participation was free of charge through ICB funding. This reflects recognition of the health and wellbeing benefits that community-based physical activity opportunities can provide. Without this funding, some participants may have been unable to access an activity that supports both physical and mental wellbeing.

However, participation depended on more than funding alone. Individuals needed to be able to travel to Thompson Park, relying on access to public transport, private vehicles, or the ability to afford fuel costs. Some participants may also have needed support from family or friends to care for children or other dependants while attending. In addition, confidence about having suitable clothing and equipment can influence whether people feel able to participate in activities such as yoga and paddleboarding.

These sessions highlighted how health-promoting activities are supported by a wider system of partnerships, funding, facilities, transport, social support, and personal confidence. When these elements come together, they create opportunities for people to engage in enjoyable physical activity, connect with others, and improve their overall wellbeing.

ENTERPRISING HABITS

AWARDED £3,920.00 FOR MOVE TO WORK

The aim is to help Burnley residents build healthy routines and work-readiness through a 10-week, referral-friendly programme that combines gentle physical activity with healthy cooking on a budget – a practical stepping stone into work or further support.

Enterprising Habits has an established community hub already engaged and delivering a UKSPF-funded employment support project for economically inactive and unemployed residents locally. Because we meet people every day in this setting, we understand the real barriers they grapple with – low confidence and motivation, MSK pain and long-term conditions, anxiety, language/communication needs, caring responsibilities, lack of awareness and cost-of-living pressures. We also recognise the disproportionate risk and earlier onset of Type 2 Diabetes among South Asian communities. Our design therefore prioritises blood-sugar-friendly habits that are culturally familiar and realistic at home. This insight shapes our session design, pacing and follow-up so participants can genuinely stick with the programme.

We will run two cohorts across the year. Each cohort completes:

- Move & Breathe (weekly, 60 minutes): chair-based/low-impact circuits, walking drills, breathing and stretching, with progressions for different abilities
- Cook & Budget (weekly, 60 minutes): hands-on cooking, label reading, batch-cook take-home, portion planning and simple swaps to cut costs and salt/sugar
- Light-touch work-readiness is woven in: habit trackers, CV check-ins, confidence coaching and clear signposting to WorkWell/Working Well advisers and employer tasters.

We aim to support 24 adults who are inactive, out of work, or at risk of leaving work due to poor health—recruited via social-prescribing link workers/PCNs, community partners and self-referral. Delivery is at the Chai Centre because it is accessible, familiar and trusted.





A HUGE STEP FORWARD

Background: Safia joined the Move to Work project because she was out of work and wanted to improve her health and daily routine.

Needs: Increased employability and health improvements.

Action Taken: She attended almost every session, showing great commitment from the start. The mix of light exercise, healthy cooking, and wellbeing talks really motivated Safia.

Outcomes: As the weeks went by, confidence grew. Instead of just attending sessions, she started thinking about her future, feeling a new sense of energy and purpose. She enjoyed the sessions so much she encouraged her mum and aunt to join, turning the project into a family activity helping Safia feel more supported and less isolated. The biggest success came when Safia took the initiative to ask about volunteering in the cafe at the Chai Centre. This is a huge step forward.

"I have a new sense of energy and purpose. They make it so enjoyable, I brought my family to join in too!"

ENTERPRISING HABITS

CASE STUDIES

THINKING ABOUT DOING SOMETHING FOR MYSELF

Background: The participant is a mother of a 10-year-old child with additional needs. She had mainly been focused on her family responsibilities and had limited opportunities to socialise, improve her English or think about employment.

Needs: Wanted to improve her English, build confidence, meet new people and become more aware of opportunities available to her. She was interested in working in the future, but lacked the confidence to take the next step.

Action Taken: She regularly attended our group sessions and took part in activities designed to improve her confidence, communication and employability skills. These included a Basic Life Support session at UCLan, digital skills activities, teamwork and confidence-building exercises. The sessions gave her opportunities to practise English, meet new people, work with others and become more confident participating in new activities.

Outcomes: Over time, she became more confident communicating with others and participating in activities. She made new connections, improved her English and became more positive about her own future. Most importantly, she is now considering employment and feels more confident about taking the next step towards work. Her husband has also noticed the positive change and is encouraging her to become more involved.

"Before joining the project, I never really thought about working, but now I am thinking about finding a job and doing something for myself."

ENTERPRISING HABITS

PROJECT OUTCOMES

The project achieved its expected outcomes, evidenced through attendance records, participant feedback and case studies. 40 sessions were delivered over the course of 100 hours and engaged with 36 unique beneficiaries. Beneficiaries aged between 26 and 80+ and were of Pakistani ethnicity.

Participants improved their confidence, communication and work-readiness through guest speakers, practical workshops and cooking sessions.

Some progressed into volunteering and employment, including one participant who secured a care role.

This learning has shaped our proposed Move, Cook and Work programme.

The project created stronger social connections and peer support between participants.

Some became interested in volunteering and employment, while others continued attending activities at our community hub.

Participants also shared what they learned with family members, extending the benefits beyond those directly involved.

The project also helped raise the profile of Chat & Chai as a welcoming community hub.

9 volunteers supported the project and provided 46 hours of their time.





ALBION STREET LUNCH CLUB

AWARDED £4,503.00 FOR

ST. MATTHEW'S WITH HOLY TRINITY LUNCH CLUB

This free Lunch Club project in the Trinity Ward of Burnley is all about bringing people together for a weekly meal made from healthy, home-cooked ingredients. It isn't just about food, it's much more than a place to have lunch. It will help people to eat well, meet new friends, and feel part of something special. By using volunteers who are from and part of local communities, it supports people's ideas and encourages involvement in planning activities. It will help people gain experience in taking charge of their own futures and feeling more confident.

We will meet once a week for a tasty lunch made from fresh and healthy ingredients. The meals are balanced and nutritious, using simple recipes that anyone can enjoy. Alongside eating well, people can learn more about healthy eating and cooking. We will also hold three larger events at Harvest, Christmas and Easter, giving an opportunity for more of a celebration.

The project will offer volunteers a chance to get involved in every part of the Lunch Club, planning meals, cooking food, serving lunch, and chatting with guests. These experiences will help volunteers to:

- Create shopping lists and purchase food and equipment
- Learn how to cook and handle food safely
- Work as part of a team and talk to people from different backgrounds
- Build important skills like time management and problem-solving

Volunteer will also have opportunities to complete accredited food hygiene and first aid training – skills which can be used to apply for jobs or further training. We will share information about local job opening and training opportunities.

The area around St. Matthew's faces many challenges. The postcode is in the top 10% of the most deprived areas in England with high unemployment, low incomes, more children and families living in poverty, poorer health, less access to healthy and affordable food options, and fewer chances to learn new skills or meet new people. A major priority is to help people feel less isolated.



ALBION STREET LUNCH CLUB

CASE STUDIES

MORE OUTGOING & CONFIDENT

Background: Older lady who had been caring for her mum. Mum passed away and the person felt that they had become isolated from friends and activities.

Needs: They have become very isolated. Daughter lives abroad and the person feels that they no longer have a sense of purpose.

Action Taken: The group invited them to come along to the Lunch Club and share a meal. The group then suggested that the person might like to become a volunteer and help. The person became much more outgoing and confident and has become a regular volunteer.

Outcomes: The person was away visiting family over Christmas but returned to the group in February and has said she is looking forward to coming every week. She has made friends in the group and has a lot in common with other volunteers – today she realised that she and another volunteer had trained as nurses together and she had been a year above another one at school. She is much more happy and confident.

"Thank you for making me feel so welcome."



LIFE SAVING, LIFE CHANGING

Background: A 42-year-old woman with ASD and severe anxiety had been self-harming and abusing substances. She was regularly presenting under the influence of drink/drugs and had made numerous suicide attempts. She was more anxious because of problems with her adult son and her grandmother's poor health.

Needs: She came to us via a referral from Church. The group welcomed her to weekly lunch club sessions as part of our volunteer group.

Action Taken: She engaged in all of the lunch club activities and was able to commit to a regular pattern of helping. Her mental health is improving and she has taken over preparing the bags for the summer picnic.

Outcomes: Attending the sessions helped her to add structure and develop new friendships. She regained confidence and has not made any attempts to self-harm for over 3 months. There have been no ambulance call outs either and she has not presented at A&E.

"Done my food hygiene online. Thanks, it was great."



ALBION STREET LUNCH CLUB

PROJECT OUTCOMES

We have been able to grow the lunch club offering because of the equipment provided through this grant and to extend the skill base of our volunteers.

We now have over 40 people coming every week and have provided over 100 picnic lunches each week during July. The number of children and young people we have reached has increased and we have provided sessions specifically aimed at our younger groups.

We have seen people come to Lunch Club who are extremely socially isolated. 1 large Traveller family are regular attenders for family get togethers.

We have people who come to lunch club with their carers and our Christmas and Harvest meals were sold out with over 60 people catered for in a lovely atmosphere.

Our regulars come and talk to us about their lives and concerns and value and welcome the sessions.

We are looking to continue the lunch club and will look for donations and other funding as it meets a real need.

25 volunteers supported this project and provided a massive 1,266 hours of their time to support the project in various ways:

- 8 Volunteers every session for 3.5 Hours = 1,120
- 25 volunteers training and development = 50 hours
- 2 Volunteer shopping for 40 sessions = 80 hours
- Food hygiene training 8x 2 hrs = 16 hours

Two of our volunteers have been inspired to set up a Knit and Natter Group and successfully bid for funds for wool and knitting and crocheting materials, and two of our volunteers have moved into paid work or higher education.



FOOTY ZONE AWARDED £4,740.00 FOR SPORT ZONE

Football Zone CIC will deliver the Sport Zone project in Burnley, providing regular, structured physical activity sessions to promote healthy lifestyles and support people in staying in or returning to work. Sessions will include walking football, basketball, dodgeball, table tennis, and hybrid games, with activities designed for all ages and abilities.

The £4,500 funding will cover 75 hours of facility hire at £60/hour, enabling us to run 37 two-hour sessions over the funding period. Sessions will run weekly from September 2025 until July 2026, ensuring consistent engagement and sustained health benefits.

Our focus is on improving both physical and mental wellbeing, reducing isolation, and building the confidence and resilience needed for participants to seek and sustain employment. Sport Zone provides a safe, inclusive space for people from all backgrounds, fostering connections and community cohesion. The project directly addresses Burnley's local priority of "healthy lifestyles including helping people stay or get back into work" by combining physical activity with signposting to local employment support partners.

We will work closely with Burnley FC in the Community to support participant recruitment, provide specialist coaching input, and connect participants to additional wellbeing and employability opportunities. We are also open to suggestions for other local organisations to collaborate with, ensuring the project benefits from the widest possible community support.

Monitoring will include attendance records, pre/post wellbeing measures (ONS4), and case studies to evidence outcomes in health, confidence, and employability.





FOOTY ZONE CASE STUDIES

I NEVER THOUGHT I'D ENJOY IT AT MY AGE

Background: NH is a 52-year-old woman from the BB9 area who had been struggling with low mood, reduced mobility and social withdrawal following a period of ill-health. Referred via her GP / self-referral after hearing about the sessions through local community promotion.

Needs: To increase physical activity in a supportive, inclusive environment, rebuild confidence and social connections, improve energy levels and overall wellbeing, and reconnect with community activity after a period of isolation.

Action Taken: NH attended regular Sport Zone sessions at Dean Mill. Activities were adapted to her ability and included walking football, light circuit-style movement, table tennis and group warm-ups. Staff provided encouragement and adjusted intensity so she could participate fully. She gradually joined the social side of the sessions and took part in peer conversations about healthy lifestyle changes. Simple goal-setting and activity tracking helped her see progress. The inclusive mixed-ability approach made it easy for her to stay involved.

Outcomes: NH's ONS4 scores improved (life satisfaction +2, worthwhile +3, happiness +3, anxiety reduced by 3 points). She reports sleeping better, feeling less isolated and having more energy for daily tasks. She has continued attending and now encourages newer participants, demonstrating the peer-support element of the project.

"I never thought I'd enjoy football at my age, but the group is so welcoming. I feel stronger and happier. Thank you to Neil and everyone."

A GAME-CHANGER

Background: BP is a 44-year-old male from Burnley who had become physically inactive and socially isolated after redundancy 18 months ago.

Needs: To rebuild physical fitness and healthy lifestyle habits, improve mental wellbeing, reduce isolation, and receive practical employment support.

Action Taken: BP joined Sport Zone sessions at Dean Mill and has attended all sessions. He particularly loves the fast-paced 3v3 football format, which has become a favourite – it keeps him highly engaged and motivated to return each week. We've provided 1:1 employment mentoring (CV updates, job-search tips, confidence building). We've also improved his IT skills, teaching him how to use AI tools effectively for job searching.

Outcomes: BP's ONS4 scores have improved across all four measures (life satisfaction +3, worthwhile +2, happiness +4, anxiety reduced). He reports higher energy and self-confidence, and feels ready to start applying for jobs.

"Football Zone has been a game-changer. The sessions get me moving, the lads are sound, and Neil has taught me a lot."

FOOTY ZONE PROJECT OUTCOMES

The project achieved the expected outcomes stated in the original application.

37 two-hour sessions were delivered at Dean Mill (74 hours) with a total of 15 unique beneficiaries engaged. Beneficiaries ranged from between 26 and 80 years old and presented with health conditions including poor mental health, physical inactivity, social isolation and loneliness, and obesity and weight management.

The main reasons for engaging with the project were to improve their fitness levels and develop a healthier lifestyle, reduce social isolation and find peer support, and for employment support and confidence building.

ONS4 scores improved across all four domains for the 5 tracked participants. Participants reported increased activity, energy, reduced isolation and greater confidence. Employment mentoring helped at least one participant begin job applications.

Additional, unexpected benefits of the project include: strong peer-support network formed with several participants now meeting socially outside sessions; improved digital and employability skills (CV writing, job-search platforms, basic AI tools); positive partnership working with Burnley FC in the Community supported recruitment; reduced isolation and improved confidence with some participants noting fewer GP visits for low mood; and inclusive mixed-ability sessions enabled participation across ages and fitness levels.

1 volunteer supported the project with 74 hours of support provided.





LANCASHIRE FIRST CIO AWARDED £5,000.00 FOR WALKS, THOUGHTS & NEW SKILLS

Lancashire First CIO is a Burnley-based charity supporting adults with learning disabilities and vulnerable young adults which focuses on improving the lives of people, particularly those with learning disabilities.

We would like to offer 35 individuals the opportunity to take part in our project that offers volunteer training, health and fitness activities, arts and crafts and mindfulness.

Offer a volunteer training programme to benefit at least 5 people gives adults with learning disabilities and young people the chance to gain new skills, confidence and a purpose in life.

We will also be organising 5 walks in and around Burnley that help individuals currently using our services and new volunteers to improve their mental health and fitness.

The training programme will run across 3 months with 2 sessions a week that can be split over the 3 months, allowing flexibility for individuals who may struggle to commit to routine due to ill health, their disability or other commitments they may have.

Volunteer training will take place in the Gladrags community shop and work experience will include shop floor organisation, shop displays, tagging, pricing, steaming, till operation and product photography. The aim is to give individuals a variety of transferable skills and increase their confidence around people, and develop social as well as practical skills.

We will also be offering 8 sound therapy sessions with a qualified instructor that will help beneficiaries demonstrate mindfulness, feel more relaxed and improve social skills. As our project focuses on improving mental health, fitness and learning new skills, we feel the sound therapy would fit in nicely with this.

We will also be accommodating 5 arts and crafts sessions, buying in different craft materials and items for the attendees to make; as we have ran similar sessions in the past we know what our attendees have an interest in and we will be purchasing materials in accordance to this.



LANCASHIRE FIRST CIO

CASE STUDIES

A SENSE OF PURPOSE

Background: A is an 18 year old student with little social skills and suffers from many allergies and asthma. Her confidence was very low and she struggled with her mental health.

Needs: She had very little confidence, low skillset and learning disabilities. Our volunteer programme in particular felt suitable to her family as did the activities focusing on improving mental health.

Action Taken: We offered her a volunteering opportunity at our community shop. She participated in our Sound Therapy sessions and mentioned improvement in her sleep, anxiety and overall mental health. A is also signed up for the walks we will be doing to help improve health and wellbeing. Volunteering has been extremely beneficial to her.

You can see the difference it has made, she is a lot less nervous, anxious and her confidence has grown. She reports a sense of purpose and less stress; hence control over her asthma too.

Outcomes: She feels more skilled and confident, her mental health feels improved now she has a sense of purpose and is working with like-minded people. She is looking forward to continuing with the project and improving her skills and mental health. She now feels focussed and more determined.

"I really enjoy volunteering, as it helps me learn new skills and I feel more confident. I hated leaving the house before this."



FEELING CALM

Background: T is a lady with mobility issues and a hearing impairment. A care agency brought her into our service as her anxiety levels were high and she had low mood with outbursts.

Needs: T needed a place to make friends and ease her mind. She was struggling at home; having outbursts, getting frustrated. Her carer referred her to us for therapy purposes to help relax her and allow her to be creative.

Action Taken: We organised art therapy group sessions and sound therapy sessions to help individuals make friends and also to improve mental health. T is hearing impaired and told us how the vibrations of the sounds helped her relax and feel at ease. We also helped her begin an art project that required patience and focus to help her channel her energy and tackle her anxiety.

Outcomes: T loved making friends and being able to work on her sequin art project. Every week she came in and worked on completing the cat portrait made from sequins. Her mood improved each time, and the carers reported a calmer and happier demeanor at home, with little to no need for intervention. T enjoyed the sound therapy a lot, it helped her feel calm and improved her mood. With the benefits she reported, her carer spoke to the instructor to see if she could bring her to the public paid for sessions he was hosting.

"I love coming here. I like seeing my friends. The sound vibrations from the gong feel nice on my hearing aids. I feel calm."



LANCASHIRE FIRST CIO PROJECT OUTCOMES

The project achieved the expected outcomes including improved mental health, increased skillset, improved fitness levels and better moods.

We delivered 5 walking sessions, 10 sound therapy sessions, 5 arts & crafts sessions, and 16 sessions of training for volunteers totalling over 170 hours of activity. The project engaged with 40 beneficiaries, 5 more than we aimed for in our application.

We saw a difference in the way our volunteers worked. As they took part in the arts, walks and sound therapy we saw their willingness to learn and do, improve.

Everyone who took part in the activities saw a benefit and asked to carry on, but things like sound therapy were difficult to continue due to costs.

However, when booking the sound therapy sessions, the original instructor could no longer accommodate and therefore we found a new company to deliver the sessions. The new company's costs were more, but costs reduced if we booked 10 sessions, so instead of 8 we delivered 10, spending £160 of fundraised money. We saw a much better impact having completed a set of 10 sessions.

We found a couple of individuals wanted to carry on volunteering after their 16 weeks were over – it showed a great increase in confidence that we didn't expect.

The sound therapy was oversubscribed; we had predicted 8 attendees would take part each week, but instead we had 12 to 14 attending with all reporting great nights of sleep and improved mindsets. The therapy sessions would put them to sleep in the sessions which was not expected.



LIFE RECOVERY FELLOWSHIP CIC

AWARDED £4,566.00 FOR

LIFE RECOVERY GROUP

Life Recovery Fellowship exists to create safe, supportive peer-led groups where people can walk together through recovery. Our project operates a Life Recovery Group specifically for people recovering from eating disorders, supporting them to remain physically and mentally well.

Eating disorders can be deeply isolating and carry stigma. Many people struggle not just with food, but with confidence, self-image and mental health. Our group will provide a weekly meeting where up to 10-12 individuals can come together, share honestly, and support one another in a structured, but informal environment. Trained volunteer facilitators - many with lived experience - will ensure that the group is effective, safe and consistent. The sessions will blend structured reflection and open discussion, providing practical tools for recovery and encouraging members to set small, achievable goals and focusing on peer support, recognising that people are more likely to sustain recovery when they're not doing it alone.

We will link the group to wider community support networks. A key part of our plan is to establish pathways into other wrap-around support such as employment, volunteering, cooking and nutrition by partnering with local organisations already embedded in Burnley, such as the CAP Job Club, the Community Grocery, and other local wellbeing programmes. These links ensure that members can address not just their immediate recovery, but also the wider issues of employment, financial stability and healthy lifestyles that underpin long-term wellbeing.

This project will directly benefit adults in Burnley living with or recovering from eating disorders. Indirectly, it will also benefit families, workplaces and the wider community, as participants build healthier relationships with food, improve mental health and move closer to employment or education.

We will measure impact using ONS4 wellbeing measures, participant feedback and case studies. Outcomes will include reduced isolation, increased confidence, healthier eating habits, and stronger steps towards employment and stability.



ABLE TO DEAL WITH ISSUES

Background: Jennifer, an older lady who was attending one of the other mixed Recovery for Life Groups before attending this one.

Needs: Needed support and identification from others who were struggling with overeating.

Action Taken: The group supported Jennifer in giving her confidence to share about her overeating and issues she had going on in her life of which she was not happy.

Jennifer was encouraged to volunteer to host the meeting, which she did.

Outcomes: Jennifer's confidence grew and grew. She now can host groups and share openly about any issue where she needs support in life. She is going to be sponsoring new members soon, which means she is going to be supporting them on a one to one and helping them to go through the 12-step program.

"Meeting like-minded people and being able to share your problems and concerns without feeling embarrassed and getting useful advice back has..."

...helped me feel more confident and able to deal with issues on a day-to-day basis rather than turning to overeating and then squash down my feelings and emotions."

LIFE RECOVERY FELLOWSHIP CIC CASE STUDIES

ENLIGHTENING, FRIENDLY & SUPPORTIVE

Background: A middle-aged lady who has an unhealthy relationship with food. Was told about the project by her sister.

Needs: Self-referred after the idea was put in her head by her sister. To try and get healthier and to have a better life.

Action Taken: Helped her to refocus onto something else other than food. Being with other like-minded people is helping and being able to talk about her feelings now in a place she won't be judged.

Outcomes: Helped to learn how to act normally around food and stopped eating chocolate. Learning to understand why she acts unhealthily around food.

"Without the support of this group my diabetes and arthritis could have gotten worse due to weight gain. I am now pre-diabetic and trying to eat healthily. I feel more positive and slowly losing weight."

"This group is enlightening, friendly and supportive. I recommend this for other people in the same situation as me."

LIFE RECOVERY FELLOWSHIP CIC

PROJECT OUTCOMES

The project didn't achieve the expected outcome; our expected outcome was to have more people attend the group. The members that attended the group did achieve their expected outcomes by sharing their weekly issues with food and gaining confidence through understanding they are not on their own with their struggles.

The four original members stayed with the group, and they have benefited from the group in going through the workbook more than twice. One more attendee would call into the group when her work pattern allowed her.

Jennifer, who has hosted the group from the beginning, has benefited from hosting has before she started, she found it difficult to believe in herself and lacked confidence. Turning up to the group every week and setting up has boosted her self-esteem.

She attends another one of the recovery for life groups and will be carrying on in this. You can visually see the difference in how she interacts with others and now shares about her experience confidently with others. They were visited by newcomers who might or might not come back to the meetings in the future. The seed has been planted, and we must wait and see if it grows or not.

Even though we are looking to close the unhealthy relationship with food group at the end of August, we have learned from this experience that Recovery for Life Groups work better when there are a mixture of addictions/dependencies and life issues in the same group rather than one single issue. This has been proven through the growth of all our existing groups. Failure can bring success in teaching us what not to do and not just in what to do.





VOLUNTEER BURNLEY

AWARDED £4,525.00 FOR

SATURDAY NIGHT FOOTBALL



We want to deliver weekly football sessions for young people to participate in at Prairie Sports Village linking in with Burnley Leisure.

Such provision will help improve both physical and mental health among young people taking part in this project for the full year. This will help to build positive relationships, reduce boredom and increase self-esteem among the young people.

The project aims to provide a positive outlook to their personal development.

During the weekly sessions we will provide advice and guidance around healthy diet, nutrition, and weight management. We will provide education around the consumption of fast food takeaways and high sugar drinks.

Through these sessions we want to see behaviour change using physical activity sessions and personal fitness levels.

VOLUNTEER BURNLEY

CASE STUDIES

MORE CONFIDENT & MOTIVATED

Background: A young adult male who is looking to become more physically active and improve his weekend eating habits.

Needs: Wants to increase physical activity, manage weight, and reduce reliance on takeaway food at weekends. Needs support in building healthier habits and finding enjoyable ways to stay active.

Action Taken: The group introduced participants to healthier eating habits by using nutrition cards that displayed a range of balanced food options. They also supported the group through practical, activity-based sessions. The physical activity element focused on football-based fitness, helping participants stay active, build confidence, and enjoy exercise.

Outcomes: Helped him become more active, improve his fitness, and feel more confident taking part in regular exercise. He also developed a better understanding of healthier food choices, which supported reductions in weekend takeaway habits. Overall, he left the programme feeling more motivated, more informed, and better equipped to maintain healthier routines.

"I've really enjoyed the sessions and learned a lot. Thank you for helping me feel more confident and motivated to stay active."



POSITIVE LIFESTYLE CHANGES

Background: Adult male seeking ways to stay active and improve overall health. He is motivated to make healthier food choices and work towards weight loss, but experiences body-confidence barriers making gym environments uncomfortable.

Needs: Seeking support to become more physically active and improve overall health. Needs guidance in building confidence around exercise, developing healthier eating habits, and finding enjoyable, accessible activities.

Action Taken: The group supported him by engaging in regular football-based activities, including friendly matches and structured drills to help build fitness and confidence. Alongside the physical activity, the group held discussions around healthier eating and provided recipe cards with simple, affordable meal ideas.

Outcomes: Taking part has helped establish a more consistent routine around physical activity. He has become more comfortable participating in group-based exercise and shown increased willingness to try new activities. Healthy-eating discussions and recipe cards have encouraged him to think differently about food choices and explore simple meals he can prepare himself. Overall, his involvement in the programme has supported positive changes in his lifestyle, boosted his motivation, and helped him feel more capable of working towards his health goals.

"The football and healthy-eating activities have been great, and I feel a lot better for getting involved."



VOLUNTEER BURNLEY

PROJECT OUTCOMES

The Saturday Night Football project has achieved several of its expected outcomes.

We have maintained registers that document participant attendance and engagement, as well as photographs from the sessions that serve as visual evidence of activity and participation.

19 football sessions totalling 38 hours were delivered which served 45 unique beneficiaries. We supported people aged between 13 and 39 years old. Beneficiaries presented with obesity, mental health and wellbeing issues, social isolation, and depression.

Beneficiaries engaged with the project for a number of reasons including to improve their fitness, improve their eating habits, and improve their mental health and wellbeing.

The project supported a range of people from different ethnic backgrounds including English/Welsh/Scottish/N. Irish/British, Pakistani, Bangladeshi, and mixed/multiple ethnic backgrounds.

6 volunteers supported the Saturday Night Football project and provided a total of 118 hours of support between them.



ST. CATHERINE'S PLAYGROUP

AWARDED £4,994.00 FOR ACTIVE LIVES

We would like to link up our existing youth groups – playgroup and Boys & Girls Brigade – on a joint project called Active Lives, which will look at making good food choices, getting active, healthy minds, strong relationships, avoiding dangers in and out of the home, etc.

Each session will include healthy snacks to encourage healthy eating, but also alleviate food poverty. The project will involve children of all ages, their parents or carers, and volunteers.

Our Playgroup will spread the message through play, crafts, encouraging movement, and healthy snacks. Parents will also be included through leaflets, chat and display boards.

At Boys & Girls Brigade we will have age-appropriate activities, discussion, crafts, cooking and preparing healthy food. We will also have physical activities at every session and in the summer months have access to an outdoor area, community allotment and local park.

Each session will be planned, coordinated and delivered by a support worker to ensure the activities are age-appropriate and that a consistent message is spread.

Sessions will also be supported by DBS checked volunteers from the local community.





ST. CATHERINE'S PLAYGROUP

CASE STUDIES

USEFUL EXPERIENCE

Background: FM is a final year high school student with a diagnosis of ASD.

Needs: FM is an outgoing person who has attended Brigade for a number of years to socialise and for recreation. He is very keen to help people and to give back to the community and wanted the opportunity to step up within the group.

Action Taken: Our Support Worker and volunteers gave FM the opportunity to help within the group; choosing suitable tasks that he would be able to take charge of and carry out, e.g. making snacks or organising / setting up a game.

Outcomes: FM's confidence grew and he was able to carry out tasks using his own initiative and with only minimal, necessary supervision. He was able to use this experience to help build up his CV and for his college application, and for applying for further volunteer roles.

"It is lovely to see children like FM grow in confidence and grasp new opportunities through their engagement in our groups."

BIG SMILES, NEW FRIENDS

Background: Young father who is new to the area.

Needs: The family is new to the area and wanting to make friends. Dad was worried two-year old son's speech was delayed and wanted to ensure he had the chance to socialise with children his age.

Action Taken: We welcomed the father and son. We interacted with the child, introduced him to the toys and activities available, and to the other children. We signposted the dad to other groups in the area and chatted to him about his concerns and how we might help.

Outcomes: Both the dad and the little boy visibly relaxed during the time they spent at the playgroup. The son, who was very shy and clingy at first, soon started to play and interact both with our support worker, other volunteers and children. They left with big smiles on their faces and new friends.

"I enjoyed the session and watched my son come out of himself in just a short space of time."

ST. CATHERINE'S PLAYGROUP

PROJECT OUTCOMES

We have seen children build relationships with trusted adults and peers, growing in confidence and visibly relaxing.

One child in particular didn't like his mum to leave him when he first attended group, but with every session this transition to being left became shorter and now he is able to be dropped off at group and left for the full session.

Parents reported feeling supported by the group.

65 sessions were delivered in total which equated to 130 hours of activity provision for children, young people and families. In total the project supported 49 unique beneficiaries.

An unexpected benefit of the grant was that we had a young person that attended special school and came to our Brigade group. After a few months he was of the age where should move up on to the table for high school children where we set more advanced tasks. Although he was used to spending time with younger children, with support he started to work with his older peers. We hadn't been sure whether he would handle to transition and hold his own within the older group of children, but he really surprised us.

The ICB grant provides organisations like ours with resources and financial assistance, which then frees us up to focus on our service users, engaging and listening to them, so that we can deliver a project/service appropriate to their individual needs.





BUILDING BRIDGES BURNLEY

AWARDED £4,995.00 FOR BOX2HEALTH BURNLEY



This project will deliver a 5-week programme combining non-contact boxing and health, lifestyle, and mental health mentoring to young people aged 14-16 in Burnley.

The programme aims to improve physical fitness, emotional wellbeing, resilience, and social skills while promoting healthy lifestyle choices.

We will run three groups, each consisting of 10 participants, for 1-hour boxing sessions followed by 1-hour mentoring sessions per week. Sessions will be delivered at Ringside Fitness/Northlight, providing a safe, neutral, purpose-built environment.

School confirmation received from Sir John Thursby to partner with BBB for delivery.

Boxing sessions will teach discipline, teamwork, emotional regulation, and confidence, while mentoring sessions will cover emotional awareness, diversity, resilience, goal-setting, and healthy lifestyle choices. By combining physical activity with structured mentoring, participants develop skills that support both physical and mental wellbeing.

We are well placed to deliver this project due to our track record in youth sports and wellbeing programmes, strong links with local schools, and access to a team of qualified coaches and mentors.

This initiative aligns with NHS England's Social Prescribing Outcomes and the ABCD criteria by empowering young people, fostering positive peer connections, and promoting personal and community resilience.

BUILDING BRIDGES BURNLEY

CASE STUDIES

A CALMING INFLUENCE

Background: 14-year-old white male. Referred by his school.

Needs: Anger issues, wanting to be understood, and clear his head.

Action Taken: We worked on thoughts, feelings and behaviour. Boxing taught him to keep calm, focussed, and worked on his energy and how he can channel this.

Outcomes: Reported feeling calmer, he felt heard, and said, "I now know it is not just in my head."

"Just thanks for all the support and letting me get in the ring."



WORKING ON MYSELF

Background: 13-year-old South Asian male. Referred by his school.

Needs: Teacher felt he could benefit from the well being mentoring. Struggles engaging with others and has a lack of confidence.

Action Taken: We worked on thoughts, feelings and behaviour. Worked on reflecting on who we are - we are all good in different ways. Talking/listening exercises, and physical exercise/boxing circuit.

Outcomes: Reported feeling happier and believing in himself more. Enjoyed the physical boxing drills - he is working on himself in small steps.

"Thank you - I am going to join the boxing sessions."



BUILDING BRIDGES BURNLEY

PROJECT OUTCOMES

15 sessions were delivered totalling 30 hours of activity for 30 unique beneficiaries.

The project strengthened relationships between schools, the PRU and Ringside Fitness, supporting ICB priorities for community-based preventative health. Schools expressed interest in continuing or expanding the programme after seeing improvements in behaviour and emotional regulation.

Young men began talking more openly about emotions, stress and confidence, which teachers said is unusual in school settings. Pupils described the gym as a safe, comfortable and non-judgemental space, enabling deeper wellbeing conversations.

Young people linked boxing techniques to emotional regulation, describing how movement, breathing and adrenaline control helped them manage feelings. Groups developed stronger peer relationships, teamwork and mutual support during sessions.

Facilitators' cultural understanding helped young people feel "understood" and "seen", increasing trust and engagement.

Delivering in a trusted community setting increased engagement among pupils who typically disengage from traditional wellbeing interventions. South Asian boys engaged more consistently because the environment and delivery style felt culturally familiar and relatable.

Teachers observed calmer behaviour and improved focus after sessions, even though this was not a formal project outcome.



PENDLE

Each recipient of the Small Groups Grants Programme in Pendle have completed their final report and provided two case studies with client comments along with the outcomes of their project's performance and successes.

2 groups failed to submit their final reports and therefore content for this group is limited to what was provided for their interim report. The number of sessions and beneficiaries supported does not account for these groups, and the average costs are reflective of those who submitted their final report.

The project background with its aims and objectives has been included to demonstrate how the outputs and outcomes match up with, or even exceed, expectations.

Photos have also been provided showcasing projects in action.

A variety of activities were applied for and successfully obtained grants to deliver, but not limited to:

education

physical activity and exercise

**mental health and wellbeing support
and social inclusion**

Mean average cost per session = £153.99

Mean average cost per sessional hour = £69.00

Mean average cost per beneficiary = £64.43



**£61,305.49
AWARDED**



**13
PROJECTS**



**341
SESSIONS**



**815
BENEFICIARIES
SUPPORTED** 59



HARRINGTONS LEARNING CENTRE

AWARDED £4,878.00 FOR TOP UP

Top Up is a high-impact, open-access learning programme supporting children aged 5-11 across Pendle who face multiple barriers to education. Many of the children supported come from underprivileged families, are new to the UK with English as a second language, and live in low income households.

Top Up provides group sessions bringing together children from a wide range of schools across Pendle. This diversity not only broadens social horizons, but also fosters a sense of community and shared learning experiences. Sessions are open-access, meaning all eligible children can benefit regardless of their school or background.

Top Up sessions will take place on Saturday and Sunday mornings, each running for two hours at Harringtons Learning Centre – a trusted, Ofsted-registered educational provider. By holding weekend sessions we ensure children can access additional learning support with missing school and parents can fit the sessions into their family routines.

The primary focus of the programme is to raise attainment in English and Maths, which are foundational subjects, and by strengthening these skills, we equip children to better engage with the full curriculum. For children with English as a second language, this targeted support is crucial in helping them gain fluency and confidence in communication, reading and comprehension.

Our teaching approach is fun, interactive and tailored to the group's needs. From problem-solving games to creative writing activities, children will learn in ways that keep them motivated and engaged. Group learning also encourages teamwork, peer support and the chance to make new friends.

Each session will begin with a health breakfast; a deliberate step in tackling the effects of childhood poverty. A nutritious start to the day helps with concentration, mood and energy levels, directly enhancing learning outcomes. This also promotes healthy eating habits contributing to children's overall wellbeing.

HARRINGTONS LEARNING CENTRE

CASE STUDIES



Your education is our favourite subject

I WANT TO KEEP COMING BACK

Background: Young person (5-11yrs), newly arrived to the UK with English as a second language. Low attainment in core subjects and referred via schools' network.

Needs: They had low attainment, low confidence and needed 1-to-1 support and more focus in language skills.

Action Taken: The sessions have been amazing for them. They are building so much in confidence. Making new friends and peers. They are now making positive steps towards their attainments.

Outcomes: Based on attendance and progression, sessions are proving successful. They are monitored each week with many showing achievements in areas that previously showed weakness or struggle. Confidence levels are increasing each time they attend. The nurturing environment is making them feel at home and relaxed in a learning environment.

"I want to keep coming back with my friends. The snack time is very healthy and I like fruits."

I WANT TO KEEP COMING BACK

Background: A primary school child aged 7 who needed extra support with English and maths. The child also had English as an additional language and was less confident in group learning.

Needs: Extra help with reading, writing and maths, as well as more confidence when speaking English, and also needed a friendly place to learn and meet other children.

Action Taken: Attended the Top Up weekend sessions. They took part in English and maths activities, problem-solving games and creative learning. They also had a healthy breakfast before the learning sessions

Outcomes: The child became more confident in taking part in activities and communicating with other children. They enjoyed the learning sessions and became more willing to try tasks independently. They also made new friends and developed a more positive attitude towards learning.

"I enjoyed coming to the sessions because I could learn, play and make new friends."



HARRINGTONS LEARNING CENTRE PROJECT OUTCOMES

The project has achieved its expected outcomes. Children have improved their confidence and engagement in English and Maths, while also developing better communication and social skills. The project has also helped children build friendships with others from different schools and backgrounds.

Evidence includes regular attendance and participation in the sessions, children taking part in group learning activities, problem-solving games and creative activities, and positive engagement with tutors and other children. We have also seen children become more confident when communicating and taking part in activities.

The healthy breakfast has supported concentration, energy and wellbeing, while also giving children an opportunity to learn about healthy eating. It helped them settle into the session, concentrate and have more energy for learning.

Feedback from children and parents has also shown that the sessions are valued as a safe, friendly and supportive place for children to learn, make friends and build confidence.

One unexpected benefit was the friendships that developed between children from different schools. Children who did not previously know each other were able to meet, work together and support each other during the sessions. We also noticed that some children became more confident in speaking and taking part in group activities. This was particularly helpful for children who have English as an additional language.

The project also helped build stronger relationships with parents and families. Parents appreciated having a safe, affordable and supportive place where their children could learn, socialise and build confidence at the weekend.

Overall, the project has delivered benefits beyond academic support, including improved confidence, social interaction, communication and a more positive attitude towards learning.

WE EVOLVE CIC AWARDED £4,444.99 FOR WE EVOLVE

We would like to deliver a 12-week physical fitness programme called WE EVOLVE to children and teenagers across Pendle, combining structured physical activity with open, meaningful discussion to support both physical and mental wellbeing.

The core of WE EVOLVE is a weekly group fitness session designed to improve strength, stamina, coordination, and overall physical and mental health. Each session will be inclusive, accessible, and adapted to meet the needs and abilities of participants, with a focus on building confidence and teamwork. Physical workouts not only promote healthier lifestyles, but also help develop discipline, resilience, and a sense of achievement.

What makes this programme unique is the 30-minute facilitated discussion at the end of each session, providing a safe, non-judgmental space for young people to talk about real issues affecting them in today's world. Topics will be shaped by the participants, but may include mental health, identity, self-esteem, peer pressure, relationships, social media, bullying, body image, and future aspirations. Discussions will be guided by trained youth mentors and facilitators who understand challenges faced by young people in Pendle.

Many young people in our community are struggling with anxiety, isolation, low motivation, and a lack of positive outlets. WE EVOLVE responds directly to those needs by offering a structured, supportive environment where participants can grow stronger physically while also building emotional awareness, communication skills, and a stronger sense of self.

We aim to deliver the course in accessible local venues such as gyms, schools, youth centres, or community hubs. Sessions will be free at the point of access to remove any financial barriers, and we will work closely with local services and schools to reach those who would benefit the most.

WE EVOLVE is not just a fitness class – it's a platform for transformation. By combining movement with meaningful conversation, we are creating a space where young people feel seen, supported, and empowered. We believe this project will not only improve physical health but also strengthen mental wellbeing, reduce anti-social behaviour, and create stronger community connections.





WE EVOLVE CIC

CASE STUDIES

A SENSE OF BELONGING & ROUTINE

Background: Jay is a 15-year-old young person who was permanently excluded from school following ongoing behavioural challenges.

Needs: Increasingly isolated and disengaged from any meaningful daily activity. Spent most of his time indoors, had very low mood, and lacked confidence in social situations.

Action Taken: Jay started to experience the physical benefits of being active. He reported feeling “less stressed” and “more positive” after sessions and began to recognise the link between exercise and his mood.

Outcomes: He noticed improvements in his energy levels and sleep, and started reducing his reliance on energy drinks. By connecting with positive peer role models Jay felt understood and supported. These relationships helped him feel less isolated and more confident in group settings. Informal wellbeing chats alongside training sessions opened up conversations about self-care, healthy routines, and looking after both physical and mental health.

By the end of the 12 weeks, Jay showed increased confidence, improved mood, and greater engagement with others. He developed a clearer understanding of how being active, connected, and supported positively affects his mental health and wellbeing. The programme provided Jay with a sense of belonging, routine, and a more hopeful outlook on his future.

WE EVOLVE CIC PROJECT OUTCOMES

This project has failed to complete and submit their final report, so there are no known outcomes and outputs for this funded project.

A second case study and ONS4 scores have not been submitted either.





WALK & TALK NW CIC AWARDED £5,000.00 FOR KICK ABOUT

We request support to sustain and expand the Monday evening football sessions at Hodge House Community Centre. Children and parents have been left disappointed as the previously funded provision has come to an end. The Monday Youth Club at Hodge House has stepped in to ensure continuity for these young people. We will organise other physical activities too such as walking, badminton and paddle board.

We plan to deliver regular safe football sessions every Monday evening for under-12s, building on the existing interest and demand from families. During half-term or when we know the weather isn't going to be great we will plan other indoor activities such as badminton and paddle board. In Early spring we will also take the children on walks during half-term as extra sessions, so it won't affect the football sessions.

Logistics, safeguarding and participant welfare will be overseen by appropriate people to ensure a welcoming and inclusive environment. A qualified football coach will facilitate the sessions, bringing technical expertise, structured drills, and progression opportunities.

Sessions will include a mix of skill development, small-sided matches, and fun activities to promote teamwork, resilience and physical activity. Partnership with the Hodge House team will ensure smooth operations, equipment management, and safe venue use. Additional benefits of these sessions include social interaction, improved fitness, and a positive community space.

We're aiming to provide continuity of access to structured youth football for 20-30 local children over the school term resulting in improved physical health, confidence and social skills. This project will strengthen collaboration between Walk & Talk, Hodge House and qualified coaching support to sustain youth engagement.

We believe investing in coaching fees, equipment, safety and safeguarding materials, and venue will deliver lasting benefits for local families, align with community safety objectives, and empower young people through sport and positive role models.



WALK & TALK NW CIC

CASE STUDIES

SPENDING LESS TIME ALONE ON SOCIAL MEDIA

Background: Female aged 12.

Needs: After school she was staying at home and didn't engage with other young people in the area. Struggled to make new friendships. Needed something to do out of school which involved socialising.

Action Taken: Parents encouraged her to attend the sports sessions and we made sure she felt welcomed and included from the start. Staff introduced her to other young people, supported her to join in at her own pace, and used team games and activities to help her interact with others.

She took part in a range of sports, including group games, football and fitness activities. These sessions helped her become more active, build confidence, develop teamwork and communication skills, and form friendships with young people in her local area.

Outcomes: Attending the sports sessions helped her become less isolated and more confident around other young people. She began spending less time alone in her bedroom on social media and had regular opportunities to be physically active. She developed friendships in the local area, improved her teamwork and communication skills, and felt more included in her community. The sessions gave her a positive routine and a safe place where she could enjoy herself, meet others and build confidence.

"I was nervous at first because I didn't know anyone, but you helped me join in and make new friends. I really enjoy coming now and feel like I have people I can talk to."

I FEEL HEALTHIER

Background: 12 year-old male.

Needs: Family were worried because he rarely leaves the house outside of school. He has few friends in the area, and has not been physically active, leading to weight gain.

Action Taken: Welcoming, low-pressure introduction to reduce anxiety about joining a group activity. Development of a flexible, multi-sport plan aligned with interests and abilities. Inclusion of gradual exposure strategies to build comfort with group settings. Regular sport sessions to improve endurance, coordination, and fitness. Structured warm-ups, skill drills, and small-sided games to promote engagement and gradual skill development. Group activities that foster teamwork, communication, and positive peer interactions. Ice-breakers, team-based drills, and partner activities to build friendship opportunities. Activities chosen to reduce anxiety about social settings and increase mood regulation (e.g., fun, non-competitive games; moderate-intensity activity). Ongoing encouragement for self-esteem and resilience through achievement milestones.

Outcomes: Notable improvements in stamina, endurance, and basic motor skills from regular participation. Weight management support through consistent activity and structured sessions. Reduction in anxiety related to social settings; more confidence in trying new activities. Improved mood and energy levels, with fewer episodes of withdrawal from other activities. Development of peer relationships and a sense of belonging within the group. Skills in teamwork, communication, and sharing space with others. Family report of improved at-home interaction, motivation to be active, and support for ongoing participation. Greater parental confidence in managing and encouraging healthy lifestyle changes. Growing sense of achievement from milestone goals (e.g., completing drills, scoring in mini-games, mastering new skills). Positive shifts in self-perception from "someone who doesn't participate" to "someone who can contribute and lead in activities."

"Since attending I have made lots of friends and enjoy the sports sessions, especially dodgeball. I feel healthier and always look forward to the sessions."

WALK & TALK NW CIC

PROJECT OUTCOMES



The project achieved its expected outcomes by delivering all 26 planned sports sessions. We provided 56 hours of activity to 35 unique beneficiaries aged between 6 and 16 years old. Some of the participants presented with autism and ADHD. The main reasons for engagement were to reduce anti-social behaviour and to socialise and partake in physical activity.

Participants had regular opportunities to be active, develop sporting skills, improve confidence and wellbeing, and build positive relationships with others in a safe, inclusive setting.

The sessions were well attended and provided a structured activity for people of varying abilities and experience. We also observed increased engagement, teamwork and willingness to try new activities over the course of the project.

Some of the young people didn't engage in the community until attending our sessions. They have now made friends and are doing more physical activities such as playing in the park, cycling and going on family walks, This is feedback from the parents as some of these young people spent too much time in their bedrooms gaming.

Overall, the funding enabled us to deliver the planned programme successfully and created positive benefits for the participants and wider community.

1 volunteer supported this project and provided 52 hours of support across the sessions.

CHATTING CHIMERS CIC AWARDED £3,953.50 FOR FAMILY HEALTH & WELLBEING

We will work with families from marginalised communities in the Bradley ward and surrounding areas of Nelson, predominantly with Pakistani communities, but welcome anyone with need and wishes to attend, and will welcome referrals from social prescribers.

We aim to improve the health and wellbeing of children and young people. The project is for women, but we want them to bring their children for healthy eating workshops and exercise. Weekend activities will be for families, and weekday storytelling sessions will be for women only. We will deliver creative mindfulness activities and use a holistic approach. Creative storytelling/reading sessions will have 2 groups of 15 minimum, and for the exercise and healthy eating, 15 children along with 15 mums.

Weekly 2-hour exercise and healthy eating sessions will run for 10 weeks to reduce stress, improve physical and mental health; 1 hour exercise and 1 hour learning about calorie control, nutrition for children/families and healthy eating workshops addressing diabetes and obesity. Exercise sessions will be delivered remotely on a big screen to enable participants who can't attend the centre to take part online.

Weekly 2-hour reading/storytelling sessions will run for 10 weeks to encourage women to get out of the house and attend group sessions to address isolation and develop literacy skills - vital for progression in life. Storytelling will encourage creativity and mindfulness.

Our overall aim is to reduce stress and depression, develop reading and communication skills, and develop healthy eating habits to improve physical and mental wellbeing.

Our objectives are to raise healthy eating and reducing weight awareness; empower women and children to develop skills and realise their potential; enable families to work together with other community members to build confidence, reduce stress and create community spirit; reduce isolation and create belonging; gain transferrable skills such as teamwork, leadership, communication, and time management, improving employability chances; reduce mental health issues through exercise, improving physical health too.

We use the asset-based approach and encourage our learners to take on teaching sessions if they have the skills. Other women can act as volunteers to help during sessions, so they feel they are contributing too.



CHATTING
CHIMERS CIC



BEING ABLE TO BRING MY DAUGHTER HAS HELPED

Background: A woman in her early 40s of Indian ethnicity with one daughter in primary school. She is in a happy marriage, but lacks confidence at times. She has minor back ache issues, but manageable.

Needs: Wants to improve confidence and gain skills to find work, and to help develop her daughter's skills too. She feels the exercise will help her improve her health. She also wants to volunteer.

Action Taken: Attended weekly sessions on Mondays and family sessions on Saturdays with her daughter. She thoroughly enjoyed taking part in the creativity sessions. She was given the opportunity to volunteer which involved helping peers with some of the creativity tasks and during healthy eating sessions, as we incorporated creativity into those too. She also helped with taking photos during sessions. She took part in the Saturday exercise sessions as well, and was encouraged to get her daughter involved in the activities and the competition, which she did.

Outcomes: Gained amazing levels of confidence as activities helped her feel comfortable enough to open-up and take part fully, and also help peers. She came to the Saturday sessions with her daughter and helped other participants with their tasks. She learnt what healthy eating is and portion control. Exercise sessions helped her understand the importance of weekly light exercise which helped her back pain. Her daughter was always reluctant to exercise during sessions, but she encouraged her by explaining the benefits as she understood the importance of developing a healthy lifestyle from a young age. She gained transferrable skills such as teamworking, problem-solving and practical skills, which will enhance her job searching opportunities. Taking the lead on some of the healthy eating creative activities has boosted her self-esteem and helped her understand her skills.

"I am enjoying the variety in the sessions we are doing and being able to bring my daughter has helped. I am learning so many new things."

CHATTING CHIMERS CIC CASE STUDIES

THANK YOU FOR LISTENING

Background: A woman, early thirties, from the Pakistani community. She is very thin and appears she has an eating disorder, and caring for her husband who is not well.

Needs: Wants to attend a place where she goes out of the house to learn new things and meet new people. She is struggling, because she cannot eat properly and is seeing doctors. She is also looking after a sick husband, creating a lot of stress because there is no one working to bring in money – wants to work, but struggling to find work.

Action Taken: Helped to create a CV and search for jobs online. Through positive language and an open, caring atmosphere she opened up. If she agrees we will signpost to other organisations who can help with her eating disorder. Support is ongoing.

Outcomes: Gained some confidence – activities have helped her feel comfortable enough to open up. She is attending sessions and showing enjoyment mixing with peers and making friends, thus reducing isolation.

"Thank you for listening to my problems. I am much happier that you will help me to create a CV."

CHATTING CHIMERS CIC

PROJECT OUTCOMES

Based on the objectives stated in our application, we have met them as follows:

1. Raise awareness about healthy eating & reducing weight

Participants took part in the exercise, including some of the children, and reported making healthier choices, e.g. "I have started using more olive oil now and reduced other oil," showing increased awareness about making healthy choices and efforts to implement what they learnt.

2. Empower women & children through skills development & realise their potential

The women felt empowered. Women worked with their children on creative tasks. Some volunteered during sessions giving them a sense of achievement. Women recognised their own capabilities, as they shared their skills by helping their children and peers.

3. Enable families to work together with other community members to build confidence, reduce stress & create a community spirit

We had group sessions, so the participants worked together and became a learning community. We observed the following: families worked together, new friendships formed amongst the women and children, and women interacted by sharing photos and comments on WhatsApp. Group sessions reduced stress, as the group activities helped the participants use mindfulness - some they completed at home as well.

4. Reduce isolation: Coming to group sessions will enable mixing with peers & create a sense of belonging

Feedback we received from participants shows that we were able to reduce isolation: "The activities are really nice. Please do more of them and more variety. It helps me get out of the house," and "My children are always keen to come to the Saturday sessions, because they really enjoy them. Even if I get lazy, I have to come because of them. They motivate me."

5. Gain transferable skills to improve employability

The women gained transferrable skills through activities and participation when participating in group tasks and volunteering. Helping peers and their own children also helped develop teamwork, leadership, communication, and time management skills.

6. Reduce mental health issues through exercise & improve physical health

We observed and also received verbal feedback which showed reduced stress, improved mental wellbeing, and increased physical activity contributing to better health. Participants said, "The exercise helps with my back pain, as it reduces when I do the exercise."



CHATTING
CHIMERS CIC





FEMALES FRIENDSHIP FORUM

AWARDED £5,000.00 FOR HEALTH & WELLBEING & EDUCATIONAL ASPIRATIONS



The group has been working with women in cross generational groups in the Pendle and Burnley area. The Project will work with "mother and daughters" (cross generational women and girls) to encourage the improvement of both their physical and mental Health and Wellbeing as well as their educational aspirations. This will meet the priority requirement in the pendle area reducing obesity, improving Health support and educational attainment through improved aspirations across the generations.

The project will undertake activities with "mothers and daughter" to improve their overall health and well being these will include exercise classes i.e. Yoga, Pilates, Dance, Box fit and Aqua Aerobics, Walk and Talk sessions, Healthy Eating and Cooking classes (working with Food for all), group Mindfulness sessions, Coffee Morning Arts and Craft sessions and Self-Care sessions. All these activities catering for women and girls together and different ability levels. We have tried such activities with age group from 8-80 and have been very successful

Raise educational aspirations through visits to universities, guest lectures from inspirational speakers and mentoring of young women and girls. The visits will involve meeting educators and students at the universities, sampling activities on campus, visiting facilities in the university and the cities themselves. Mentoring some of the girls by finding suitable mentors working with the schools. Volunteers in the group have undertaken Mentor training and working women in the group are mentors for their organisations and can work with the girls. Successful women living and working in the area have agreed to give lectures followed by a discussion forum.

FEMALES FRIENDSHIP FORUM

CASE STUDIES

MY DAUGHTERS ARE SO PROUD

Background: Woman, late 40s, with 5 daughters and separated from her husband. Suffering severe depression and obesity, and only leaves the house to do household chores and drop daughters off at school.

Needs: Physical and mental wellbeing was deteriorating. Was becoming increasingly isolated. She needed to become more active and meet new people.

Action Taken: Took part in the regular coffee morning attending regularly, making new friends and enjoying the Mandela Art. Also taken part in the walk and talk sessions as well as attending the Pilates and yoga classes. She has also joined the arts and crafts class and attended cooking classes.

Outcomes: Become more active and continued the classes. She is looking after her nutrition. Her confidence has improved and she has now undertaken the volunteer level 1 training with the group.

"My daughters are so proud of me for joining in the activities. I'm feeling so much better and made lots of new friends. I'm fitter and healthier and love the exercise classes. Thank you so much for getting me out of the house."



GETS ME OUT OF THE HOUSE

Background: A 69-year-old woman living alone. Her only son had moved to Leeds. She had lived in the area for 10 years after moving from London and she was feeling isolated and lonely. She was referred by the local church.

Needs: Church had referred her as she was interested in cooking classes and the group booked the Church for cooking classes. She needed to attend an activity that she would enjoy and meet new people and make friendships.

Action Taken: The group engaged with her and she attended the cooking classes initially and then found out about the other activities the group undertook. She started attending the Mindful Art classes.

Outcomes: Attending sessions gave her something to leave the house for and attend activities she enjoyed. She developed a routine of attending weekly Mindful Art Classes and the Monthly Cooking classes.

"I love coming to the cooking classes all the chefs have been brilliant. Thank you so much for getting me to get out of the house. I thought I couldn't do art, but I just love coming and I have made some good friends."



FEMALES FRIENDSHIP FORUM

PROJECT OUTCOMES

We have successfully delivered:

30 one-hour exercise classes, 6 one-hour aqua aerobics sessions, 10 two-hour mindful art sessions, 10 two-hour self-care sessions, 4 two-hour cooking classes, 12 two-hour Coffee Mornings with Art sessions, 2 eight-hour trips, 6 two-hour guest lectures, and 16 one-hour Walk and Talk sessions totalling 152 hours of funded activity.

In total, across all activity classes and sessions, we have successfully delivered to 214 unique beneficiaries. Beneficiaries ranged from 13 years old to 80 years old.

The main reasons for engaging with this project are to improve mental health, improve physical health, and for personal development.

Social prescribers, PCN's, local schools and churches regularly refer people to our weekly coffee morning at the Family Hub and Zone in Nelson. 18 referrals have been received directly from social prescribers, and in turn, we have referred 16 of the people we have supported into social prescribing for additional support.

An additional unexpected benefit of this project has been an increasing interest from the wider community in the group activities. Coffee Mornings with Art are now a regular weekly session at the Family Hub and Zone run by volunteers. There was also an increase in referrals of isolated parents from St Phillip's School.

24 volunteers support the project and collectively provided 224 hours of support.



PENNINE OAKS AWARDED £4,966.00 FOR NATURE NEXUS

Pennine Oaks is a trusted community organisation with over 15 years of experience delivering Green Social Prescribing (GSP) projects and outdoor wellbeing programmes across Pendle. We are well established in supporting diverse groups including South Asian families, long-standing local residents and migrants. Our practitioners are local qualified instructors such as forestry practitioners, eco-therapists, archery instructors, and social prescribers, enabling us to deliver safe, inclusive, and holistic interventions. With strong partnerships across schools, families, and voluntary groups, we are embedded in the community and uniquely placed to deliver effective mental health support.

Our project will provide two weekly sessions at our 18-acre site between Colne and Barrowford, with woodland and waterways offering both green and blue prescribing opportunities. The morning sessions (11am-1pm) will focus on creative and developmental outdoor play such as eco-printing, nature crafts, sensory play, forest school, and art therapy. These activities support emotional regulation, creativity, bonding, and reduce isolation among families. The afternoon sessions (2pm-4pm) will focus on adventurous, skills-based activities such as archery, den building, fire lighting, orienteering, and supervised axe/knife throwing. These sessions build resilience, confidence, teamwork, and trust, while offering practical bushcraft and personal development. A Human Library element will also help bridge social and cultural gaps.

The project will benefit children, young people, and families across Pendle, particularly those facing isolation, anxiety, or disadvantage. Our recent BBL project demonstrated the huge demand for safe outdoor activities, with exceptional impact on residents. That project created three new volunteers who now want to lead their own groups, showing both sustainability and community ownership.

Outcomes will include improved mental health, resilience, reduced stress, and stronger community cohesion. We will measure impact using pre- and post-session wellbeing questionnaires, reflective diaries, feedback from families and schools, volunteer tracking, and engagement records.



I DIDN'T REALLY GO OUTSIDE BEFORE

Background: Young person, 14, feeling bored, disconnected from nature, and unsure of their abilities in group or practical activities.

Needs: Very limited experience of outdoor environments beyond school settings and spent most of their free time indoors.

Action Taken: Over several sessions, the young person took part in a wide range of outdoor and nature-based activities including: bush craft and survival skills, fire-lighting and campfire cooking, den and shelter building, axe and knife throwing, woodland exploration and discovery, orienteering and problem-solving challenges, and team games and group tasks.

Outcomes: The young person demonstrated: increased confidence and self-belief, greater willingness to try new activities, improved teamwork and communication, increased physical activity outdoors, stronger sense of belonging, positive connection to nature.

She has expressed a clear desire to continue attending Pennine Oaks sessions and would recommend them to other young people. She is also interested in progressing to more advanced activities and leadership opportunities in future programmes.

"Before I came here I didn't really go outside much. I didn't think I'd be good at any of this. Now I can build fires and shelters and do loads of things."

"It makes me feel confident and happy. I like being with everyone and being in the woods. I'd definitely come back and want to do more."

PENNINE OAKS CASE STUDIES

INTEREST IN CREATIVE ACTIVITIES RETURNS

Background: A 13-year-old girl who had become increasingly withdrawn and anxious in social situations. She avoided group work at school, rarely spoke in class and had begun isolating herself from family. Her parents referred her to Nature Nexus while looking for a supportive, non-clinical activity where she would not feel pressured.

Needs: She needed a safe, predictable and non-judgemental environment in which she could build trust gradually. Her main needs were reduced social anxiety, greater confidence around peers, opportunities to communicate at her own pace, and positive experiences of joining activities without fear of failure or unwanted attention.

Action Taken: Staff allowed her to observe without pressure and introduced quiet, creative activities. Eco-printing became her first point of engagement. She later joined den-building in a small group and contributed an idea that helped rebuild a collapsed structure. Facilitators used gentle encouragement, consistent relationships and gradual opportunities for independent participation.

Outcomes: She began staying without her mother, speaking to facilitators and initiating conversations with peers. She joined group activities, expressed her own ideas and formed friendships with girls from different cultural backgrounds. Her parents reported that she was more communicative, more willing to leave home and less anxious in safe social settings.

"Her parents described a clear return of interest in creative activities and a greater willingness to socialise."

PENNINE OAKS PROJECT OUTCOMES

50 sessions were delivered totalling 200 hours of activity which supported 171 unique beneficiaries. We reached and supported 21 more beneficiaries than originally aimed for.

Genuine friendships have formed between people of different ages, cultures and backgrounds. These relationships have continued beyond the sessions, reducing isolation and creating a stronger sense of belonging.

One of the young people who participated in this project has progressed to become an NYA International Youth Ambassador. This is a significant achievement and demonstrates how providing the right opportunities, encouragement and support can help young people develop their confidence, leadership skills and aspirations.

The programme has also highlighted the need for young people's voices to be better connected across the borough. Building on this momentum, we are exploring the creation of a Pendle-wide Youth Alliance in partnership with the National Youth Agency. This would enable young people to influence local decisions, identify shared priorities and develop further opportunities for youth leadership and community action.

An unexpected benefit has been the number of older participants who have returned as volunteers, using their experience to support younger participants and help deliver activities. Several have also become actively involved in the Pendle Community Garden, developing practical skills, taking ownership of local projects and contributing positively to their community.

23 volunteers supported the project and collectively provided 215 hours of support.





BREAKING CYCLES CIC AWARDED £4,820.00 FOR CAMPFIRE CONVERSATIONS

We would like to provide a series of 'Campfire Conversation' sessions facilitated by a professional who is well equipped to manage conversations about mental wellbeing, neurodiversity, addiction, etc. and lead activities encouraging connection and facilitating new positive relationships around a campfire using the model of 'Therapeutic Education'.

Sessions will be held in the community garden at Hodge House Community Centre every other Thursday evening. It is our intention these sessions will provide support for young people ineligible to attend groups such as Men Talk due to their age, yet have outgrown the offer that is intended for children and teenagers.

The intended audience for this project is young people (aged 14 - 25) who have no place of education, training or employment. We aim to support the development of mental wellbeing, confidence and social skills through engaging in positive conversations and activities around the fire, supporting increases in engagement with education/training.

Refreshments will be provided at each session largely consisting of hot drinks and snacks. Early sessions are likely to incorporate snacks like toasted marshmallows and popcorn, but as the sessions progress it is our intention to introduce healthier snacks incorporating seasonal fruit and veg as diet is often a contributing factor to mental wellbeing.

We will establish a safe 'fire circle' in advance of our first session and ensure that the area is equipped with a fire bucket, fire gloves and a first aid kit in line with best practice for bushcraft activities involving campfires. We will also purchase a suitable tarpaulin and spend time creating suitable seating to make people comfortable during sessions.

Participants will practice and secure skills around campfires and engage in meaningful conversation with others. Facilitators may begin sessions with engagement activities to help encourage members to open up and share their experiences and for meaningful relationships with each other.

The project legacy will be the creation of a fire area within the community garden space at Hodge house for use by community groups.

BREAKING CYCLES CIC

CASE STUDIES

I ACTUALLY REALLY ENJOY IT

Background: Mr B is a young adult with a neurodiversity diagnosis, but hasn't received emotional or mental wellbeing support. He presents as very anxious, isolative, and has few to no friends.

Needs: Very little opportunity or volition to engage in meaningful activity or maintain a healthy sense of identity. Displayed anxiety and had not engaged well previously in the school setting. Due to his home environment and lack of supporting social groups, his mental wellbeing was not good. He lacks self-esteem and confidence, and struggles to initiate social engagement, leading to increased social isolation. Additionally, due to his anxiety of failure, he lacks the volition to try new tasks or learn new skills, again increasing the detrimental life balance, resulting in low mood and antisocial behaviours.

Action Taken: Mr B was advised of the facilitator's experiences and recommendations regarding neurodiversity challenges. It was reiterated that this was a space of inclusion and openness without judgement. Mr B was supported in using the photography equipment and drones to capture the session as media content. Although he had not done this before, Mr B thoroughly enjoyed it and spent the majority of the session enhancing his camera skills.

Outcomes: Once he began interacting with support from the facilitator, he engaged more. With positive reinforcement and reassurance there was no pressure to perform, only to learn, he gained confidence to engage. Throughout, Mr B has not only engaged in sessions, but also stepped out of his comfort zone, taking on tasks such as fire lighting, chopping wood, and whittling his own fork to toast marshmallows. Although he still verbalises anxiety that he will do it wrong or injure himself, he is now engaging with minimal coaching.

"Thanks. I actually really enjoy it, and it gives me something to do rather than just wandering around."



A NOTABLE CHANGE & IMPROVEMENT

Background: Mr D is a young adult (15). He lives in the Nelson area and is registered with a local school, although he struggles to engage and often ends up in isolation during the school day for being "disruptive".

Needs: Often gets sent to isolation in school, but sees this as a pointless punishment as he wants to learn but is unable to keep pace cognitively within the current learning environment. Mr D feels very unsupported and lacks support from his family unit and therefore struggles to engage with new groups or peers. Mr D is very closed with his feelings, emotions and struggles; he only really expressed that he felt unsupported and wanted to engage in a better life with less stress and anger.

Action Taken: This program was a great success for Mr D, although he did not attend regularly; he attended throughout the program. He engaged well with other peers and began to form bonds, even with ones outside his racial demographic, which he was explicitly concerned about at the beginning. Mr D found the space very secure and opened up about his struggles at school and not being able to communicate them effectively. Facilitators advised Mr D on some interventions that could assist with his ADHD symptoms, which he successfully implemented. His main success was the recognition of being in nature and engaging with others. He also found the camera and drone time enjoyable, working collaboratively with peers to ensure everyone was given equal time with the equipment.

Outcomes: Mr D engaged well in the group; his confidence showed a notable change, as initially he stood on the periphery of the circle with limited engagement. As the session progressed, he took a more engaged role, even directing other peers to start and build the fire safely. What stood out was Mr D's stance on keeping any tensions from school interactions, enforcing that this space was a community space with no judgment, successfully and to his benefit of self-esteem. The group session around the fire was very beneficial to him, as it gave him social interaction without judgment, which he was keen to highlight and encourage.

"It's nice to chill without all the stress."



BREAKING CYCLES CIC

PROJECT OUTCOMES



This program has been a great success, although numbers were not as large as hoped; attendance has been regular, with requests for more. Those who participated reported a more positive mood overall as they attended the session more regularly and also brought along peers who brought people. Although not all these individuals attend regularly, they did intermittently and expressed satisfaction that the option was there. The reach of this program has been a great success, and the demand for it was evident; future plans include expanding the area and increasing advertising strategies to reach a larger target group. Also, there is a plan to expand the current space and implement improvements to the space, as a result of the engagement in that space is hugely positive.

One also reported greater confidence and self-esteem when engaging with people he didn't know, and the comfort of having peers with similar issues and concerns to discuss openly within the environment provided. This is demonstrated in his 'Warwick Mental Health Wellbeing scale', when there is a clear indication of improvement in his overall wellbeing, but most significant is a huge improvement in his confidence and feeling close to other people, which went from only sometimes to all the time. During the session, he formed bonds with peers and volunteers, finding space to communicate his concerns and problems.

During the program, a number of groups came together from the area that would normally not get on in the school environment. So, there were regular disagreements within the school environment due to gang culture and racial tensions; during these sessions, all individuals actively put aside these differences and verbally agreed to this with all parties during the sessions. In one case, two individuals actually formed a friendship that would normally be outside their social engagement group.

BOOST WELLBEING CIC AWARDED £4,316.00 FOR BOOST FAMILY YOGA

BOOST Wellbeing CIC delivers a wide range of weekly sport and exercise classes, to support people with mental ill health (mild/moderate through to more severe) and those who are experiencing loneliness and social isolation, and as a result are physically inactive.

Working with referral partners from health, statutory services and colleagues from the VCFSE network, we deliver wellbeing activities ranging from boxing, circuit training and weight-lifting, to dance, yoga and walking.

We would like to deliver a community yoga wellbeing class in Brierfield, supporting local adult residents and the wider Nelson neighbourhood. We propose to work with local social connectors to identify and signpost 'clients' who are presenting with the conditions referenced above, as well as other associated health conditions, to what would be free weekly classes, held in the community room at Brierfield Library.

We currently use this model in Barnoldswick and Colne where we have successfully established community yoga classes (with the support of BPRCVS), supporting the work of social connectors and prescribers, working in those communities.

This programme of classes will run for 30 weeks and will focus on delivering a gentle form of yoga, accessible on a chair or a mat, with a focus on gentle movement, breathwork, mindfulness and relaxation, aimed at improving the mood, confidence and broader wellbeing of participants, through being active and socially connected.

These will be made available at no cost to the participants. Yoga mats and blocks will be provided at the class. Each class will last for one hour, with a further 10 mins introduction and 20 mins discussion and the end of the class, allowing participants to socialise and share experiences of the session.

We aim to have 12-14 participants per class.

BOOST WELLBEING CIC



BOOST

WELLBEING CIC

MORE CONFIDENT EACH WEEK

Background: Two older ladies; one suffering from bad arthritis, and the other from general stiffness and loneliness. They self-referred after seeing an ad from BPRCVS.

Needs: The ladies self-referred as they wanted to try something to help them keep active and improve their flexibility, strength and improve their low mood.

Action Taken: The two ladies attended a weekly yoga class at Brierfield Library. The class focused on delivering a range of extremely gentle yoga exercises both on mats or chairs. The yoga practise is married with breathing exercises to increase mindfulness and the class ends with a guided deep relaxation which increases wellbeing and mental health.

Outcomes: The ladies have been regular attendees and have demonstrated much better mood levels and they have reported that they feel that their overall mobility and flexibility has improved, helping them to cope better with every day life, with more ease and comfort.

"I love the class, it is very relaxing."

"I always leave the class in a lovely calm mood."

BOOST WELLBEING CIC

CASE STUDIES

MORE CONFIDENT EACH WEEK

Background: Young lady who suffered from very poor mental health and low mood.

Needs: To improve mood and increase participation in physical activity. Aim to be more active through yoga.

Action Taken: The gentle yoga session has enabled the young lady to access a welcoming small group, to be more active and to build on her self-confidence and improve socially and physically.

Outcomes: The young lady attended all of the 3 first sessions, improving her confidence already. She seems to be really enjoying the social interactions and seems more confident weekly.

It is still early stages, but the classes are having a positive affect.

"I'm becoming more confident as the sessions go by. The social interactions are great for me. It's having a positive effect."

BOOST WELLBEING CIC PROJECT OUTCOMES

The aim of the project was to improve the participants mental health and wellbeing through mindful yoga classes. We feel that this achieved beyond expectations, demonstrated by the positive feedback we have received on our programme-end questionnaires. In summary, beneficiaries have highlighted that they have an improved sense of mental health and a better understanding of self-care, which in turn is having a positive impact on their broader wellbeing.

30 sessions totalling 30 hours were delivered across 2 Pendle venues which supported a total of 18 beneficiaries ranging from 26 to 80+ years old.

Here are some comments from the beneficiaries:

- “Yoga has become an important part in me maintaining health and wellbeing.”
- “I find I can use the teachings I have learned to benefit me at times when I am alone and feeling anxious and depressed.”
- “The project has helped me a lot. It is the only time I spend on me.”
- “I have been able to slowly ease off taking my anti-depressants as a result of taking part in the yoga sessions and feel that I need to keep up with the sessions to maintain my present demeanour.”
- “My health is continually improving.”
- “The classes are very enjoyable and I should have started these years ago.”

Additional, unexpected outcomes of this project include some participants highlighting they felt an increased sense of community as a result of being able to socialise at the classes. Some also enjoyed the breathwork and balance aspects of the sessions saying it improved their asthma and ability to navigate their movement in everyday life. Lastly, a major benefit has been where carers have brought their ‘cared for’ with them to classes. This has proved to be a great opportunity for both to engage in yoga together.

BOOST WELLBEING CIC



Brain Health Breakthrough_{CIC}



BRAIN HEALTH BREAKTHROUGH

AWARDED £4,118.00 FOR NATURE BASED SESSIONS FOR PEOPLE WITH COMPLEX LONG TERM CONDITIONS

Brain Health Breakthrough CIC is an expert-by-experience, community-led organisation that has supported people living with chronic illness for over five years. We are an award-winning social enterprise providing safe, inclusive, and trauma-informed environments where healing, peer connection, and a sense of belonging can flourish. Our approach is grounded in lived experience, accessibility, and recognition that people with long-term conditions often face significant barriers to participating in mainstream health and wellbeing activities. Many experience fatigue, pain, trauma, sensory sensitivities, anxiety, and financial hardship, which can make typical community spaces feel inaccessible, overwhelming, or unsafe. Our work addresses these barriers through gentle, supportive, relationship-based environments where individuals can reconnect at their own pace.

This project is delivered in collaboration with Pendle Plant Craft, an award-winning community project based at Lomeshaye Marsh Nature Reserve. Pendle Plant Craft specialises in nature-based wellbeing, land connection, and simple, seasonal craft practices. Their work aligns closely with our values of confidence-building, community belonging, creativity, and emotional regulation. Both organisations are recognised locally for delivering calm, sensory-friendly experiences that meet people exactly where they are.

This is particularly important for individuals living with chronic illness, pain, trauma, disability, neurodivergence, or prolonged isolation.

Together, we will deliver 10 inclusive, nature-based wellbeing sessions for people living with complex and long-term conditions across Pendle and Burnley. Community members consistently tell us that social isolation, reduced confidence, chronic fatigue, and anxiety are significant challenges to re-engaging in public life. Our sessions are therefore intentionally unhurried, spacious, and rooted in pacing, rest, and nervous system regulation. The aim is not to push activity, but to rebuild trust in the body and enable safe, supportive social reconnection.

BRAIN HEALTH BREAKTHROUGH CASE STUDIES

A BREATH OF FRESH AIR

Background: An older lady with arthritis who sustained two spinal fractures and awaiting spinal fusion surgery. Also has long covid. Frustration at limited mobility, and also experiences high anxiety around social interaction.

Needs: Mental health has been significantly affected. Connecting with like-minded people could provide valuable emotional support and help reduce isolation. Mobility difficulties left her socially isolated and unable to participate in activities outside the home; disconnected and unable to engage with the community.

Action Taken: Attended peer support sessions where people got to know one another in a relaxed and welcoming environment. Spent time outdoors with walks in nature, sharing coping strategies, personal experiences of living with long-term health conditions, and offering mutual understanding and encouragement. Practised gentle breathing techniques to support nervous system regulation to promote a sense of calm and wellbeing.

Outcomes: Socialising significantly improved mental health. Being with like-minded people helped her feel understood, accepted, and less alone. Sessions created a relaxed, supportive atmosphere where she felt empowered to listen to her own needs. Access to nature and the outdoors had a calming and restorative effect on wellbeing. Participation helped to reduce social isolation and increase feelings of connection.

"I've not been able to socialise - this session helped my mental health. Option to be able to say at any point if I needed a break or some quiet time was a breath of fresh air."

MANAGING EVERYDAY CHALLENGES

Background: A woman in her 60s who lives with her husband in Pendle, she has multiple long-term health conditions that significantly affect her daily functioning and quality of life. Her health needs require ongoing monitoring and a coordinated approach to care across primary and specialist NHS services.

Needs: Due to the impact of her long-term health conditions, the individual experiences significant social isolation. Her symptoms make it difficult to leave the house regularly, resulting in reduced opportunities to meet people face to face. As her mobility and participation in everyday activities have declined, her social world has become increasingly limited.

Action Taken: The individual was encouraged to participate in a peer support group with nature-based activities designed for people living with long-term health conditions and invisible disabilities. The group provided opportunities to talk openly about her experiences in a safe, supportive, and non-judgemental environment, and share challenges and coping strategies with others who have similar lived experiences. It also enables friendship building and social connections both within and outside the group, and spend time in nature, promoting relaxation, wellbeing, and gentle physical activity where appropriate.

Outcomes: Overall, the programme has helped her feel understood, accepted, and valued, and build safe, trusting relationships with others who have shared lived experience. She developed a sense of community and belonging. She also reduced feelings of isolation through meaningful face-to-face connections, and has increased hope and confidence about the future. She was helped to improve self-awareness and focus on what supports her wellbeing and learn practical strategies for managing her health from peers. She feels less pressure to justify her condition to others and recognises that meaningful connection is as important to her wellbeing as managing her physical symptoms.

"I gained practical ideas for managing everyday challenges and problem-solving... Seeing how others cope increased my confidence and provided realistic strategies to apply in my own life."

Brain Health Breakthrough_{CIC}



BRAIN HEALTH BREAKTHROUGH PROJECT OUTCOMES

The project has successfully met the outcomes outlined in the application as shown below:

Improve social connection and reduce loneliness

Participants' strong desire to continue meeting and supporting one another after the programme has ended demonstrates sustainable relationships and creation of a valued community maintained independently. Participants shared experiences, exchanged practical advice, and provided emotional support to one another in a safe, understanding environment, reducing loneliness and isolation, and created a genuine sense of belonging. Coming together to share food was valuable, reducing isolation, encouraging meaningful conversations, and fostering a sense of belonging and community.

Increase confidence and reduce social anxiety

A direct quote demonstrates, "Attending the cabin has helped slowly increase my resilience to being in social situations and enabled me to be able to access other meetings and the wider community."

Build skills to access the wider community and essential services

People are making friendships and building connections outside of the group, creating a wider support network within the community. Two participants were referred to our counselling service to access additional emotional wellbeing support. Five participants were referred to engage with wider online support available, enabling them to remain connected with others outside the sessions. The peer support group became an important source of information sharing. During discussions and through the group's WhatsApp community, participants regularly exchanged ideas, recommendations, and details of local wellbeing activities and support services.

Increase gentle physical activity through paced, low-stimulation movement

Pendle Plant Craft played a significant role in the project's success. The natural environment provides a calm, welcoming, accessible space where participants feel comfortable and supported. The cabin offers a warm and comfortable indoor space while remaining closely connected to the outdoors. Participants can step outside for fresh air, sit quietly in nature, or take a short, gentle walk before returning to the group when they feel ready. This flexibility enables people to manage fluctuating symptoms and conserve their energy while remaining involved in the session.

Develop practical self-management strategies that improve day-to-day stability

Participants learned breathing techniques, relaxation practices, and other wellbeing strategies during peer support sessions. We discussed and shared self-management approaches for living with chronic illness, enabling people to learn from other's experiences and develop practical tools to support their health and wellbeing.

HODGE HOUSE COMMUNITY TRUST

AWARDED £5,000.00 FOR BRADLEY BELIEVES

Our joint aim is to provide a range of activities across the Bradley area which ensure children and young people have safe places to go and safe things to do which will impact on raising self-esteem, health and wellbeing, improving school attendance, reducing childhood obesity, and preventing involvement in criminal activity. We would like all children and young people to be happy, confident, resilient, have good relationships with others, and be able to develop their full potential. Emotional wellbeing is important within its own right, but also because research has shown that good emotional health and wellbeing helps to protect children against a range of emotional and behavioural problems, like violence, crime and misuse of drugs.

The range of activities being offered will address young people being healthy, staying safe, enjoying and achieving, reducing childhood obesity, reduce isolation, address long periods of physical inactivity, improve educational attainment, making a positive contribution and economic well-being.

Activities will include sports and recreation in partnership with local schools and mosques including cricket and tennis with qualified coaches working in community locations, and educational and issue-based sessions working with specific pupils to address their needs through workshops which will involve taking them away on residential to participate in adventure-type activities and issue-based work.

A variety of issue-based and educational workshops will be offered to young people to support them to make informed choices and decisions about their lives and behaviours that will keep them safer and encourage economic wellbeing. Activities include: importance of healthy weight, a diversity project embedding cultural celebrations inside, health support, anger management, anti-social behaviour awareness. Young people will benefit from having increased knowledge of the issues they face and how to deal with them, they will have increased opportunities for positive activities building self-esteem and creativity. Healthy eating and cooking projects as well as healthy food service will encourage young people to make healthy choices and develop independent living skills – these projects will be delivered in partnership with schools and mosques.





HODGE HOUSE COMMUNITY TRUST

CASE STUDIES

I WON'T FORGET THIS

Background: Religious group leaders in regards to a group of young people.

Needs: Finding it difficult to get the children into some community activities due to a lack of confidence as well as anti-social behaviour and wrong friend groups.

Action Taken: We engaged the young people with group/teamworking activities through various sporting activities as well as giving them a chance to take charge in certain sessions. Also we advised on healthy eating habits as well as the social groups and the dangers of the outside world in regards to anti-social behaviour.

Outcomes: Some went onto joining a gym, eating healthier, taking part in community group tasks with their place of worship as well as taking part and helping with weekly sessions by volunteering.

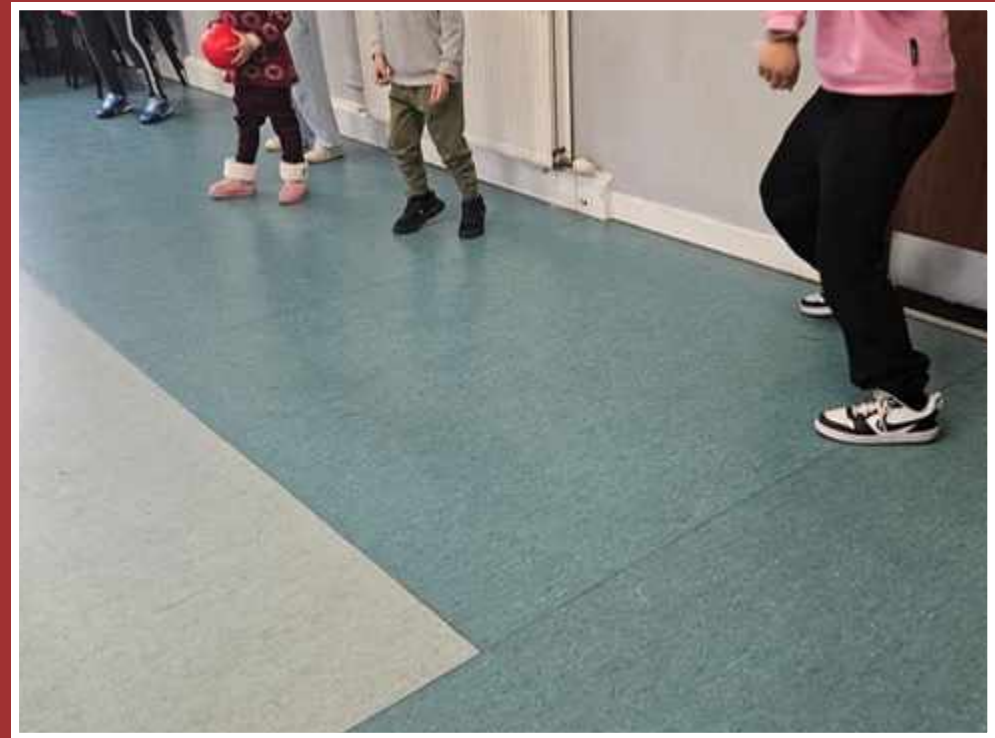
"Thanks for the help. I feel like I wouldn't be the person I am today if it was not for the support you guys have given me. I won't forget this."

HODGE HOUSE COMMUNITY TRUST

PROJECT OUTCOMES

This project has failed to complete and submit their final report, so there are no known outcomes and outputs for this funded project.

A second case study and ONS4 scores have not been submitted either.





PENDLE RHYTHM & SOUND

AWARDED £5,000.00 FOR COMMUNITY AFRICAN DRUMMING WELLBEING CIRCLES

This project will deliver weekly Community Drumming Wellbeing Circles over 12 weeks.

Each session blends African rhythms, group learning, improvisation, movement, meditation, and creative expression. Participants will learn a new rhythm each week and take part in guided drumming meditations, collective music-making and rhythm-based activities that support mental, emotional, and social wellbeing.

The project goes far beyond music: it is designed to support nervous system regulation, reduce stress, improve mood, build confidence, and provide emotional release in a fun, accessible environment. Drumming is proven to reduce feelings of isolation, improve social connection and regulate the mind and body through rhythm.

Participants will benefit from a safe, welcoming, inclusive space where they can connect with others, be creative, and develop new skills. Sessions reduce loneliness by helping people make new friendships, build confidence, and engage in meaningful, structured weekly activity.

Outcomes will include:

- Reduced isolation and stronger community connection
- Improved mental health and emotional regulation through rhythm and movement
- Increased confidence, creativity, and transferable life skills
- New friendships and a sense of belonging
- More active, healthier lifestyles
- A more resilient community with greater access to creative wellbeing opportunities

This project will provide Pendle's first daytime drumming-for-wellbeing group combining structured rhythm learning, improvisation, meditation, and community connection - filling a clear gap in local provision.



PENDLE RHYTHM & SOUND CASE STUDIES

BELIEVING IN MYSELF AGAIN

Background: A 34-year-old mother of 4 boys who has a busy farm and sometimes feels lonely.

Needs: To feel part of a group and wanted. Is also looking to relieve stress and regulate her nervous system.

Action Taken: Attended the drumming sessions where she felt connected to Char (group leader) and felt a place of belonging. She felt the energy in the room and it helped her feel great and clear her head.

Outcomes: She felt completely at ease at the sessions and also felt wanted. The group completely changed her mindset and gave her hope and faith within herself.

"Thank you so much to Char who helped me believe in myself again."

A FAB FEW MONTHS

Background: A single lady in her mid 30s and recently out of work due to ill health. Has autism, anxiety, mental health issues, experiences isolation, and has suffered with long-covid.

Needs: To restart activities following being housebound with long-covid.

Action Taken: Participated in the drumming sessions and became a part of the group.

Outcomes: Sessions became something to look forward to and provided a structure and sense of belonging. The group was a calming atmosphere for her and provided social interaction as well as a sense of achievement.

"Thank you for a fab few months. Coming here has helped me immensely and given me a sense of purpose."





PENDLE RHYTHM & SOUND PROJECT OUTCOMES

12 Community Drumming Wellbeing Circles were successfully delivered over a 12 week period. The project supported 13 beneficiaries ranging between 26 and 59 years old.

The sessions were designed to use African drumming as an accessible wellbeing activity, while also creating opportunities for women to build confidence, learn new skills, connect with others and reduce social isolation.

We saw women grow in confidence as the sessions progressed. Participants learned different African drumming rhythms and techniques and worked together as a group, which encouraged communication, concentration and a sense of achievement. Some women arrived initially feeling nervous or unsure, but became noticeably more comfortable participating and interacting with others over the course of the sessions.

An important outcome was also the social connection created through the group. The sessions provided a welcoming space where women from different backgrounds could come together regularly, meet new people and feel part of a supportive community. The shared experience of making music together helped to break down barriers and encouraged participants to engage with one another naturally.

We received positive feedback from participants about how the sessions made them feel. Our own observations showed increased confidence, participation, social interaction and engagement as the project progressed.

Overall, we feel the project successfully achieved its intended outcomes by supporting women's wellbeing, reducing isolation, developing confidence and providing opportunities for meaningful social connection through African drumming.

Additional unexpected benefits of the project included participants buying their own drum to play at home, forming lasting friendships and continuing to talk and meet up outside of the group sessions with a WhatsApp group set up, and Blackpool zoo have contacted the group asking us to perform after seeing videos of our sessions.



PENDLE & CRAVEN CROQUET CLUB

AWARDED £5,000.00 FOR

CROQUET FOR WELLBEING

'Croquet for Wellbeing' is an established project following a hugely successful pilot in the summer of 2024. It is a partnership between Pendle & Craven CC and the NHS Social Prescribers from Pendle East PCN. We draw from 6 different GP surgeries and all participants come to us via referral.

The project uses the game of croquet as a vehicle to enhance and improve the mental health and wellbeing of attendees. It gives them local opportunities they may not otherwise have to get out of the house, meet new people, take some gentle exercise and learn a new sport.

Goals for 2026:

- We would like to build on the success of the last two years and firmly embed the project into the Club's calendar in a sustainable way, both logistically and financially
- We would like to enhance our relationships and expand our contacts with Social Prescribers and GPs
- We would like to further investigate/trial croquet for specific medical conditions
- We want to continue pioneering wellbeing and positioning our Club at the heart of the community





PENDLE & CRAVEN CROQUET CLUB

CASE STUDIES

A MUCH-NEEDED BREAK

Background: Client X is a single male in his 60's. He was referred by his GP practice's specialist mental health nurse. He had also previously been under the care of the acute and community mental health team. Client X has complex mental needs and has had prolonged periods of clinical depression.

Needs: Primarily because of social isolation, to introduce them into social situations to help build confidence and reduce social anxiety.

Action Taken: Trying the Croquet for Wellbeing group, offering as it does, a more structured activity, but one in which a person can participate to a level which suits them. It also has the benefit of taking place outdoors in a wide-open space and there is always a member of the Croquet for Wellbeing core team there to provide one-to-one support to individuals if that is what is needed.

Outcomes: Since his first session at Croquet for Wellbeing, Client X's confidence has improved significantly. He has felt able to come to the group independently, and although he has not always come along to every session, he is now attending on a regular basis. He often chooses not to play, but will sit with other attendees and/or facilitators in the club house and he has also been enjoying simply watching the games. Whenever he has played, Client X has visibly enjoyed the experience; smiling, making eye contact and conversing with other players and members of the group. Client X appears comfortable, particularly with the core members of the coaching team and is now making conversation rather than simply responding to ongoing conversations.

"It has provided a much-needed break from my daily challenges."



PENDLE & CRAVEN CROQUET CLUB

PROJECT OUTCOMES

In our application we had originally stated that the number of engagements expected would be 26-32, but the actual number of participant engagements was 36 at project completion.

Participants ranged from 40 to 80 years old and presented with a range of health conditions, including anxiety and depression, Alzheimer's and dementia, social isolation, and while not a direct health condition, carer's respite.

The main reasons for engaging with the project include improving mental health, reducing social isolation, physical exercise, and carer's respite.

15 sessions were delivered with a total of 45 hours of activity and support provided.

All referrals in to the project were from the Pendle East PCN Social Prescribing Team as stated in our application which has further strengthened that connection.

Some examples of additional, unexpected benefits include friendships formed, lift sharing to attend the sessions, and meeting socially outside of the group. Some participants wanted to take their croquet further and have gone on to join the Club, in turn helping the Club's sustainability, which was one of our aims in our application.

7 volunteers supported the project throughout and provided a huge 975 hours of support across the project and sessional delivery.





HARWES FARM CIC

AWARDED £4,809.00 FOR

SUMMER ACTIVE NATURE KIDS

Harwes Farm CIC will deliver "Summer Active Nature Kids" – a targeted 3-month intensive programme (May–July 2026) addressing Pendle's childhood obesity crisis through engaging 4-hour forest-based physical activities for children aged 8–16.

We became an established CIC in 2014 with Level 3 Forest School Leaders and 40+ years local youth work experience. We operate on 57 acres including 36-acre biological heritage woodland, perfectly positioned 3 miles from Pendle's most deprived areas.

The programme will comprise weekly 4-hour sessions combining:

- **ACTIVE:** Extended woodland obstacle courses, tree climbing, nature trails, den building requiring sustained physical exertion
- **CREATIVE:** Healthy outdoor cooking and meal preparation, nature crafts involving movement
- **CONNECTED:** Team challenges and group activities building confidence around active play
- **SAFE:** Positive body image support, nutrition education in supportive outdoor environment

Children aged 8–16 identified as overweight/obese through school health checks or GP referrals are the target group with a focus on children from Pendle's deprived wards whose families cannot afford private programmes

4-hour sessions provide substantial daily physical activity equivalent to recommended guidelines. Extended time allows for proper meal breaks, rest periods, and varied activities maintaining engagement whilst maximising calorie expenditure.

Unlike gym-based programmes, our woodland activities disguise exercise as adventure. Children develop positive relationships with physical activity through exploration, climbing, building, and outdoor challenges rather than traditional "exercise".

Pre/post programme fitness assessments will be used to measure increased daily activity levels, improved confidence around movement, and sustained engagement in physical activities post-programme.

HARWES FARM CIC

CASE STUDIES

A DEEP CONNECTION TO NATURE-BASED COMMUNITY

Background: E, female child of 10 years – from a poor socio-economic background. Referred and brought by Social Prescription Link Workers as part of a group of 12 children.

Needs: Poor diet, and poor access to leisure activities during the summer holidays.

Action Taken: The group took part in Forest School in a 36 acre wild woodland. Safe use of hand tools, safe fire building, campfire cookery, free play, nature arts & crafts, den building, woodland walking, being part of a supportive community. E was interested in charcoal drawings, in particular, drawing cats! So she led a supported workshop leading other children in drawing using charcoal from the fire. One member of staff also initiated use of charcoal as “war paint” on faces – which went down a storm! Being allowed, and being encouraged to be dirty was a lot of fun and counter cultural. E also saved a butterfly’s life when she spotted it trapped in a kit bag – this engagement with and care for the natural world is desperately needed if we are to tackle environmental issues.

Outcomes: Boost to self confidence. Encouragement to take initiative. Connection with nature.

“E was unable to attend the final session (of 3) due to family arrangements. She was really sad and upset at the end of session 2 – she clearly felt a deep connection to this temporary community.”



ENORMOUS CHANGE

Background: L is a female child who attended 3 sessions in August.

Needs: To improve confidence and self-esteem – to come out of her shell and mix with others.

Action Taken: She engaged very little on the first session, sitting and watching everything and saying everything was ok – which is fine. She ate very well. On the final session the progression from disengaged to initiative taking, smiling, and having fun during den building was enormous.

Outcomes: L was chatty, enthusiastic, inspired and thoroughly enjoyed being here.

“I had fun and enjoyed talking to new people. Building dens was great fun!”

HARWES FARM CIC PROJECT OUTCOMES



This project has achieved what we set out to do which is to engage young people in Pendle in healthy exercise, and enjoyable and healthy eating.

Playing outdoors, and especially in our woodland, requires energy. A lot of local young people do not access the outdoors and this is contributing, in the longer term, to ill health, obesity and mental illness. We set out to tackle these and related issues as numbers of children fitting the profile of childhood obesity increases year on year.

One influencing factor is diet and food choices. The younger generations have often been fed a diet of takeaway or convenience foods from early childhood and so do not have a broad and healthy diet as a result.

We chose food that was inviting and familiar such as hot dogs, Subway-style sandwiches, burgers or fajitas and replaced processed meat with plant based options – this also tackled any dietary requirements we were aiming to meet. We encouraged snacking on exciting fruit such as watermelon, grapes, blueberries and enhanced lunch with yoghurt tubes. We did offer lemonade as a treat paired with fresh apple juice, and offered pain au chocolat for breakfast as children arrived looking tired and depleted and not having had breakfast. And then there are always the famous s'mores toasted on the campfire.

We look to the fact that the same children came back each day and were clamouring to sign up for further weeks if available as evidence of success. They tucked into the food, ran around and played non-stop for the duration of each session.

We offered a variety of woodland based activities, but most often the children did not engage, preferring to play freely and self-directed.

ROSSENDALE

Each recipient of the Small Groups Grants Programme in Rossendale have completed their final report and provided two case studies with client comments along with the outcomes of their project's performance and successes.

The project background with its aims and objectives has been included to demonstrate how the outputs and outcomes match up with, or even exceed, expectations.

Photos have also been provided showcasing projects in action.

A variety of activities were applied for and successfully obtained grants to deliver, but not limited to:

**physical activity and exercise
supporting older people
mental health and wellbeing support
and social inclusion**

Cost per session = £43.39

Cost per sessional hour = £32.47

Cost per beneficiary = £36.17



**£46,649.76
AWARDED**



11 PROJECTS



1147 SESSIONS



1376
BENEFICIARIES
SUPPORTED 99



WAVE ADVENTURE

AWARDED £5,000.00 FOR FAMILY ACTIVITIES & VOLUNTEERING PROGRAMME



We want to run a weekly outdoor-based volunteering 3-hour session for 20 weeks between January and July 2026.

The programme will be targeted at families who have one or more members with lived experience of mental illness and/or neuro divergence.

The Rossendale-based programme will consist of bike trail maintenance; rewilding/ increasing biodiversity; indoor climbing; cycling and stand up paddle boarding.

It will be developmental so that individuals can progress at their own pace and be able to take up additional volunteering opportunities with our organisation and other suitable services.

Participants will also be able to access training/qualifications when they are appropriately experienced.

Families will be able to take part in active volunteering together, gaining skills to be able to take part as a family unit independently at the end of the programme.

WAVE ADVENTURE

CASE STUDIES

IMPORTANT FAMILY TIME

Background: Lone parent with 4 children.

Needs: Lacking opportunities (and funds) to take part in engaging activities as a family unit. Quality time spent in a way that engages each family member.

Action Taken: The family were able to take part in a group indoor bouldering session where all members were able to enjoy the activity, have fun and learn together.

Outcome: Strengthened the family unit and motivated them to do more activities together.

"Really enjoyed the family bouldering session. The kids and I were fully engaged throughout the session, learnt a lot and had great fun - important family time!"



REDISCOVERING LOVE FOR OUTDOORS

Background: A 15-year-old with ADHD who is quite isolated in terms of peers and community life.

Needs: Referred due to inactivity and social isolation. Looking to improve physical and mental wellbeing.

Action Taken: Initially came to an Intro To Bouldering evening with his mum and grandad. He started attending regularly and volunteered on our bike park, maintaining trails, and rewilding. He became an avid mountain biker and progressed to joining a mountain bike youth academy. He also progressed to becoming a junior trustee with our organisation and carried out a week of work experience with us very recently. He has also been instrumental in supporting his mum and grandad to be more active.

Outcome: Attending the sessions helped him find structure in his week and begin forming new friendships. He rediscovered his love for nature and practical outdoor work. Over time, his mood lifted, and he began volunteering on a weekly basis, mentoring younger attendees, and helping to maintain the orchard space.

"I love riding on my bike everywhere and have made new friends who I can go out with. I have enjoyed being listened to about my views and have got a lot out of different activities and work experience."

WAVE ADVENTURE PROJECT OUTCOMES



Through the Family Activities & Volunteering Programme, Wave Adventure worked with more than double the amount of families/beneficiaries hoped for and we were delighted by the response and demand for the programme.

In total we delivered 20 sessions at 3 hours per session. These sessions supported a total of 74 people of all ages ranging from as young as 0-5 years old up to 60-80 years old.

Participants presented with a range of health conditions including poor mental health, long-term medical conditions, learning difficulties, and physical disabilities. Participants engaged to improve their mental health, reduce isolation by improving connections and making friends, and improving physical health.

20 volunteers supported this project and together they provided a massive 600 hours of support.

Additional unexpected benefits of this project were that a number of beneficiaries progressed to leadership courses, volunteering, and trusteeship within our organisation. A few of the project's beneficiaries progressed to volunteering or paid employment and nationally recognised qualifications.

THE GREATER GOOD PROJECT CIC

AWARDED £4,750.00 FOR RHYTHMS & REMINISCENCE

The Greater Good Project would like to deliver a new weekly Sing Move Laugh programme in Whitworth, designed to improve physical and mental wellbeing through the power of music, movement, and connection.

Sing Move Laugh is a 90-minute creative wellbeing session that blends gentle physical activity, singing, rhythm-based exercises, and social connection in a fun, inclusive environment. Sessions are accessible to all, but particularly benefit older adults who may feel lonely, isolated, or lack confidence to join traditional exercise groups.

We currently run a successful weekly group in Haslingden with 20-30 regular participants and have seen first-hand how this approach can transform wellbeing. Participants report feeling happier, more mobile, more confident, and more connected to their community. With this funding, we want to bring the same positive impact to residents of Whitworth by offering free, local sessions in an accessible community venue.

Sessions will be led by experienced creative wellbeing practitioners (one musician/pianist and one movement/wellbeing coach) who specialise in inclusive facilitation and supporting participants with different abilities and needs. Activities will include:

- Gentle movement and dance to music (adapted for all abilities)
- Group singing and rhythm games to boost mood and memory.
- Opportunities for social interaction, laughter, and shared creativity
- Refreshments and time for informal conversation

We will create a warm, welcoming space where everyone feels valued, supported, and part of something joyful. The project will encourage those who are inactive or isolated to take a first step into group activity, helping them build routine, confidence, and friendships.

Our aims are to engage 20+ new participants in Whitworth and improve mental wellbeing through social connection and creativity, and also increase physical activity levels through enjoyable, low impact movement. This project will foster community cohesion and inclusion for people of all backgrounds and abilities.



GREATER GOOD PROJECT CIC





I REMEMBER THAT ONE

Background: 92-year-old female resident living with dementia in a care home.

Needs: The resident was living with dementia and often spent long periods sitting quietly with limited engagement in group activities. Family members and Care home staff were keen to provide opportunities for meaningful stimulation, social interaction, and enjoyment.

Action Taken: The resident attended 2 Rhythm & Reminiscence sessions delivered by The Greater Good Project CIC. Sessions combined live music, singing, gentle movement, rhythm activities and reminiscence opportunities, creating an inclusive environment where residents could participate in whatever way felt comfortable for them.

Outcome: During the sessions, the resident became noticeably more engaged and responsive. Familiar songs prompted memories and conversations, and she frequently joined in with singing and gentle movement activities. Staff reported that she appeared happier and more alert during and after sessions and often continued talking about songs and memories that had been shared.

"It is lovely to see her joining in and smiling. Music seems to bring her back into the room."

THE GREATER GOOD PROJECT CIC CASE STUDIES

ENJOYMENT & CONNECTION

Background: 93-year-old man living with dementia in a Helmsore care home.

Needs: To support his emotional wellbeing and quality of life while living with dementia. Limited opportunities for meaningful social interaction and sensory stimulation. Needs gentle, inclusive activities that support connection, enjoyment, and a sense of identity.

Action Taken: Facilitated a session within the care home using song, music, rhythm, and gentle movement to create fun moments of connection and enjoyment, adapting the pace and activities in response to the residents' mood, energy levels, and engagement. We supported the man to engage with live and recorded music from his era; participate in simple rhythmic activities; join in gentle seated movement, helping to promote comfort, circulation, and body awareness; experience shared singing mood and social connection; and take part in reminiscence moments, where music naturally prompted memories and stories.

Outcome: Sessions had a positive impact on the gentleman's emotional wellbeing and engagement. He showed increased alertness and presence, often becoming more animated and responsive to music and rhythm. Staff observed moments of smiling and participation, notably choosing to leave his seat and stand to dance. This moment of self-expression highlighted his confidence, enjoyment, and connection to the music.

"Thank you for dancing with me!"

THE GREATER GOOD PROJECT CIC

PROJECT OUTCOMES

Rhythm & Reminiscence successfully achieved its intended outcomes by improving wellbeing, reducing social isolation, and increasing meaningful engagement for older adults living in care settings.

The project delivered 20 1-hour sessions which supported a total of 221 unique beneficiaries aged between 60 and 80+ years old who presented with health conditions such as dementia, hearing and/or sight loss, arthritis, heart disease, and osteoporosis.

The reasons for engaging with this project include social connection and reducing isolation, cognitive stimulation and reminiscence, and improving mood and emotional wellbeing.

4 volunteers supported this project providing a total of 20 hours of support.

Additional unexpected benefits of this project include residents who rarely engaged in activities joined in, staff reported improved mood and interaction among residents following sessions, care home staff joined in activities which strengthened relationships between residents and staff, and continued conversations outside of sessions.



GREATER GOOD PROJECT CIC





ROSSENDALE REFUGEE SUPPORT GROUP

AWARDED £5,000.00 FOR PHYSICAL ACTIVITY, SOCIAL CONTACT & MENTAL HEALTH

We want to develop the service we offer to refugees and people seeking asylum through new opportunities for access to exercise and social contact, and improvements in the quality of our drop-in session.

We want to increase access to opportunities for exercise and social by providing:

A pilot 'cycling support' project which would involve purchasing refurbished bikes from Stubblee Community Greenhouses, and loan them for fixed terms to client who regularly attend our group, and who have indicated they would make use of a bike. Through GoVelo we will arrange road skills and bike maintenance courses for them to complete prior to loaning a bike.

A 'try exercise scheme' project with Rossendale Leisure Trust to enable people to try difference classes, and hopefully identify an activity they would like to continue. We would offer passes for one month with a potential to extend to three months to those who have not previously had one, and/or have been recommended to an exercise programme by a GP, prioritising those with a plan as to how they would continue to exercise upon pass expiration.

A 'bus to health' project offering bus fare reimbursement for those struggling to afford transport to physical or mental health activities. Reimbursement would be retrospectively and only for those attending a verifiable activity - bus tickets would be provided as evidence.

We want to also improve the quality of our drop-in service by renting extra room space on a long-term basis. A recent pilot of extra room space to relieve congestion and provide additional casework opportunities clarified this is needed on an ongoing basis. To meet the needs of our growing numbers, we would also purchase further refreshment provisions, increasing from 15 per session to 40 per session.



ROSSENDALE REFUGEE SUPPORT GROUP

CASE STUDIES

SUPPORT & GUIDANCE IN MY LIFE

Background: Male refugee. Previously asylum seeker. In the UK for 18 months.

Needs: Significant mental health challenges linked to a pre-existing condition. Not registered with a GP – found the process difficult. Feeling low in mood, lost and isolated. Physically inactive, and couldn't afford gym membership or transport, limiting opportunities for improving mental health. Lacked confidence to access services independently.

Action Taken: Helped him register with a GP. Guided him through appointment booking. Provided ongoing support to ensure he attended follow-up. Registered him for a trial of gym membership through ICB-funded scheme. Provided a bicycle through ICB-funded scheme.

Outcome: The interventions achieved: improved access to healthcare, prevention of further deterioration in physical health, increased physical activity, better mental health, reduced social isolation, greater independence, reduced financial stress due to reduced transport costs.

"A basic support and guidance in my life, without this support I would have struggled greatly."



INDEPENDENCE ON 2 WHEELS

Background: A refugee living in Rossendale with her husband and attending Rossendale Refugee Support Group while working hard to rebuild her life, improve her English and find employment. She regularly volunteers in the local community and is committed to becoming independent and contributing to society.

Needs: The client was experiencing financial pressure due to the cost of travelling to volunteering, English classes, GP appointments and other essential activities. Transport costs had become overwhelming and causing additional stress, making it harder to stay active, attend activities regularly, and maintain her wellbeing.

Action Taken: The client received a bicycle to support her independence and reduce transport costs which enabled her to travel independently to her volunteering placement, English classes, GP appointments and community activities. It also encouraged her to exercise regularly and spend time outdoors.

Outcome: Receiving the bicycle had a very positive impact on the client's life, significantly reducing financial burdens of transport and made travelling to appointments and activities much easier. The increased independence has boosted her confidence and encouraged her to continue volunteering, attending English classes and looking for work. Regular cycling also improved her physical health and mental wellbeing by reducing stress, helping her feel more positive and connected to her community, and giving her greater freedom and independence.

"The bike has helped me in many ways; made travelling much easier, saved me a lot of money, and improved my wellbeing and mental health."



ROSSENDALE REFUGEE SUPPORT GROUP PROJECT OUTCOMES

Increased room hire allows more clients to be seen, and the sessions to end without the stress of sessions ending with casework unfinished, people still queuing for help and reluctant to leave.

Increased refreshments simply feels more civil. Previously people arriving later could not get a drink, but would find the coffee table full of used cups. We have adjusted the amount ordered as the year has gone on to minimise waste, and thus have used slightly less of the funding for this than we asked for.

The bike scheme has enabled 5 people to meet some of their goals. We know this from the feedback we have received from participants. It was slower than anticipated to distribute the bikes because of difficulties for those allocated bikes to attend sufficient training to use them safely. Those who have received bikes are very happy with them.

The gym pass scheme has been fully utilised, and the demand for it has been very high. We could have used many more passes. Those who have had gym passes have really valued it. The average total ONS4 scores increased from 22 before the gym pass to 26.4 after.

The bus to health scheme has enabled many people to undertake activities such as outings with families for special occasions, and to get to events organised by us. We did not need to use it to help people get to football as we found alternative means. We found there was a tendency for it to be the same people coming back repeatedly to ask for help through the scheme, (with good reasons). We therefore appreciated being able to use the funding for two coach trips for people wanting to attend the same event, thus benefitting a wider range of service users and enabling more people to attend as coaches are better value than funding individual journeys.

We had originally not planned to use funding for coach trips. We requested the first coach trip because of the number of people wanting to attend the same event, and the second because we had some underspend (on Bus to Health and refreshments). We were very grateful to be allowed to use the grant for these.

WHITWORTH LEISURE CENTRE

AWARDED £5,000.00 FOR

INTRODUCTORY FITNESS COURSES

Whitworth Leisure Centre is a small, community-led, not-for-profit leisure centre, which includes a gym, pool and newly created fitness studio.

Our overall aim is to improve the wellbeing of our community, especially appealing to those who would otherwise avoid fitness activities. We have already drawn in new members with our studio classes, but there are people in Whitworth (and neighbouring areas) who remain reluctant to engage with fitness activity for numerous reasons. Community feedback demonstrates a need for more low-intensity fitness activities for people who are completely new to exercise, obese or struggling with mobility. We have also learned that men and women prefer single sex groups for classes and activities.

We will offer a free ten-week course targeted at those who avoid physical activity plus two single-sex group programmes for those who want to embark on their fitness journey in a secure, comfortable and supportive environment. Each group will be offered up to three sessions a week, which will include a comprehensive gym induction, a personal training plan, supervised gym sessions, plus weekly fitness classes to best suit the group's needs. Each group can also access targeted health and nutrition advice where appropriate.

Two very experienced, qualified gym instructors/PTs who work as duty managers would deliver sessions alongside freelance fitness instructors who would deliver Pilates, yoga, low-impact circuits, aquafit and spin classes. The programme will introduce participants to the benefits of physical exercise and give them a taste of all activities on offer in the hope they will then engage with their preferred sessions as a member or on a PAYG basis.

Our gym and studio manager will plan the programmes, with weekly session details provided for participants in advance, including personal targets to aim for. As part of this bid, we hope to purchase extra equipment (free weights and barbells) that will be used for the strength and body conditioning sessions. We have also included costings for a body composition scale, which will be used to track the progress of individuals, whether that be weight loss, increased muscle tone, or overall cardio health. Participants will be able to track their own progress using the accompanying app.



OVERCOMING A FEAR OF FITNESS

Background: S is a 29-year-old male with a BMI of 37.7 (obese), weighing 118kg. He described himself as completely inactive and prioritised his three main goals as: lose weight, improve fitness, and improve mental wellbeing. He self-referred to the Positive Change programme. We chose S to be in our first cohort of participants due to his greater need – as a dangerously overweight younger male he was in our top priority group.

Needs: He had no willpower and needed someone to push him. He needed a supportive environment where to share his journey with others. He didn't really know where to start.

Action Taken: S attended every session with our group facilitator and engaged in extra activities every week. He was a regular at Spin class and Bootcamp Circuits. S was particularly motivated by Danny Collins' sessions.

Outcome: Attending the sessions helped S recognise that becoming active is an achievable aim. He made social connections and overcame his fear of going into a fitness environment as an overweight man. He regularly posted in the WhatsApp group and encouraged others to attend sessions with him.

"I never thought I would go into a gym, never mind get on a spin bike! Adele has been amazing – so encouraging and down to earth, not at all condescending or superior, despite looking like she does!"

WHITWORTH LEISURE CENTRE CASE STUDIES

I WOULDN'T HAVE DONE THIS INDEPENDENTLY

Background: 42 year old female with a BMI of 38 (classed as obese). Weight is a major issue for someone of my height.

Needs: Help to start my improvement and wanted a supportive environment where I could share my journey with others.

Action Taken: Met weekly with Adele covering gym induction, guided fitness advice and help with motivation. I also attend Pilates and Aquafit sessions as part of my funded membership.

Outcome: I am so pleased to be part of this programme! I would not have done any of this independently. I am hoping I will be able to lose weight and get fitter.

*"Adele is an amazing instructor and motivator!
Thank you so much for including me."*

WHITWORTH LEISURE CENTRE

PROJECT OUTCOMES

We have successfully helped each participant to become more active, make social connections, and have a greater understanding of how good nutrition and regular exercise has major health benefits.

Participants were also provided with centre membership that enabled them to attend extra classes or visit the gym or pool for the duration of the programme.

53 unique beneficiaries attended our various 100 classes and sessions which totalled 80 hours of activity to support people to become more healthy and fitter.

The evidence comes from the data we have collected; for example, from the fitness tests completed at the start and end of each programme, which showed a marked improvement in fitness levels, including grip strength, reach and timed aerobic exercise ability.

We also gathered feedback from each group, not only on the ONS4 form, but with our initial health and wellness questionnaire, then our own evaluation questionnaire at the end of the programme. The results were overwhelmingly positive. 35% of the participants are now regular members of the leisure centre, which is obviously beneficial for them, but also for us as it brings in extra revenue.

The social connections that participants made were a bonus. Each cohort signed up to a WhatsApp group where they would regularly message each other with encouragement and would use the group to arrange to attend classes and activities together. These connections still exist for several participants, and some have now become regular attendees at classes together. We have also gained a casual spin instructor via the programme!





RAMMY MEN CIC AWARDED £5,000.00 FOR BOWLING US OVER!

We tried a couple of pilot sessions where we invited our members to join us in crown green bowling. At those pilots we were astonished by several things and want to offer it weekly.

All ages and abilities joined in, including those who'd had strokes, physical and mental health issues, substance misuse issues, ex-offenders, various genders, ethnicities, and more, including their families, children, and members of the public who walked by... Everyone, on a completely level playing field! And they loved it.

Feedback we received said it provided a surprising amount of exercise without even feeling like exercise, and in a way that anyone can participate. People began discussing their issues openly and without restraint. Where necessary, they passed one another on to our other in-house services such as peer-support and counselling.

We ended up getting lots more people involved in our other activities, vocational sessions, support sessions and more, as the bowling really lowered the entry-bar for people who are otherwise really nervous about engaging with us. Attendees made friends with other members of the community, with each other, and began to feel that they belong to something 'bigger' because the bowling club is actually a club.

It opened a number of them up to volunteering opportunities, even after just two sessions, with three of the pilot session attendees now volunteering at the bowling club!

Virtually everyone involved asked to make this a regular, weekly session.

We believe that this activity has the potential to be one of the most all-round beneficial activities for our target demographics, breaking down intergenerational differences, giving people a purpose, providing some exercise, the chance to get involved and volunteer, excel and become coaches, and become part of a team.

Alongside bowling, we have run incredibly successful TaiChi sessions at our premises for the past few months and find it to be another accessible form of physical exercise.

RAMMY MEN CIC

CASE STUDIES

I WOULDN'T STILL BE HERE WITHOUT THEM

Background: Man of nearly retirement age of Ugandan/Indian heritage and brought up in a very strict family having a profound, lasting impact on his mental health. He has a profoundly disabled step-daughter whose health problems are extremely distressing.

Needs: Undergoing counselling for some time with our in-house counsellor for his mental health and family problems. Also struggled for many years with alcohol-problems - now doing relatively well, but whenever his life (or his step-daughter's) faces a set-back, he very quickly returns to his former, destructive ways of trying to cope.

Action Taken: We have been providing free-of-charge counselling sessions, and persuaded him to become heavily involved in our bowling sessions. He agreed to take on running daily sessions, including undertaking coaching training once the greens reopen in March. We have encouraged him to get back involved with his local temple, which he has done and is really enjoying and benefitting from. He has also begun helping to cook for our other attendees, and regularly comes to our Wednesday sessions becoming a very welcome, well-liked participant.

Outcome: Although we have seen him slip back a couple of times, he is now doing incredibly well. His body language is very positive, he is smiling, and regularly attending. The hope and sense of anticipation he feels at being more involved in running the bowling sessions, and the sense of achievement he gets from being involved in cookery and our social sessions are palpable.

"Without Rob and Rammy Men I wouldn't still be here... He has a great way of getting the best out of people. I'm really looking forward to doing some more bowling."

A HUGE SMILE IS THE ONLY COMMENT WE REALLY NEED

Background: John is a survivor of a huge stroke four years ago which left him paralysed down his right side, with profound aphasia and eyesight difficulties. Prior to his stroke he was the "life and soul of the party" and a recent retiree with lots of plans for him, his wife and his family.

Needs: John needs some independence and some male company who just take him as he is, treat him like a normal person and don't badger him. His wife needs some respite so she can do her stuff.

Action Taken: John joined our Tai Chi and bowling sessions. He was also invited to join our Wednesday all-day sessions which he does every week, completely unsupported by carers.

Outcome: John joined our Tai Chi sessions and has seen some huge progressions in his (albeit slow) recovery. He now manages to get the bus to and from sessions on his own. He attends every Wednesday and even came on holiday for a few days with us before Christmas, unassisted by carers. He has gained a huge amount of independence, which he loves, and gets away from the "fussing women" including his wife, two daughters, grand-daughters! At sessions he feels like a normal person doing normal stuff - though recently his wife has joined him for Tai Chi, which he doesn't seem overly pleased about!

"His speech is virtually incomprehensible due to the aphasia, but the huge smile on his face when he shows up 2-3 times per week is the only comment we really need."



RAMMY MEN CIC

PROJECT OUTCOMES

The project has been a huge success and we will be continuing the entire provision going forward.

Throughout the project 146 sessions of bowling and Tai Chi have supported 155 unique beneficiaries aged from 13 years old to those over 80 years old.

9 volunteers supported the project by providing 290 hours of support throughout.

The biggest benefit of this funding, as well as helping keep costs affordable for everyone, has been our ability to continue throughout lean weeks. If the project needs to be entirely self-sufficient then a couple of quiet weeks in the lead-up to Christmas would necessitate closing the sessions. Being able to smooth the demand means we can get through to the New Year and the huge uptake that ensues.

Bowling take-up was at first slow and steady, but is increasing. Again, some weeks we have 20 people, some we have 2. This project funding lets us smooth that out.

The bowling club themselves are now using the equipment to encourage and train new bowlers. It's been very successful.

Cross-pollination between these and our existing sessions and support has been very strong with this project, with a number of people seeking out help and advice, and joining in with both attending and volunteering for other activities.

We also strongly believe that our project has helped the bowling club survive.

Our attendees also planted over 500 trees to help alleviate any future damage from flooding at the bowling club.

ROSSENDALE RUGBY CLUB

AWARDED £3,100.00 FOR WALKING RUGBY

We are looking to launch a Walking Rugby & Social programme in Rossendale, supporting 25 locals aged 50+ in our community to improve their mental, social, physical health, wellbeing.

We plan to provide 12-months walking rugby and social activities accessible for all, regardless of abilities, mobility, experience of walking rugby. Each week, we will deliver fun and engaging 2-hour sessions split into 90 minutes physical activities (e.g. rugby drills, mini-games, exercises, stretching) and 30 minutes dedicated for informal socialising. This will be hosted at Rossendale Rugby Club, highly accessible locally.

Our experienced session coaches will support participants in small groups and one-to-one, providing encouragement, expert support and facilitating a friendly and welcoming environment so everyone feels valued and included throughout. Our Project Coordinator will collect feedback throughout, and our project has been developed so that our sessions can be adapted (e.g. content, difficulty) from any feedback, further enhancing our project's accessibility.

Overall, our project will provide 96 hours of free accessible activities for 25 older isolated locals. Their regular participation each week will provide an invaluable opportunity to get fit and active, encourage more socialising, and build peer support networks. This will help tackle rising isolation in our community and improve people's mental & social health.

The project will be managed by our Project Coordinator, including liaising with coaches, participants, organising activities. We will also signpost our community to accessible activities beyond the 12 months to ensure long-term positive impact for our community.





HIGHLIGHT OF MY WEEK

Background: A man in his early 60s who has been living with both mental health and medical challenges for a number of years. He played rugby continuously for almost 50 years from the age of 11 and had missed the sense of belonging, banter and camaraderie that being part of a team had given him throughout his life.

Needs: He was looking to improve his fitness, reconnect with friends and have something positive to look forward to after work. Having played rugby for most of his life he wanted to stay connected rugby and feel part of a team again, needing an activity that could support his mental wellbeing alongside his physical health.

Action Taken: He joined the Walking Rugby sessions and now attends every week. The group is open to everyone, mixing men and women, experienced players and complete beginners and the sessions are pitched to be physically demanding enough to raise the heart rate without being overwhelming.

Outcome: It has become the highlight of his week and an important part of maintaining mental wellbeing. It gives him purpose, lifts his mood and has helped rebuild confidence and strengthen friendships. Having played rugby continuously for nearly 50 years, the group has allowed him to stay connected to the game he loves while looking after his health, and he describes the impact as life-changing..

"Walking rugby has given me far more than exercise, it has helped rebuild my confidence, improved my mental wellbeing, strengthened friendships and reminded me how powerful being part of a team can be. For me, it has truly been life-changing."

ROSSENDALE RUGBY CLUB

CASE STUDIES

A FUN ENGAGING WAY TO BE ACTIVE

Background: An older adult male who had played rugby in his younger years, but become less active and struggled with weight and minor health issues as a result.

Needs: Improve physical activity levels in a way that felt manageable and safe. Traditional exercise felt intimidating due to weight and health concerns, and believed his rugby-playing days were over. Lacked regular means to socialise during the week, impacting motivation and mental wellbeing.

Action Taken: Attended an initial session to see what it was like. The group provided a welcoming, inclusive environment allowing him to take part at his own pace. Sessions focused on low-impact physical activity. Time after sessions for informal socialising enabled him to connect and build relationships.

Outcome: Attends sessions weekly, reporting high enjoyment levels and describes Walking Rugby as a fun, engaging way to be active, often achieving significant step counts without realising. The safe, supportive environment has improved his confidence and motivation to stay active, and socialising positively impacted mental wellbeing, providing regular opportunities to connect and reduce isolation.

"It's genuinely great fun: re-bonding with old pals and bonding with lads I've never met before. An hour is just enough for my ageing bones, and the regular breaks Sam kindly inserts ensure we don't overdo it!"

ROSSENDALE RUGBY CLUB

PROJECT OUTCOMES

The project set out to reduce isolation and improve the mental, social and physical health of over 50s in Rossendale and the evidence gathered over the delivery period shows this has been achieved. 31 unique beneficiaries took part across 42 sessions and a Walking Rugby Festival, totalling 88 hours of free, accessible activity.

Participants presented with a range of health issues and conditions including respiratory conditions, diabetes, high cholesterol, mental ill health, and musculoskeletal problems.

Reduced Isolation & Community Building

Participants have formed genuine peer connections through the project and are now meeting up socially outside of scheduled sessions, showing the group has created a lasting community environment rather than a one-off activity.

Engagement From An Under-Represented Group

Three women joined the sessions which is a strong outcome given that rugby-based activities typically attract fewer female participants in this age group and points to further potential to grow female participation.

Sustained Regular Participation

With 8 beneficiaries aged 40–59 and 23 aged 60–80 attending consistently over the delivery period, the project has demonstrated it can engage and retain an age group that can be harder to reach through mainstream physical activity provision.

The above headings demonstrate the impact of the project along with some additional unexpected benefits, extending the impact of the project beyond the funded delivery hours and building a genuine peer support network in the group.

3 volunteers supported this project and provided 8 hours of support.





MANCHESTER MEN'S HEALTH

AWARDED £4,956.00 FOR

TALL TALES FOR ALL MEN

Manchester Men's Health C.I.C has been operating since 2013. It has an established track record of delivering interventions to men using creative, holistic, measured approaches to improve men's health.

We would like to run a Men's Health Event at Haslingden Community Link, which will include health checks for attendees, local services information stalls (health, mental health, wellbeing), give a chance to network, and community engagement. A performance of "Tall Tales for All Men", a play written and performed by Tony Curry (aka Tony Sheppard), where Tony shares stories about his father and brother, who sadly both died prematurely, will be performed.

Two further performances at Veterans In Communities and Whitworth Men's Shed will be delivered. Nine creative/men's health writing workshops will be delivered to Rossendale Men's Shed, VIC, and Whitworth Men's Shed. Each workshop explores themes from the play: identity, grief, mental health, masculinity, and resilience. We will work with project leads on planning follow-up events/discussions around the issues from the performance, helping longer term impact and supporting the groups going forward.

The project beneficiaries are men involved with Rossendale Men's Shed, VIC and Whitworth Men's Shed, and the wider public attending the event and the performances as well as local health and wellbeing providers engaging with hard-to-reach male populations. The project will address isolation, poor mental health, and low engagement with health services by men.

We aim to improve awareness of male suicide and health, increase access to local health services, improve emotional intelligence and confidence, create stronger peer connections and reduce isolation, so that men will be more likely to seek help.

MANCHESTER MEN'S HEALTH

CASE STUDIES



REALLY GOOD TO SEE YOU AGAIN

Background: Known this male client for some time. We first met when I was the project co-ordinator of Whitworth Men's Shed and through this current project I have once again made contact with them.

Needs: In need of social contact and support.

Action Taken: The group have been supporting the client through a relationship breakdown and a decrease in their mental health.

Outcome: The client has accessed his GP. The client continues to receive support from the group.

"Really good to see you again!"

NORMALLY I'M ON MY OWN

Background: A 63-year-old male who self-referred.

Needs: Isolation due to reduced mobility, anxiety and poor mental health. They need to be able to talk about their life, to be heard and to connect with others.

Action Taken: The project facilitated a workshop. They created a welcoming safe environment where they felt at ease to share. They shared their life story answering the following questions: 'When and where were you born?' 'Where were your parents born?' 'Where did they meet?' 'Where did you grow up?' 'What are your earliest memories?' 'What games did you play?' 'Who were your friends?' 'Did your dad play with you?' 'Have you any brothers and sisters?' 'What was school like?' 'Have you any funny stories that happened when you were growing up?' 'What did you want to be when you were growing up?' 'Did you ever get bullied?' 'Did you enjoy sports?'

This enabled the man to share his story, to be heard.

Outcome: The man said he enjoyed the session and he wasn't alone. It was the first time he had attended a Rossendale Men's Shed session.

"Good listen to other people, normally I'm just on my own."



MANCHESTER MEN'S HEALTH PROJECT OUTCOMES

The project successfully met its desired outcomes as described below:

Improved awareness of male suicide and health

3 performances of 'Tall Tales for All Men' were delivered – 47 attended. Poet Tony Curry shared experiences of losing his brother to suicide. 3 post-performance discussions were facilitated where Tony shared in more detail the impact of male suicide and men's health with attendees who shared their experiences of losing someone to suicide, dealing with difficult times, and strategies to help and maintain good health. We also delivered 2 presentations to Rossendale Connected and Lancashire Suicide and Self-Harm Network.

Increased access to local health services

The project worked alongside Lancashire and South Cumbria NHS Foundation Trust who attended the Haslingden Community Link event in May. They brought the Harri Health Bus and 21 people had free health checks and also had access to the Talking Therapies Project.

Improved emotional intelligence and confidence

In answer to the question, 'Has this performance changed how likely you are to talk about mental health?', 5 answered 'much more likely', and 4 answered 'somewhat'.

Stronger peer connections

The project delivered 3 events where a total of 47 people attended. 38 of the men had accessed Rammy Men, Rossendale Men's Shed and Whitworth Men's Shed. One man attended the workshop at Haslingden Community Link, who had never accessed Rossendale Men's Shed, but had wanted to. 8 workshops were delivered at Rammy Men, a group of 6 men attended regularly.

Reduced isolation and that men will be more likely to seek help

A quote from a man who attended the Rammy Men show demonstrates this, "The show was a great ice-breaker and catalyst for a very open and frank discussion. Because everyone had been on Tony's journey, we felt a warm inclusivity and that made talking so much easier."

Develop facilitation skills of group leaders

Through this project Manchester Men's Health has developed an excellent working partnership with Rossendale Men's Shed and Rammy Men. Manchester Men's Health will continue to work with both of these projects, in helping them to improve men's health and to share our knowledge and expertise.

MORE IN THE ROOM CIC

AWARDED £1,529.26 FOR MENOAUSE & MORE

Menopause and More deliver menopause education and wellbeing sessions to the community in Rossendale.

The sessions are delivered by qualified professionals and practitioners. Our sessions do vary slightly, but usually have a talk from Dr. Emma Gladwinfield, a movement session (yoga or pilates), a wellbeing talk delivered by a qualified mental health practitioner, a Q&A, and a social food share.

We have also done specialised sessions for members of the Muslim community and we have been into workplaces to support staff too.

At each session, we take feedback and iterate our offer to ensure that we are meeting the needs of the community.

We also host Walk and Talk sessions where we lead small groups on walks in the local area to bring people together and provide a safe environment to talk about menopause.

We aim to provide two community education and wellbeing sessions – including movement with 30 places per event, two community education and wellbeing sessions – including creative writing and poetry with 20 places per event, and four Walk and Talk sessions (with a cafe stop at the end) with 15 places per event.

We have not identified the practitioners who will deliver the movement sessions yet, but we have three yoga and pilates teachers that we work with currently who would be happy to support this project.

Local writer and journalist, Catherine Smyth, will lead the creative writing and poetry sessions. The Walk and Talk sessions will be hosted across the borough and facilitated by a qualified walk leader.

We will host at least one education and wellbeing session in Whitworth, and one of the Walk and Talk sessions will be led in Whitworth too.





ENJOYABLE 'ME TIME' SESSIONS

Background: A 52 year old lady wanted to find a group where she could find 'like minded ladies'.

Needs: Wanted to find herself and her tribe. Wanted to learn new ways to practise self care.

Action Taken: She started by attending one of our sessions, and in the end, came to 3. She undertook yoga and creative writing.

Outcome: Attending sessions helped her try out yoga, which is something she now does regularly. She has widened her friendship group and is a huge advocate for the group.

"I love this group of ladies. The organisers offer support and medical advice to us all. The activities give you ideas to continue mindfulness, which have included yoga and creative writing when you are at home."

"I have told many of my friends and they are keen to come to the next lot of sessions."

MORE IN THE ROOM CIC CASE STUDIES

ENJOYABLE 'ME TIME' SESSIONS

Background: Lady in her mid 60s

Needs: Wanted information on menopause and wanted to meet people as she was new to the area.

Action Taken: Menopause information and support was available at the first part of the session and the lady was introduced to other ladies who live near her. They attended the walk and talk together and have arranged to meet for coffee again.

Outcome: The lady feels much more informed about her menopausal journey and has made positive connections in the community. She has told us that she feels much more settled and comfortable in the area.

"I've been to both menopause events. What could have been misconstrued as a depressing sounding event was quite the opposite. They are informative, uplifting, fun, enjoyable 'me' time sessions."

"I thoroughly recommend them if you want to meet lovely like-minded women & get good information on holistic approaches to the menopause and beyond."

MORE IN THE ROOM CIC

PROJECT OUTCOMES

Our sessions were carefully planned to ensure that up to date, evidence based menopause information was delivered by a qualified GP.

We created a safe space for women to ask potentially personal questions and get the accurate information they needed.

We complimented the medical information with holistic support, provided by trained professionals and gave our ladies opportunity to learn and try new things.

Our wellbeing walks encouraged gentle movement, introduced the women to new places and enabled safe conversations for those who needed them.

We undertook a survey after each session and scores were consistently high with participants sharing that they felt more knowledgeable, felt supported and would recommend us to other people.

Whilst many of our attendees found out about us via social media, some came via their GP or friends who highly recommended our sessions.

All of the women who attended came for the primary reason of wanting some help/advice/support around managing their menopause.

However, women made new connections and friends – leading to wider support networks and more social capital.

A number of the women who attended the yoga session now regularly attend yoga classes and the same with creative writing – it has been shared that some are now journaling and writing poetry to help with their mood.





THE ABD CENTRE AWARDED £4,500.00 FOR KEEPING ACTIVE

We would like to deliver five targeted physical activities sessions to promote and improve a healthier lifestyle, improve mental wellbeing, and nurture socialisation.

Each activity will be weekly and last 1 hour; 45 minutes exercise and 15 minutes brew and chat. The sessions will start in October and run through to July covering a total of 41 weeks.

The groups will be Tai Chi exercises, movement to music, seated yoga, circuit training, Zumba. Seated yoga will be targeted towards people with disabilities or mobility difficulties to help improve mobility in joints and breathing exercises. Tai Chi exercises will use the movements from the Chinese art of Tai Chi to help with core strength (falls prevention), mobility, and breathing. Movement To Music will work with older people and focus on exercises to help with weight management, general fitness, and a social activity to reduce the impact of social isolation. Circuit training is aimed at people who feel they are not fit enough or who are body conscious to attend a 'normal' gym. Zumba is for people to exercise who don't like conventional classes, but like dance and music.

We feel these five classes cover a wide range of hard to reach people who may feel they can't exercise. In addition to the health benefits of exercise there is a social element that will encourage new friendships, improve the risk of social isolation, and provide an opportunity to signpost to other services.

These five exercise sessions can also provide a benefit for other activities in the Centre such as Slimming World, social prescribers, and therapeutic massage as a wrap-around approach to healthy lifestyles and weight management.

All sessions will be taught by qualified and experienced staff. There will be a small charge to cover staffing costs, encourage commitment and help with sustainability going forward.

THE ABD CENTRE

CASE STUDIES

FEEL PART OF THE WORLD

Background: A lady in her 70's with early onset dementia and Parkinson's attends Movement to Music sessions. Isolated and increasingly detached from the world.

Needs: Having early onset she still has mental capacity. Needs to normalise her life as much as possible while maintaining social contact as long as possible. She needs to steady herself using a chair.

Action Taken: The tutor modifies some dance moves and introduces things like scarves/ribbons to ensure everyone is having fun and helping to improve upper body movement, core strength and some mobile stability.

Outcome: This has been a very positive experience and is keeping some independence and social integration. Her medical condition is degenerative, but this activity is improving her current quality of life.

"I live alone, so can feel lonely, but coming here makes me feel part of the world."



IMPROVED MOBILITY

Background: Older couple husband and wife attend Tai Chi. Husband comes to support his wife who has mobility and weight issues, but wants to improve her health and mental wellbeing.

Needs: They needed an 'exercise' class that didn't involve much energetic movement but that would improve core strength and joint movement without strain.

Action Taken: Our Monday Tai Chi class is all about using the movement of Tai Chi in a targeted exercise format. This focuses on core strength in a standing posture, joint rotation, and slow controlled movements – perfect for what the lady was looking for.

Outcome: The couple attend every week without fail. They enjoy the exercises and report they have improved their mobility.

"Look forward to class every week. I enjoy it and feel better for it."



THE ABD CENTRE PROJECT OUTCOMES

The Keeping Active project delivered 308 sessions (7 per week from Oct 25 – July 26). In total, 73 unique beneficiaries accessed this project across all of the varied exercise classes.

The sessions delivered as specified in the application break down as follows:

January Fitness 41 X 2 hours = 82 hours

Tai Chi 41 weeks X 2 hours = 82 hours

Movement To Music 41 x 1 hour = 41 hours

Zumba 41 x 1 hour = 41 hours

Circuit Training 41 x 1 hour = 41 hours

Total sessions hours delivered = 287

Due to demand we increased our exercise sessions from 5 per week to 7 per week, introducing a Pilates class on Monday and an additional Tai Chi session on Friday. Sadly, we lost the chair-based yoga as our lift broke and they could not use the stairs to access the room.

Participants engaged in these exercise sessions to improve their health and wellbeing, reduce weight, and improve strength.

Many of the participants in these exercise sessions made lasting friendships with new people and it became a great way for many to socialise.

5 volunteers supported the various exercise sessions providing a total of 308 hours of support.

HASLINGDEN SQUASH CLUB

AWARDED £3,664.50 FOR SQUASH DEVELOPMENT PROGRAMME FOR ADULTS

We would like to launch a squash development program for adults and juniors. We have previously run squash programs focused on developing juniors and ladies, with great success.

Historically these initiatives have been very successful in encouraging juniors and adults to partake in squash on a regular basis. Participation in squash enables people to be physically active, resulting in improved mental and physical wellbeing. Squash has recently been added as a new Olympic Sport, and is not provided at schools. Due to the cost of hiring courts and coaches, we are unable to launch a squash development program without funding.

We propose to arrange 2 sessions on Wednesday evenings for adults and 4 sessions on Saturday mornings for juniors, with courts and coaching provided, for 6 months.

As well as encouraging physical activity, these sessions will be in a group environment, which would enhance mental wellbeing. There will be opportunities to participate in social and team squash following the launch and delivery of the development program.

The sessions will be targeted at adults and juniors who are new to squash – our goal is to attract 10 new adults and 10 new juniors over the six month period that we will run these sessions. The sessions will be on a drop in basis.





CONFIDENCE BUILDING

Background: 15-year-old girl.

Needs: To improve fitness and hand-eye coordination, and to build confidence.

Action Taken: Weekly squash coaching which led to opportunities to play in a ladies squash league against other clubs.

Outcome: Improved squash ability and confidence, and she also made friends.

"Thank to Bernard, Dave and Steve for their help."

HASLINGDEN SQUASH CLUB

CASE STUDIES

HELPFUL ENCOURAGEMENT

Background: Mum of two and never played squash before.

Needs: To improve fitness and make new friends.

Action Taken: Taught the basics of squash through sessions for ladies.

Outcome: Has become fitter and gained confidence playing against others and in a league.

"Thank you to the coaches for their help and encouragement."

HASLINGDEN SQUASH CLUB

PROJECT OUTCOMES

The project has achieved the expected outcomes.

The coaching and practice provided has improved the ability of all participants, leading to participants playing regularly in both organised box league within the club, matches against other clubs, and social squash games.

28 unique beneficiaries benefitted from 263 hours of activity over a total of 395 sessions. The main reasons for engaging with this project were to learn how to play squash, improve fitness and wellbeing, and to reduce isolation and make new friends.

This project supported all ages from 6 years old to 80 years old. 5 volunteers supported this project with a collective total of 550 hours of dedicated support.

Additional unexpected benefits of the project are that the ladies in the squash development program have connected for social activities, including trips to the theatre and get togethers for coffee.

Another unexpected benefit was a Christmas party was also arranged for all participants.





PONIES FOR PEOPLE

AWARDED £4,150.00 FOR RIDE FIT AND WELLBEING

Following a summer 2025 project working with Positive Action in the Community (Be Free, domestic abuse support), we would like to continue to support the ladies and families we connected with. We would also like to open up our services to other community members who would benefit from support in socialising and physical and mental wellbeing.

Ponies for People is a grass roots constituted community group bringing the power and therapeutic benefits of interaction with horses to a wider, more diverse clientele. Ponies do not make judgements about people based on age, gender, colour, creed, social background, wealth or status, only on the person you really are.

Interaction with horses and ponies is now being widely recognised as having mental, physical and emotional benefits, especially if carried out in nature. Our venue in the Rossendale hills is perfect to take vulnerable individuals and families outside their usual environment, offer them fresh air, exercise, comradeship and a unique experience of working with a large animal.

We would offer weekly one and a half hour sessions from March to July. This would cover two school holidays where families and children could be integrated into the scheme.

For individuals referred, supported, or self-referred there would be a structured "Ride Fit" programme incorporating nutrition, breathing, calming mindfulness, physical exercise, and body and mental health awareness, all working towards (if desired) the opportunity to ride.

Exercises include strengthening limb and core muscles, suppleness, posture, and alignment.

There would be opportunity to groom the ponies, learn more about them and how to handle them safely, as well as time to socialise over a brew.

The skills and qualities needed for horsemanship are those which can be carried over into life skills. We approach all our activities with a calm, quiet, sensible ethos building trust, respect, friendship and communication between people and ponies.

PONIES FOR PEOPLE

CASE STUDIES

SPIRIT LIFTING

Background: Young lady in her early twenties. In the last year she has lost both parents and her dog. This course was suggested by a family friend to get her out of the house.

Needs: Suffering from anxiety and depression. On anti-depressants.

Action Taken: The group supported her quietly and encouraged her to take part in activities. We allowed her to become comfortable and talk about her problems, and supported her in every way.

Outcome: She has started a part-time caring job. She is tackling sorting out the family home. She is volunteering with Ponies for People and is full of ideas and is now helping to support others in a confident and friendly manner. She has also come off the medication.

"I felt like I didn't have a purpose or any skills, but that has completely changed since starting this course. It gives me something to look forward to each week, and lifts my spirits after having bad days."



PONIES
• FOR PEOPLE •

HELPED ME PUSH MYSELF

Background: Middle aged lady with high blood pressure, recently retired, feeling stressed, and confidence at a low point.

Needs: To help with confidence.

Action Taken: The group supported and encouraged active participation among all members. Confidence building activities, problem solving, communication skills and teamwork all proved beneficial.

Outcome: She has started a part-time job. She is now volunteering with Ponies for People "to give back". She is supportive, understanding and encouraging, and can use her own initiative.

"This course has helped me push myself to get out and engage with new people. I can communicate better as the course has evolved. I feel good about learning new things and retaining the information."



PONIES FOR PEOPLE

PROJECT OUTCOMES

For the first Ride Fit and Wellbeing course delivered, we wanted to attract people with an interest, but not necessarily knowledge of horses and horsemanship, who needed an activity to help with issues such as anxiety and depression. Clients for whom this would be a step out of their comfort zone, to encourage participation that would be challenging, but supported by like-minded people and dedicated staff, in an atmosphere of mutual trust, friendship and respect. We wanted it to work on physical, social and mental levels, to increase confidence, self-reliance and belief in being able to learn and achieve in a different environment.

Our clients were encouraged to push themselves physically, increasing core and limb strength and gaining confidence in their abilities to tackle unusual and unknown tasks. They had to problem solve in working with ponies who do not give all the answers, but were very patient! They learnt things they never realised about caring for and working with large animals. We discussed mental and physical health issues in a caring environment.

A shared bond developed between all people and ponies alike; there was much encouragement and laughter. By the end, all clients rode ponies, a very natural conclusion to the preparation and groundwork put in. This was initially proposed as a non-riding course, but everyone achieved more than expected, and felt a great deal of pride in themselves, their physical capabilities, mental strength, and each other.

One lady who could not fully complete the course said: "I want to add that this course, and being with the Fell ponies has been incredibly therapeutic. Therefore, you should be proud as you have created something which is both precious and powerful. I feel so grateful to have had this opportunity."

Ponies for People know the benefits of working with horses and the potential that this course held. Given this group of clients and their commitment to learn and persevere, the outcomes were everything we would have hoped for, but turned out to be so much more.

This was a lovely group who looked after, supported and encouraged each other. The friendship that developed in the group between all members was an added and unforeseen benefit.

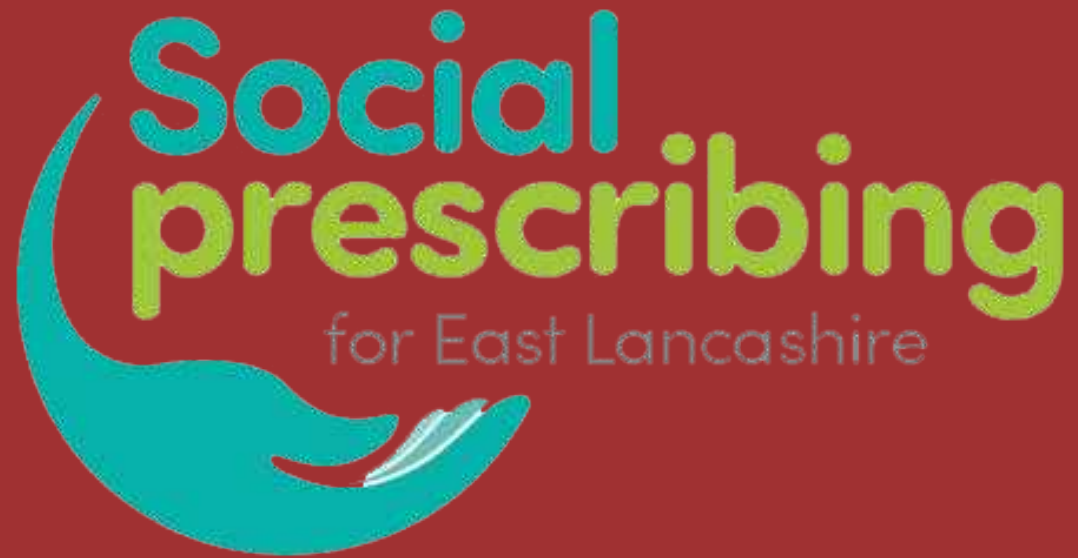
All members of the group have expressed their interest in volunteering and supporting others in the future.

One member made super cakes every week!

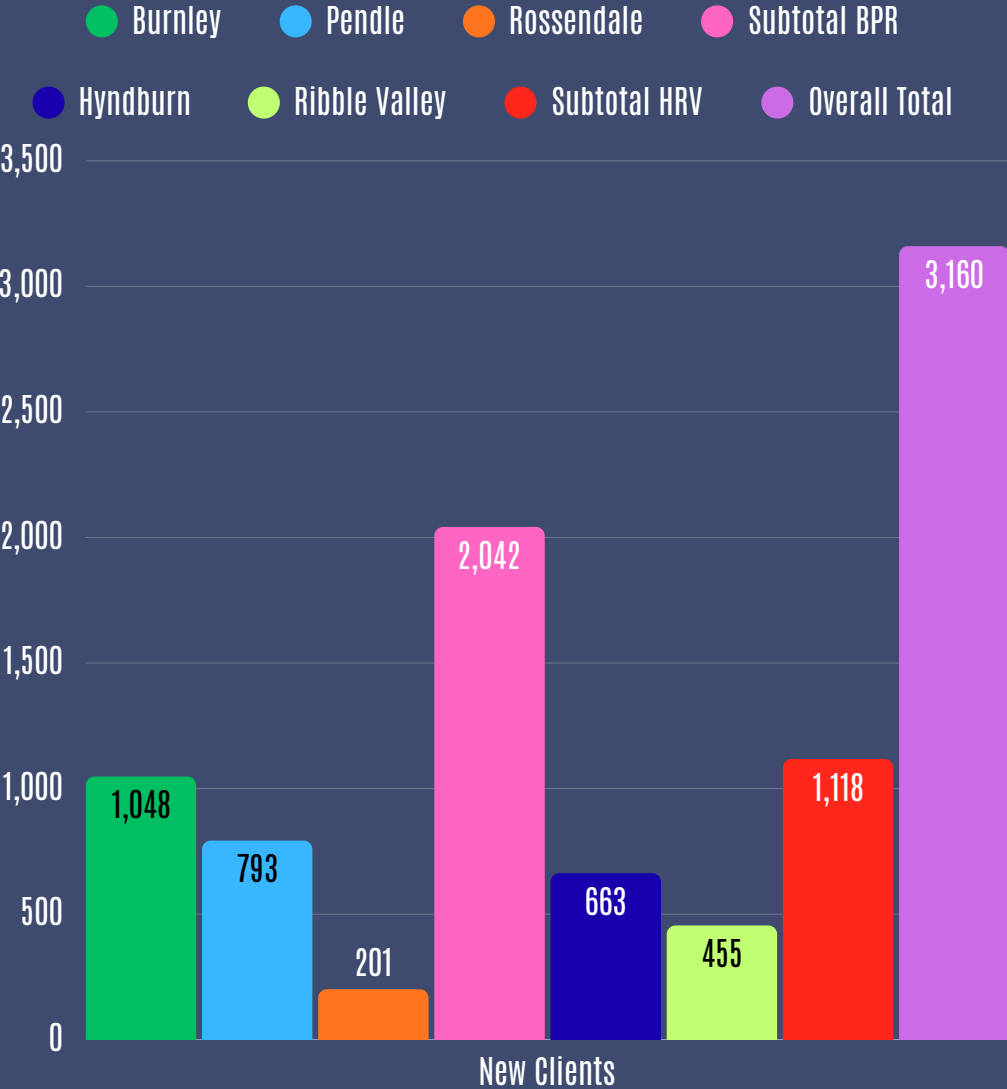
SOCIAL PRESCRIBING LINK WORKERS

From August 2025 to July 2026, Burnley, Pendle and Rossendale employed six full time Social Prescribing Link Workers and eight part time Social Connectors across the six PCNs in the three areas.

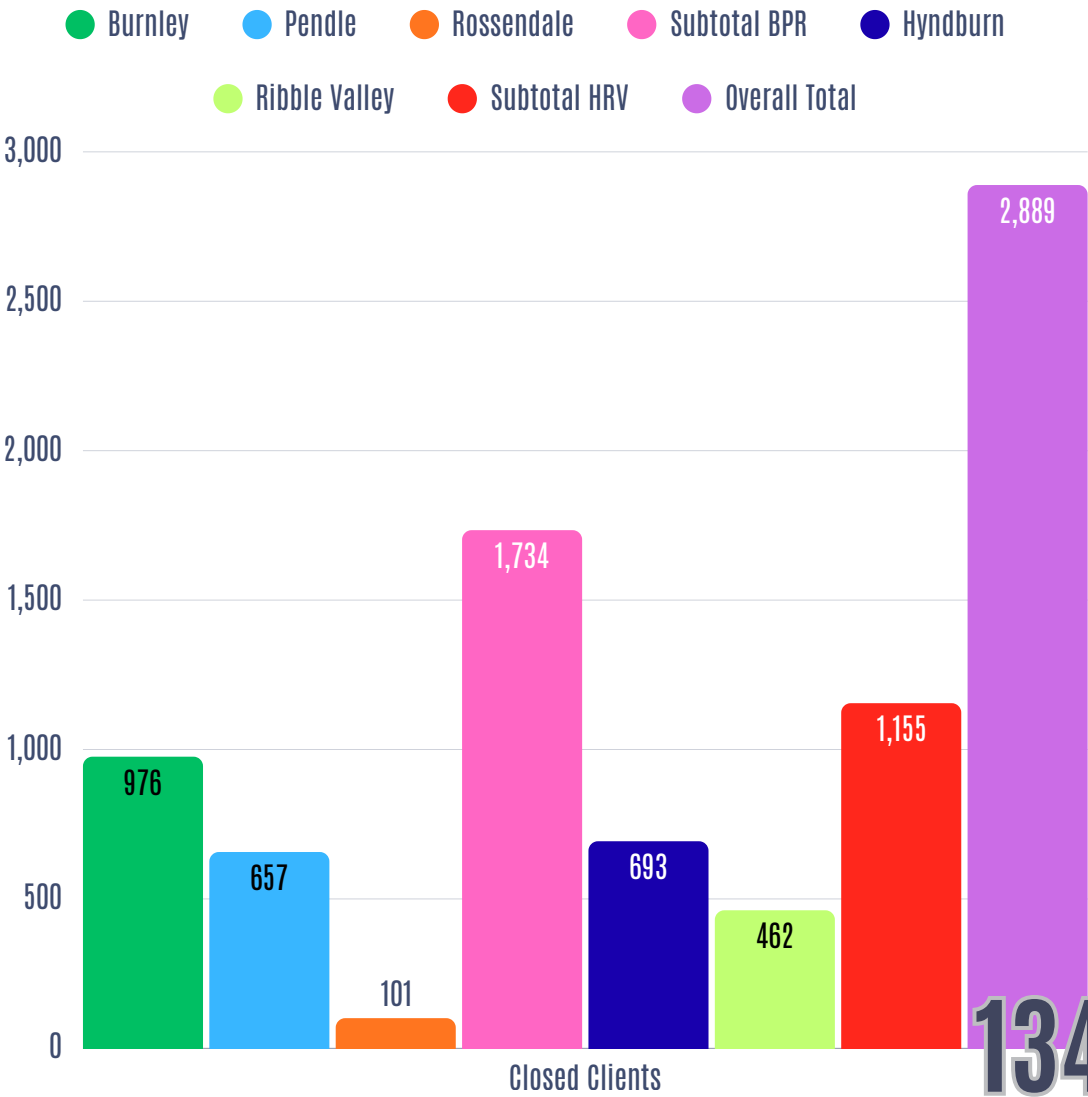
Hyndburn and Ribble Valley had seven Social Prescribing Link Workers and one Green Social Connector across the two areas.



These statistics reflect the caseload of the Burnley, Pendle and Rossendale Linkworkers and Connectors for the period of August 2025 to July 2026.



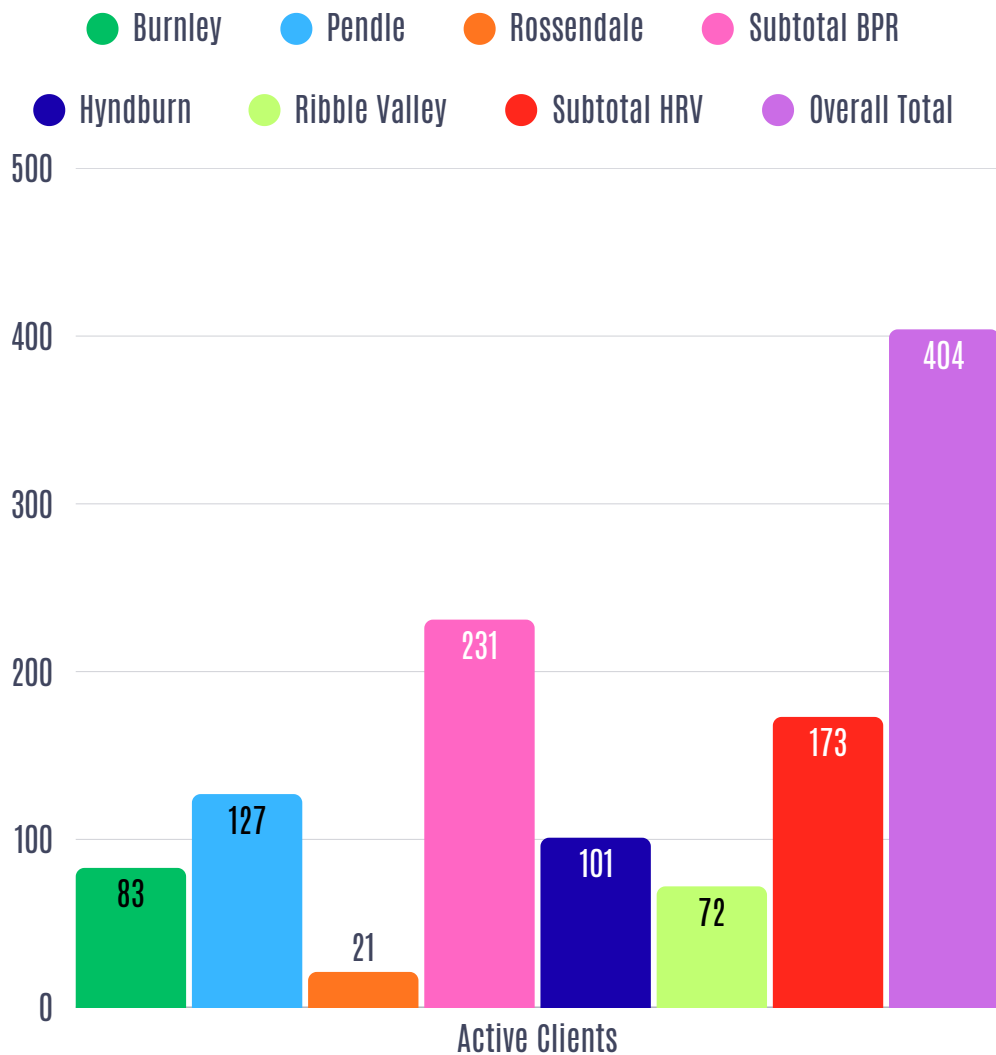
SOCIAL PRESCRIBING STATISTICS



ACTIVE CLIENTS

As of 31st July 2026

Hours of support opposite is calculated on the average of spending 6 sessions of 2 hours each which is then multiplied by the number of new referrals.



HOURS OF SUPPORT

Burnley, Pendle & Rossendale

Subtotal
24,504

Burnley
12,576

Pendle
9,516

Rossendale
2,412

Overall Total

37,920

Hyndburn & Ribble Valley

Subtotal
13,416

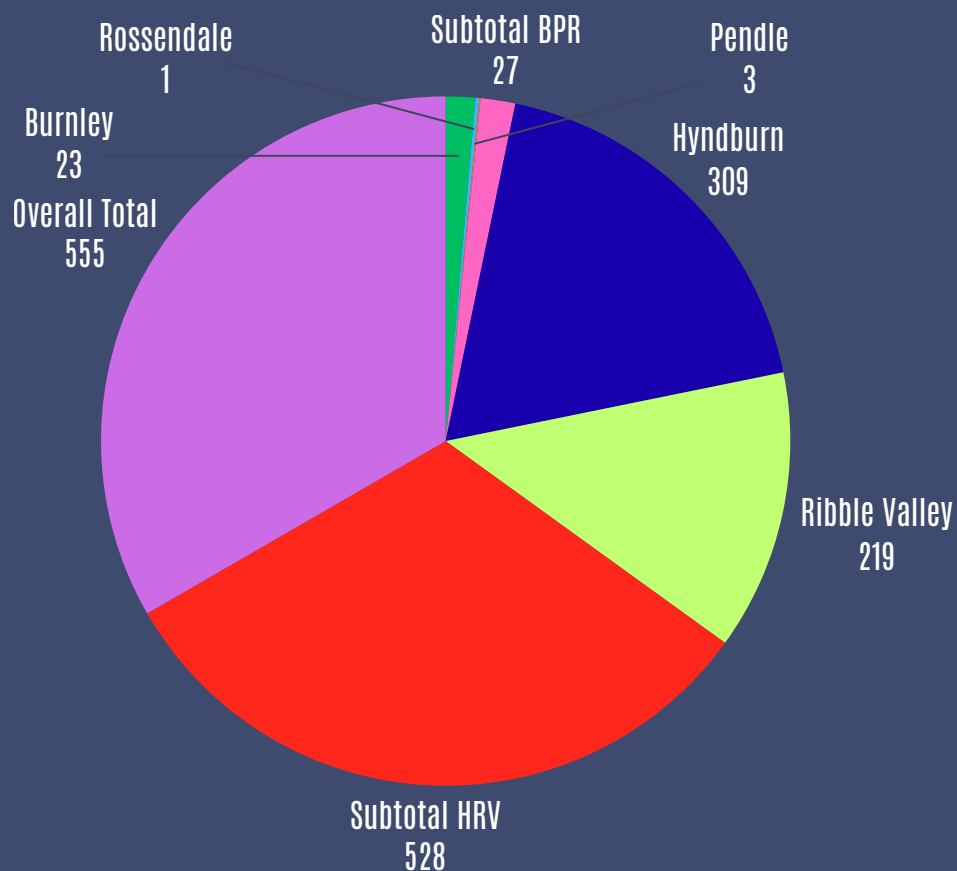
Hyndburn
7,956

Ribble Valley
5,460

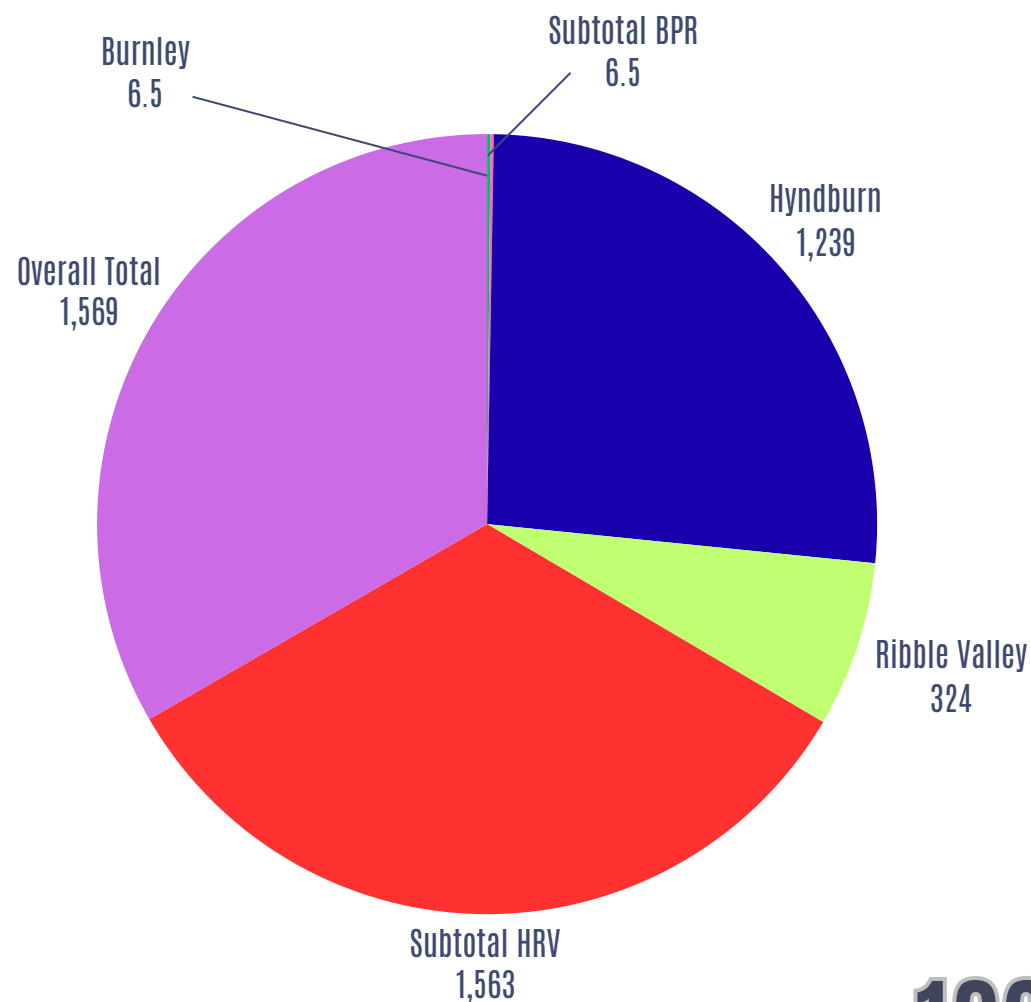
135

VOLUNTEERING

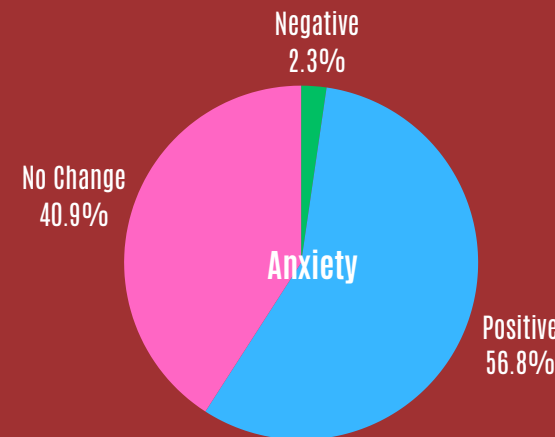
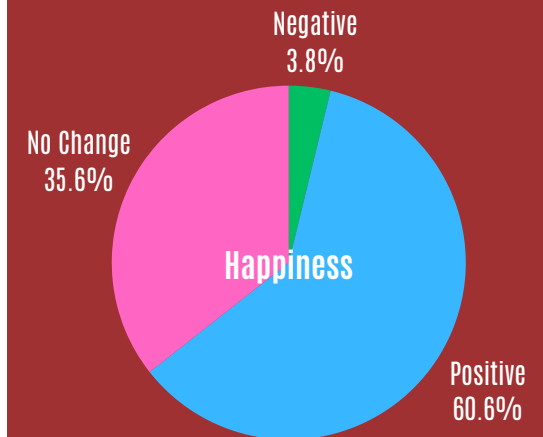
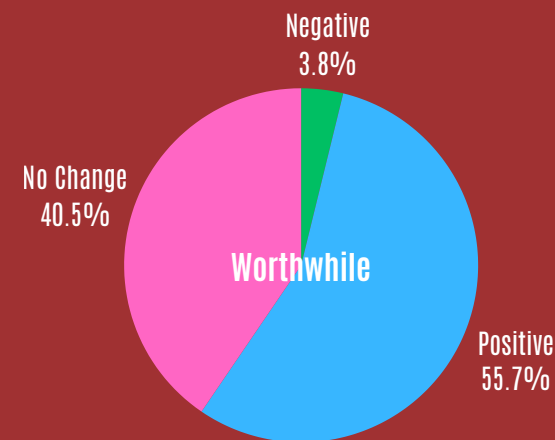
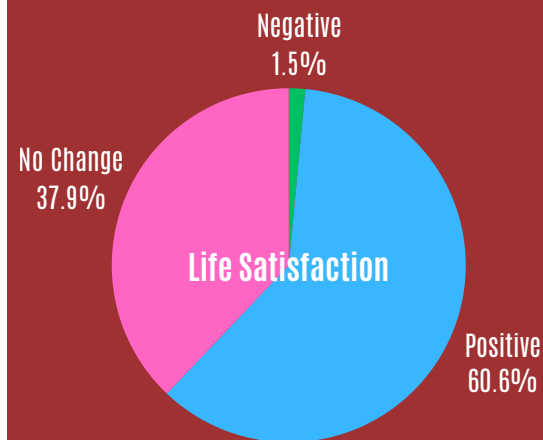
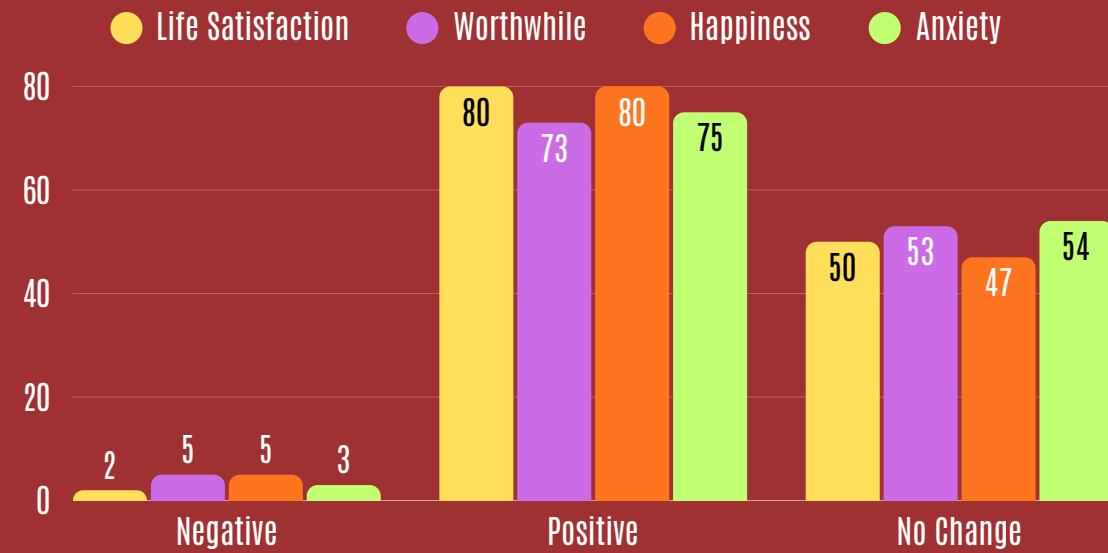
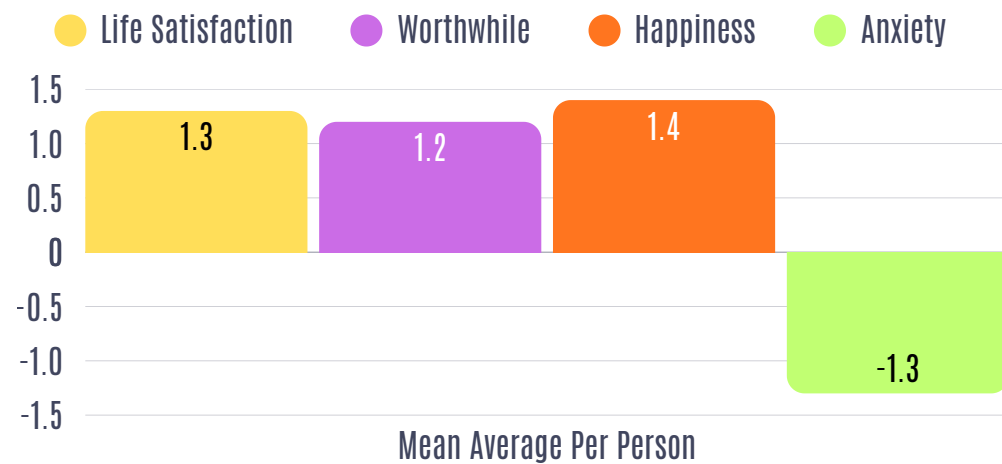
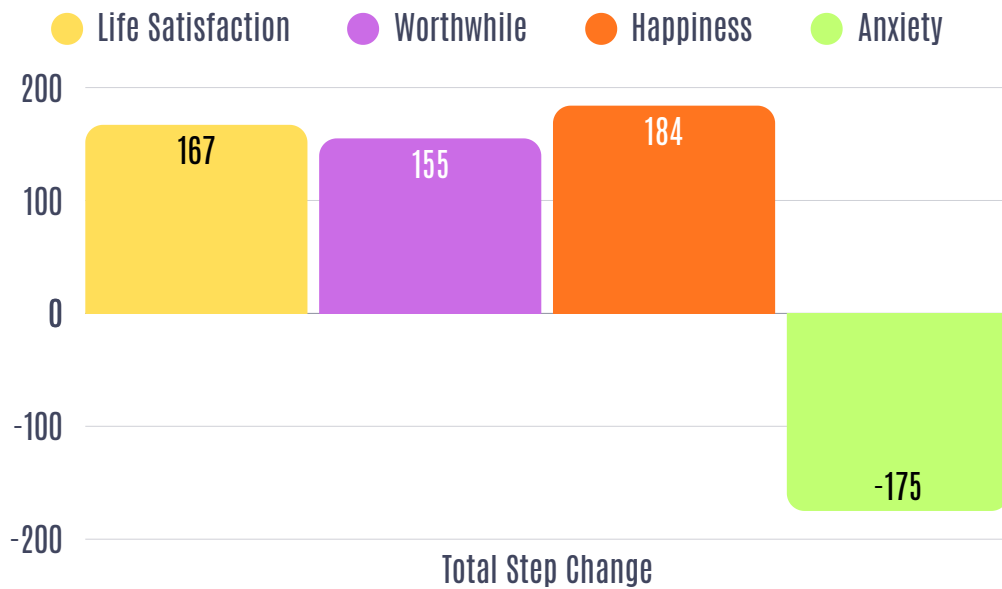
NUMBER OF VOLUNTEERS RECRUITED/SUPPORTED



VOLUNTEER SUPPORT HOURS



ONS4 SCORES



Reasons Indicated On Initial Referral

Depression/anxiety, social isolation, low confidence/self-esteem.

Background of Client

Client is a man in his 40s who has physical health issues and a medical condition which means he is visually impaired, and he has recently been registered blind. He also has a diagnosis of Bi-Polar Disorder and depression and anxiety.

Initial Assessment and Support Provided

In my initial meeting with the client, he said due to his health conditions and losing his sight he has had to give up work and he had lost confidence in going out due to fear of tripping and falling. His wife works most days and so he said he is in the home alone a lot and said he feels depressed and sometimes stays in bed all day. He was struggling with ADL's and wasn't cooking or eating properly.

I referred him to ASC for some support during the day, and I also referred his wife to Carers Link as she was feeling the strain with working full time and caring for her husband.

I gave him information for Pendleside meals on wheels, Burnley Blind Society social group, Pendle Sight Loss support group, Diabetes peer support group, Limitless Cycling for exercise and Communicars for transport.

I referred him into the RNIB Eye Care Liaison service at BGH for advice, information and possible equipment to help him

Client Outcomes

RNIB Eye Care Liaison Officer has been in contact, and she has referred him to ROVI and referred him for a low vision assessment, and he has been provided with some equipment to help him.

ASC have completed a financial assessment and are looking to put in a package of care, including a carer to take the client out to social activities. I met him at the Limitless Cycling session in Thomspson Park, and he had a go on a side-by-side tandem bike with another attendee. He said he really enjoyed it and said will be attending the cycling again.

BURNLEY CASE STUDY

SEEING THE SUNLIGHT

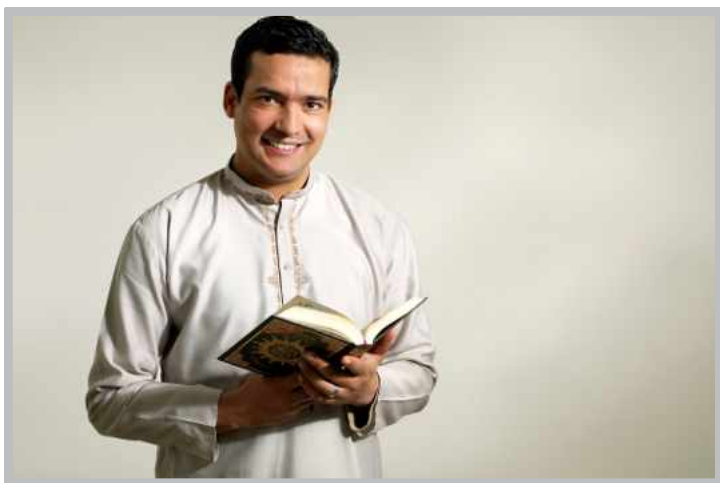


ONS4 Score	Satisfaction	Worthwhile	Happiness	Anxiety
Initial	2	2	3	8
Final	6	6	8	5

"Thank you, I feel very happy. If you look up to the mountains you will always see the sunlight".

PENDLE CASE STUDY

WISHED I'D BEEN REFERRED SOONER



ONS4 Score	Satisfaction	Worthwhile	Happiness	Anxiety
Initial	5	7	5	4
Final	6	7	6	3

"Since being connected with social prescribing, I feel more hopeful and positive. I wish I'd been referred to this sooner."

Reasons Indicated On Initial Referral

The client would like to be supported to access various services. He is struggling to get out of the house, feels isolated, speaks Punjabi with very little English so feels the language barrier impacts him greatly. He would like to be able to get home by using a bus pass again as this helps him to get out more which helps his mental health. The client has a few health issues including a heart condition, diabetes and chronic pain.

Background Of Client

The client is 63 years old, diagnosed with a heart condition and other health issues. He also struggles with his mental health and anxiety. He disclosed that he was a survivor of domestic violence from his ex-wife who used to physically and financially abuse him. He struggles to trust people regarding finances. He also needed support in accessing a food bank as well as support once he moved into his new rented accommodation.

Initial Assessment and Support Provided

The client required support in finding things in the community that mattered to him. He was looking for groups and activities in the local community that would allow him to improve his English and meet like-minded people. He was eager to start the intervention and was motivated throughout. He was not aware of the groups and support services in the area that he could access for free. He was also receiving support from talking therapies. The referral was sent by their team.

Client Outcomes

Client was engaging with social prescriber throughout intervention. He was supported with his bus pass application and registering with a food bank which he attends weekly. He was very proactive from the beginning of the service; he started attending support services in the area straight away. We attended Curry on the Street for support in accessing household goods for his new home. He also started to attend a men's walking group in which he met like-minded people from his own background. They have started to attend English classes together. He has moved into his new home and has furnished it; his mood was elevated once he had achieved this. The client continues to attend things in the community and is aware that he can contact the social prescribing team directly if he requires further support in the future.

Reasons Indicated On Initial Referral

Social isolation, emotional difficulties, sleep problems.

Background of Client

Client was referred due to social isolation and a change in presentation following a traumatic event.

Family and school felt child was becoming withdrawn and self-isolating. Client disengaged from hobbies and was struggling to process emotions and began having disrupted sleep.

Initial Assessment and Support Provided

Client was seeking emotional support over social interactions. Client was referred to external agencies to access appropriate support.

Client Outcomes

Upon follow up client reported doing better and managing their trauma. Client mentioned they had reconnected with friends and strengthened family ties.

"It has been helpful speaking to someone and after the sessions I feel motivated and I feel like someone has hope in me."

"I feel like I am emptying the bottle that I am filling up."

PENDLE CASE STUDY

(SOCIAL PRESCRIBING FOR CHILDREN & YOUNG PEOPLE)

EMPTYING THE BOTTLE I'M FILLING UP



ROSSENDALE CASE STUDY

MORE SETTLED & OPTIMISTIC



ONS4 Score	Satisfaction	Worthwhile	Happiness	Anxiety
Initial	2	2	2	2
Final	6	7	10	1

"I feel more settled and love the activity with the horses. I feel more optimistic about my future."

Reasons Indicated On Initial Referral

Social isolation following family breakdown. The client wanted support to become more involved in her local community and find activities that matched her interests, particularly animals, horses, and dogs.

Background Of Client

An older woman, B, had experienced a significant family breakdown, leaving her isolated, uncertain about her future, and considering moving away from the area and was exploring housing options via a mutual exchange scheme.

B missed regular social contact and wanted to meet new people and develop a routine to improve her wellbeing. She has a particular interest in animals and felt activities involving horses or dogs would be especially meaningful.

Alongside feelings of loneliness, B was experiencing some practical difficulties relating to her planned move and accessing online housing systems.

Initial Assessment and Support Provided

A home visit explored B's situation in more detail to discuss what support might be most beneficial. During conversations it became clear that increasing social connection and engagement in meaningful activities were key priorities.

Support focused on identifying local opportunities that aligned with B's interests.

Information was provided about Stable Pals (equine-based activity), and local walking opportunities in the Waterfoot area – both offered social contact and the chance to spend time around animals, which were important to B.

Additional practical support was provided around accessing her housing exchange account, including helping obtain the correct contact details and information needed to regain access to the system.

Client Outcomes

B attended Stable Pals and reported thoroughly enjoying the experience. The activity provided an opportunity to socialise with others while spending time around horses, helping to improve her confidence and sense of connection. During the period of support, B also re-established contact with her youngest granddaughter, an important and positive development that contributed significantly to her wellbeing.

As a result of these improvements, B reported feeling more settled and began reconsidering her plans to leave the area. She had developed new local connections, found an activity she wished to continue attending, and felt more optimistic about her future.

The client was informed how to reconnect with the Social Prescribing service should she require support in the future.

Reasons Indicated On Initial Referral

Male client – 53 years old – referral has come from a self-referral into our service after seeing us at an event.

Background Of Client

He lives in Great Harwood in an HMO – previously from Burnley and housed here after a significant time with substance misuse issues that led to homelessness. He came into our office and discussed his needs. The only people he knows in the area are the other tenants in his HMO who have also had periods of homelessness and drug and alcohol issues. He has had long term issues with his mental health as well. He feels he doesn't need support for his alcohol; that is under control and he hasn't taken any drugs for a significant length of time. He has done NA and AA in the past. He wants social inclusion – feels like he doesn't know the area and is isolated.

Initial Assessment and Support Provided

We agreed a plan to start with going to the food pantry based at Trinity Church, Great Harwood to introduce him to the service as he said his eating is all over the place depending on what food he can afford. He met again at our office and we walked there together as it is only a few minutes walk away. The volunteers were really patient, compassionate and explained the service to him. He appreciated me walking with him as he said he will remember how to get there if he has been with somebody else.

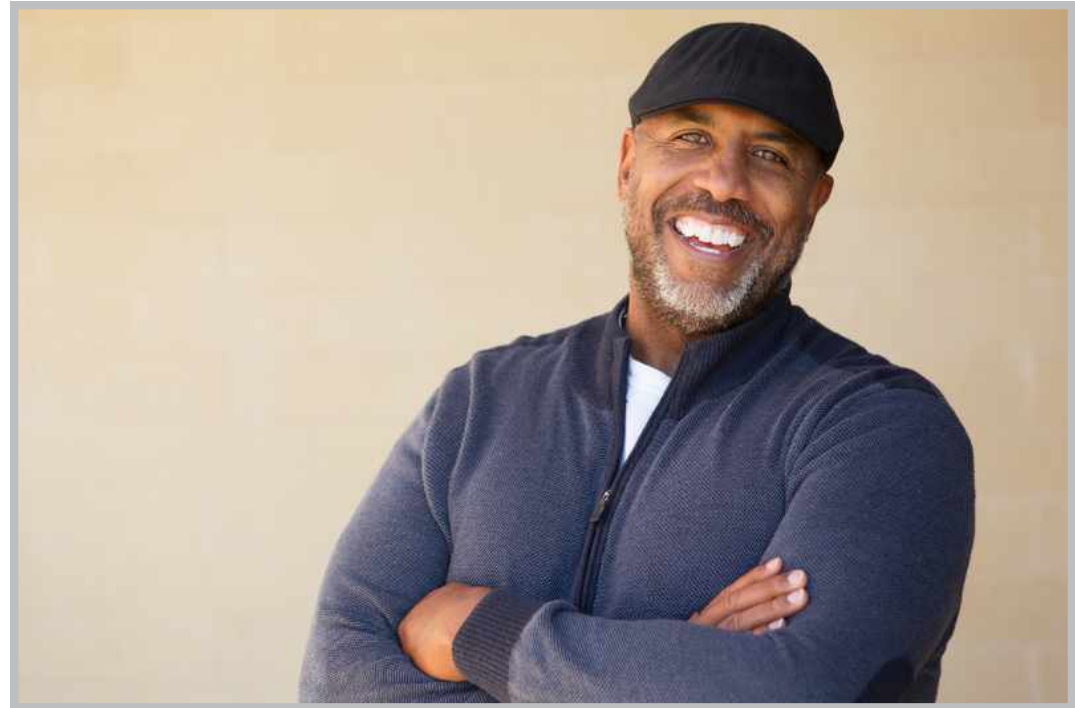
We made arrangements to meet at the SIS mental health peer support group. He wasn't there, so called him which had woken him up. He had slept in after a bad night of sleep. He was apologetic and keen to come. He enjoyed the group and engaged with the conversations, and encouraged to attend again. He said it felt nice to talk to other people who "got it" and didn't judge.

Client Outcomes

We will continue to support him to attend more groups. He has appreciated the support face to face in his community and will build on things gradually to expand his weekly activities. Our links with the groups and organisations on his doorstep have helped this person to start to build the connections to help ease his isolation and improve his mental health and wellbeing.

HYNDBURN CASE STUDY

I CAN BE ME



"I'm glad somebody was able to go with me as I do not feel confident enough to do this the first time I go to a new place."

RIBBLE VALLEY CASE STUDY

I CAN BE ME



ONS4 Score	Satisfaction	Worthwhile	Happiness	Anxiety
Initial	5	5	6	5
Final	7	6	7	4

"I feel comfortable and relaxed about attending the Hub, the people are friendly and welcoming. Being able to get support and advice in one place made it less daunting."

Reason Indicated On Initial Referral

Low self-esteem/confidence, volunteering, anxiety, social interaction, and groups and activities.

Background Of Client

Male aged 62. Was a full-time carer for his adult son, son has become more independent, so client has more time on his hands, he likes to be busy. Also, an informal carer for his partner. Although very sociable client can feel anxious Referral made by Talking Therapies Client is on waiting list for ASD spectrum diagnosis.

Initial Assessment

The client had just completed 8 sessions of counselling to help with the adjustment of his son moving out, being more independent and not needing his support as much. The initial meeting was held with the client, counsellor and SPLW team at the Warm Hub, an informal setting helping make the client feel less anxious. The client was unsure if he was in receipt of the correct benefits and had recently been struggling towards the end of the month, so we signposted to The Olive Branch. Further meetings attended by the client; a lot of the client's time is taken up with his role as a carer – he wanted something for himself, to be part of something. The client spoke of how he enjoyed gardening and DIY, so we took time and looked round the Community Garden, which the client then signed up to volunteer.

Client Outcomes

The client continued to attend the Warm Hub connecting with others in the community until it finished for the summer. He said he will be back in autumn when it starts up again. The client was signposted to the Olive Branch Café for advice in regard to benefits, he also received assistance from the foodbank. The client remarked on how supportive the services were and he didn't feel judged for asking for the help. Without the signposting from the service, he said he would never have known about the support available.

The client met with the organisers of the Community Garden, he gave consent, and now receives WhatsApp updates and invites keeping him connected to the group.



**BURNLEY PENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



GROUP SUPPORT TEAM



01282 433740



GROUPSUPPORT@BPRCVS.CO.UK



@BPRCVS



**Lancashire and
South Cumbria**
Integrated Care Board

