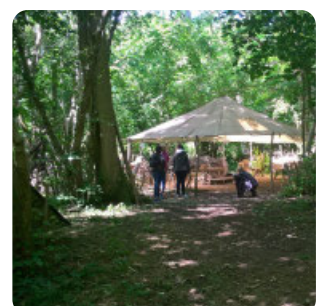
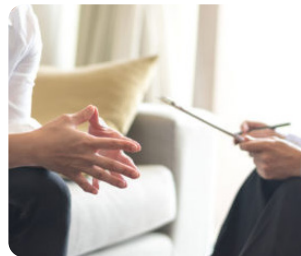




# PROJECTS FUNDED BY Equity in Mind



The **Equity in Mind Fund**, originally launched in 2021 by Suffolk Community Foundation in partnership with Suffolk and North East Essex ICS, is a community-based mental health provision which is delivering local projects, benefitting those with a range of severe mental health impairments, including psychosis, eating disorders, severe depression as well as providing support for those with complex emotional needs.

This fund was created with the intention of enabling VCFSE organisations to work alongside one another, as well as with statutory health providers, to bring a localised community-based approach that is responsive to local needs.

On the following pages are some of the projects that have been funded by the **Equity in Mind Fund**.

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“After a very successful first round of Equity in Mind funding, we were delighted to be able to award an additional £600,000 in funding to 13 organisations to increase our response to mental health needs in Suffolk. This funding is a direct response to the NHS’s aim of reducing health inequalities in communities and to the #whatarewemissing initiative.”

Jason Joseph

Mental Health, Learning Disability  
and Autism Transformation Lead

SUFFOLK AND NORTH EAST ESSEX ICS



**ActivLives**  
Changes Lives ●●●

## ActivLives

**CONTACT:** Susannah Robirosa

**EMAIL:** [susannah@activlives.org.uk](mailto:susannah@activlives.org.uk)

**PROJECT AREA:** Ipswich

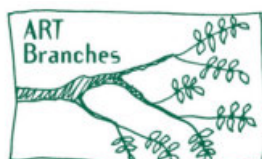
**PROJECT NAME/PURPOSE:** Gardening In Mind

**TARGET BENEFICIARIES:** Adults. Projects create intergenerational opportunities between those aged 16 to 39 and older age groups

ActivLives provide a range of activities including exercise classes, community garden and men's sheds projects that support those who are vulnerable, lonely, and isolated due to age, disability or cultural barriers.

The Gardening in Mind project is delivered in community gardens across Ipswich, accessible by foot, bicycle and public transport. Therapeutic sessions for service users run twice a week, promoting physical exercise, connecting with nature, learning practical skills through growing and using fresh produce. The aim is to support individuals into placements when they progress from structured sessions to a more independent volunteer programme.

**[activlives.org.uk](http://activlives.org.uk)**



## Art Branches

**CONTACT:** Stephanie Hartick

**EMAIL:** [artbranches@icloud.com](mailto:artbranches@icloud.com)

**PROJECT AREA:** Bury St Edmunds

**PROJECT NAME/PURPOSE:** Creative Recoveries

**TARGET BENEFICIARIES:** Young people aged 16 - 25

The young person's creative recovery programme is run in a safe and supported setting for 16-25-year-olds with serious mental illness. Creative Recoveries aims to develop self-worth and confidence, by showing people different skills they may like to try and develop in a supported setting.

The programme is run 1:2:1 and in small groups, over an 8-week period, enabling participants to share their creative outputs with health professionals, family and friends. Participants are then able to join an on-line creative community to encourage ongoing creativity for two years post intervention.

**[artbranches.org](http://artbranches.org)**





## BME Suffolk Support Group

**CONTACT:** Funmi Akinriboya

**EMAIL:** [info@bmesuffolk.org](mailto:info@bmesuffolk.org)

**PROJECT AREA:** Ipswich, outreach to Bury St Edmunds, Brandon, Beck Row, Mildenhall

**PROJECT NAME/PURPOSE:** Mental Health Project to achieve social integration

**TARGET BENEFICIARIES:** Families & individuals from ethnic minority groups

This project supports those of minority backgrounds to address poor mental health at the earliest opportunity with an outreach service. BSSG offers 1:2:1 support to young people, individuals and families by going into their communities and networking with other ethnic association groups. They identify and address the root cause of SMI which might be associated with money worries, family and friends issues, or social issues regarding housing, work, physical and mental wellbeing.

Lifestyle and self-care is also explored, with signposting to other support groups and access to statutory services.

**[bmesuffolk.org](http://bmesuffolk.org)**



**CARIBBEAN & AFRICAN  
COMMUNITY HEALTH  
SUPPORT FORUM**

## Caribbean & African Community Health Support Forum

**CONTACT:** Clem Turner

**EMAIL:** [info@cachsf.org.uk](mailto:info@cachsf.org.uk)

**PROJECT AREA:** Ipswich

**PROJECT NAME/PURPOSE:** Unity Men's Health and Well-Being Project

**TARGET BENEFICIARIES:** BME adult men

This project addresses the needs of men in the Black and Minority Ethnic communities who experience poor mental health due to social isolation, drug and alcohol misuse, poor quality of life, dealing with bereavement and unemployment. A Men's Health and Well-Being Support Hub offer includes 1:2:1 health and well-being and group support, culturally relevant well-being activities including craft-based screen printing and 'Tell your story' about the needs of black men.

A key aspect of the group is to improve dietary needs through healthy cultural cooking, relating to mood and food with recipes to take home and understanding the poor health impacts of junk food.

**[cachsf.org](http://cachsf.org)**



## Disability Advice Service

**CONTACT:** Rod Gibson

**EMAIL:** [advice@daseastsuffolk.org](mailto:advice@daseastsuffolk.org)

**PROJECT AREA:** Suffolk Coastal and Ipswich

**PROJECT NAME/PURPOSE:** Addressing mental health and wellbeing complexities for disabled children, adults and their carers in East Suffolk

**TARGET BENEFICIARIES:** Adults and children with disabilities

Disability Advice Service (DAS) supports those with disabilities and in crisis with severe mental health needs to help them improve their life chances. Clients do not require a medical diagnosis, and no-one is turned away. Referrals are received from social prescribers, GP's, Councils and Local Authorities as well as by self referral.

The project concentrates on initial problems first, like getting food and fuel then work their way through the chaotic lives and finances clients might have. DAS are the intermediary with housing/benefits and energy companies and take the strain whilst supporting the client to improve their mental wellbeing.

**[daseastsuffolk.org](http://daseastsuffolk.org)**



## Families Together Suffolk (previously Home Start)

**CONTACT:** Amanda Jacques

**EMAIL:** [info@famielstogethersuffolk.org.uk](mailto:info@famielstogethersuffolk.org.uk)

**PROJECT AREA:** Eye, Stowmarket, Bury, Red Lodge and rural vilages

**PROJECT NAME/PURPOSE:** Supporting wellbeing for families in peri-natal period for up to two years

**TARGET BENEFICIARIES:** Families with babies and young children

This project supports families identified with mental health and wellbeing needs struggling to cope with a variety of challenges who may also experience barriers to achieving theirs and their children's full potential. It introduces members to groups and other support networks to reduce isolation and loneliness, whilst also empowering families to make and sustain change.

Home visits and outreach provision is provided in Hadleigh, Eye, Bury and Red Lodge, as well as Stowmarket. The project also supports new parents who may have been admitted to the mother and baby unit who have severe post-natal depression, to commence building a trusted relationship in readiness for discharge.

**[famielstogethert.iagrce.co.uk](http://famielstogethert.iagrce.co.uk)**



**"Building Health, Hope  
and Happiness through  
the Power of Nature"**

## Green Light Trust

**CONTACT:** Claire Abbs

**EMAIL:** [info@greenlighttrust.org](mailto:info@greenlighttrust.org)

**PROJECT AREA:** Suffolk, Ipswich, Bury, Minsmere

**PROJECT NAME/PURPOSE:** Enablement as an element of the recovery journey

**TARGET BENEFICIARIES:** Adults

The project targets those with severe mental illness who are already engaged with Green Light Trust and is intended to empower individuals to progress further along their recovery journey, developing skills and opportunities to maintain their own social support networks, moving into volunteering and employment.

The programme is run over 12 weeks and the model of engagement has three steps:- rehabilitation, support and enablement. The light touch, skills building enablement work in the natural environment is highly valued by those who have graduated from earlier rehabilitation and support programmes who just need a little more time, with less intensive input to step down to independent living.

**[greenlighttrust.org](http://greenlighttrust.org)**



## Inspire Suffolk

**CONTACT:** Naomi Thompson

**EMAIL:** [info@inspiresuffolk.org.uk](mailto:info@inspiresuffolk.org.uk)

**PROJECT AREA:** Rural areas of Central and East Suffolk

**PROJECT NAME/PURPOSE:** Counselling and outreach

**TARGET BENEFICIARIES:** Young adults 19 - 25

This project offers 1:2:1 counselling sessions for 19-25 year olds. Counselling sessions are offered once a week for a maximum of 6 hours in total in areas of Leiston, Haverhill, Sudbury, Stowmarket, Diss, Eye, Mildenhall and Framlingham.

In addition to the counselling offer they also provide open workshops which target the young person's support network to give real value to those needing and wanting support. This way they will offer more holistic support for parents/guardians/ support workers, run by a bespoke worker. In collaboration with Suffolk MIND and 4YP, a joined-up approach enables assessment and triage of a young person's needs and signposting. There is also a specific referral point for young carers and siblings of those young people affected by psychosis.

**[inspiresuffolk.org.uk](http://inspiresuffolk.org.uk)**





## Ipswich Community Media

**CONTACT:** Bruce Macgregor

**EMAIL:** [bruce@ipswichcm.org.uk](mailto:bruce@ipswichcm.org.uk)

**PROJECT AREA:** Central Ipswich

**PROJECT NAME/PURPOSE:** "Pass it on Collective"

Tackling social isolation and building community capacity

**TARGET BENEFICIARIES:** Adults, aged 26+

This project builds on learning during the pandemic in tackling social isolation and supporting well-being through skills training and community capacity building, aiming to combat the disadvantages faced by many older participants. It generates pathways to volunteering and facilitates community involvement by developing connections and partnerships with other music-related/digital skills organisations.

A programme of community events delivered by participants helps break down barriers, helps destigmatise mental health issues and creates a supportive social space where people can find company, information, advice and guidance to maintain mental health and wellbeing.

**[ipswichcm.org.uk](http://ipswichcm.org.uk)**



## Noise Solutions Ltd

**CONTACT:** Simon Glenister

**EMAIL:** [Jay@noisesolution.org](mailto:Jay@noisesolution.org)

**PROJECT AREA:** Ipswich and Bury St Edmunds

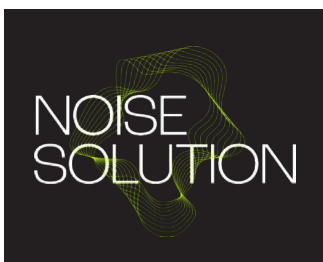
**PROJECT NAME/PURPOSE:** LGBTQIA+ Youth Music Groups

**TARGET BENEFICIARIES:** Young adults 19 - 25

This project uses tutors as musicians rather than social workers or mental health professionals, enabling them to engage with young people through culturally relevant music making groups. It provides flexible, drop in, in-person group work on a weekly basis in Ipswich & Bury St Edmunds throughout the year for young LGBTQIA+ people, identified through working with longtime referral routes such as schools and mental health groups.

Online group work is offered for individuals who are interested in participating but may have barriers to in-person group work due to issues such as social anxieties, caring roles, or transportation. Self Determination Theory is applied to every element of music mentoring programme delivery, encouraging autonomy, competence, and relatedness.

**[noisesolution.org](http://noisesolution.org)**





## Outreach Youth

**CONTACT:** Andy Fell

**EMAIL:** [info@outreachyouth.org.uk](mailto:info@outreachyouth.org.uk)

**PROJECT AREA:** Ipswich & Bury St Edmunds

**PROJECT NAME/PURPOSE:** LGBTQIA+ Youth and Trans\* community focus

**TARGET BENEFICIARIES:** Young people and families

This project delivers LGBT\*Q+ youth groups in Ipswich and Bury St Edmunds, providing a safe, supportive space that offers social and informal education opportunities including:

A Trans\* Families group, alternating in Ipswich and Bury St Edmunds monthly, for 2 hours. Providing a space for parents and carers of Trans\* children to seek support, information and advice from their peers and offering a space for Trans\* children and their siblings.

A Trans\* youth project in Ipswich and Bury St Edmunds, meeting fortnightly for 2 hours, for 10 weeks, co-produced with young Trans\* people, offering a youth work programme to access information and advice on issues linked to gender identity, transitioning and wellbeing.

Focused support for Suffolk's LGBTQ\* young people of colour community via the SOUL (Strength, Opportunity, Unity, Learning) project, for 4 hours a week, based on "5 Ways to Wellbeing".

**[outreachyouth.org.uk](http://outreachyouth.org.uk)**



## Rock, Paper, Scissors, Arts

**CONTACT:** Ruby Peacock

**EMAIL:** [team@rockpaperscissors.org.uk](mailto:team@rockpaperscissors.org.uk)

**PROJECT AREA:** Ipswich

**PROJECT NAME/PURPOSE:** Creative practice for wellbeing, teaching problem solving, independent thinking and build confidence through art & design

**TARGET BENEFICIARIES:** Adults 26+

This programme has been developed to meet the needs of those with serious mental illness who are not yet engaged with statutory health and care organisations and do not have an actual mental health diagnosis.

The programme is structured in a way which identifies needs at an early stage and aims to provide support to reduce the need for statutory health care involvement except in times of crisis. Artists, facilitators and volunteers deliver creative workshops to teach creative journaling and other creative activities involving the family which increase awareness of wellbeing strategies, collaborative time to grow whole household relationships and build confidence in creative skills.

**[rockpaperscissors.org.uk](http://rockpaperscissors.org.uk)**







## West Suffolk Citizens Advice

**CONTACT:** Joanne Albini

**EMAIL:** [supportedadvice@swcab.org.uk](mailto:supportedadvice@swcab.org.uk)

**PROJECT AREA:** West Suffolk, inc Haverhill, Newmarket and Brandon

**PROJECT NAME/PURPOSE:** Young People Project. Supported advice for those with serious mental illness or other mental health and emotion wellbeing issues

**TARGET BENEFICIARIES:** Young people aged 16 - 25

This project provides advice and support for the practical life challenges young people can experience as they transition into independence as an adult which are affecting their health and wellbeing - including debts, homelessness, benefit entitlement, employment and relationships.

Holistic advice extends to family members where appropriate.

**[suffolkwestcab.org.uk](http://suffolkwestcab.org.uk)**