



Manage Your Mind Update – January 2018



Attendance Update 2013 - 2017

- No of weekly workshops 209
- No of referrals received 1496
- Total avg attendance / week 38
- % completing 4w 56%
- % learn Sudarshan Kriya 23%
- Current attendance 50 per weekly session and growing



Awards received

- Pride of Medway 2014: Community Service
- Short Listed for The Barry Clout Award 2016
- Pride of Medway finalist 2017: Community Service, Health and Hospital
- University of Kent Sponsors award 2017
- British Citizens Award 2017



Community groups and charities given helping hand

Projects across the Towns get share of £3.6m lottery cash

Community projects in the Towns are to receive a share in £50.3m as part of the Big Lottery Fund.

More than 250 community groups and charitable projects across the South East will enjoy £3.6m from the Big Lottery Fund this quarter, raised from the sale of National Lottery tickets. This includes Medway, which will receive a total of £56,142.

Strood Community Project has received £9,727 for Skill Up Volunteer Advisors, which will set up a volunteer-led advice and drop-in centre to support people with welfare, debt and housing.

Chatham Memorial Synagogue's project Immerse, Engage, Celebrate, will refurbish the hall within the building in Rochester High Street, to improve the facilities and create a hub for people within the wider community. This project has received £7,797.

The Russian Speaking Eastern European Association's Empowering Connection project, which runs a number of activities, received £10,000.

Pride of Medway finalist Dr Farnaaz Sharief, has received £9,568 for her programme Manage Your Mind. The funds will be put towards the project Manage Your Life, which will run workshops and support sessions



Dr Farnaaz Sharief, of
Manage Your Mind

for people experiencing anxiety and depression.

Meanwhile, £10,000 was awarded to Wouldham All Saints Church of England Primary School for the project Harry's Playground, which will see safety surfacing installed at the school to enable the creation of an adventure playground for the community.

The Black History Trust Medway will receive £2,550 in funds to run a mental health awareness workshop aimed at young people and families.

The Young Lives Foundation has been awarded £6,500 for their project Life Skills and Positive Activities for Care Leavers which funds young people leaving care and learning to live



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independently across Medway. Stephen Gray, chief executive of the Young Lives Foundation, said: "Leaving care can be a very difficult time and young people as young as 17 often find themselves isolated and under-prepared for living independently. We help give them much needed support, skills and peers and workers to talk to.

"This time of year can be particularly difficult for our young people, as they can feel very lonely when not seeing their family at Christmas."

The Big Lottery Fund awarded £713m to almost 14,000 community projects last year across the UK for health, education, environment and charitable purposes.





ITV also reported on the numerous benefits of the programme in this special report.

See: <http://www.itv.com/news/meridian/update/2017-05-17/struggling-with-stress/>



External grants secured

- Involving Medway through NHS Medway Clinical Commissioning Group: £1500
- National Big Lottery Fund: £9568



Research

- External Evaluation completed by University of Kent
- Levels of Anxiety were significantly reduced by 80% ($p < 0.001$)
- Levels of Depression were significantly reduced by 75% ($p < 0.001$)

Based in IAPT criteria:

- 61% of people move to recovery
- 74% of people show reliable improvement



Next Steps

- Use grant funds (that we have just applied for) to develop a good **documentary on MYM** highlighting benefits, impact, advantages of teaching etc..
 - Showcase our work nationally
- Use that platform to **recruit and train people to deliver workshops**
 - We will develop a job spec and circulate
 - Interview prospective candidates to ensure they are right for the job
 - Secure funding to deliver this training



Next Steps

- Once we have more new teachers on board + a strong business case, we can use this to approach Kent and Medway NHS CCG, possibly even others, once our **team grows to run more sessions**
- Eventually secure further funding by working with Involving Medway and Red Zebra Community Solutions to make the above objectives sustainable.
 - **Consider applying for the BLF reaching communities grant**