

## NBWN Mental Health & Wellbeing Fund 2016 Grant Awards



The **Benjamin** Foundation provides services to support children, young people and families around Norfolk and Suffolk which the children and young people access once every three weeks in term time. The charity has a small workshop which provides training and support for those recovering from mental ill health, enabling them to gain confidence, new skills, make friends, provide meaningful activity, and for some enable them to go back into employment.

A grant from the NBWN Fund will contribute towards a break for a group of young carers aged 13 and upwards that have additional mental health needs. A support worker will have 1:1 time with them to identify their needs prior to the weekend and will carry out follow up sessions. The break will consist of activities including team building to help improve confidence and self worth.



**Headway**  
Norfolk & Waveney's  
Brain Injury Charity

**Headway Norfolk & Waveney** deliver specialist community services for people with acquired brain injury (ABI) in order to improve wellbeing, enable independence and continued rehabilitation in the community through support that is tailored to meet individual needs. The often sudden nature of brain injury means that families and carers are unprepared for the life changing circumstances that brain injury can bring. The often hidden nature of brain injury can place additional strain on carers and families as they adjust to life with someone who looks the same, but whose behaviour and abilities have now changed.

A grant from NBWN fund will contribute to pay a Headway Occupational Therapist to run a carers support group for 12 months and two additional six week programmes, where the therapist will provide specialist and dedicated support to carers.



**The Henderson Trust** supports a number of local community projects in the NR5 area and identified that there was a sub group of young women who were on the verge of criminality and exploitation. The young women themselves said they would like to access sessions in a safe place that didn't include boys. The girls will be referred by professional agencies in the area to attend a course based on the Dove programme, with one to one support and input from specialist professionals. The Trust says that these kinds of interventions can reduce the risk of participants becoming further involved in crime and exploitation.

A grant from NBWN will contribute to support the costs of delivering a personal development course for up to ten disadvantaged or vulnerable girls aged 11 to 16 who are at risk of criminality and/or exploitation. The programme's aims are to develop confidence and self-esteem, promote positive body image, and positive relationships.



**Mancroft Advice Project (MAP)**'s aim is to help young people to have better, healthier lives; to support them to become successful and confident adults. Main activities include youth work and informal education, independent information, advice and advocacy as well as counselling.

A grant from the NBWN Fund will contribute towards providing 45 free crisis counselling sessions to young people facing acute emotional distress, offering them immediate short-term, intense therapeutic relief and connections to ongoing services.



**Norfolk Community Law Service (NCLS)** is a registered charity dedicated to providing access to justice and equality. All services are free, independent and confidential, funded mainly from grants and donations. Its services include free legal advice sessions in Norwich, Cromer and Great Yarmouth, welfare benefits representation, debt advice, targeted at vulnerable people, advice for migrant workers, rent mediation, domestic abuse advice, family court support and discrimination advice.

A grant from the NBWN Fund will contribute towards the running of the free legal advice service for victims of domestic abuse - many of whom would find it difficult to access a solicitor otherwise.



**Norwich Family Contact Centre** provides a safe place for children to enjoy contact with an absent parent on a fortnightly basis. Most of the children who attend the Contact Centre are subjects of a 'Child Arrangement Order' where a Court instructs that there should be contact with the absent family member. The children can relax in a warm, inviting environment with toys, refreshments and trained staff. There is a £40 contribution paid by each family to use the service but this is insufficient to ensure continuing service.

A grant from the NBWN Fund will contribute towards ongoing costs of providing children a safe and secure facility to meet family members.



**The Garage** is a performing arts organisation and charity. Their programmes develop skills such as creativity, communication, leadership and teamwork and enable young people from different backgrounds to take part together, building inclusion and integration. The Garage offers training courses and classes, creative projects and performance opportunities to c. 7800 young people each year primarily from its base in Chapelfield.

A grant from the NBWN Fund will contribute towards their 'Big Breaks' bursary scheme that enables them to offer free or subsidised places to disadvantaged young, including those at risk and/or known to Social Services, leaving care, special educational needs, young carers and children struggling in or avoiding school.