

Delivering Differently Pilot Fund

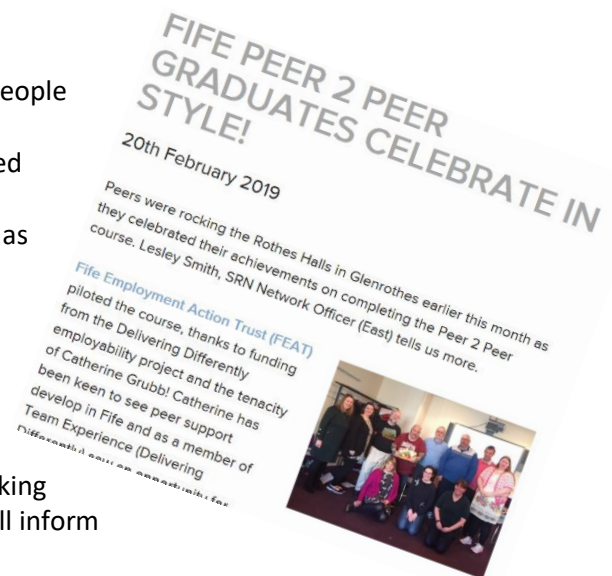
Project Outcome Summary April 2019

FEAT - Peer 2 Peer

FEAT worked with Scottish Recovery Network to train people with lived experience using the Peer 2 Peer course. The project was conceived and delivered by people with lived experience and employed a project lead and assistant facilitator. One person has already gained employment as a Peer Support Worker.

The Peer 2 Peer graduates will present to the local Mental Health Strategic Implementation Group in May 2019

In addition, the team co-hosted a Peer Support Networking event in February 2019. The findings from this event will inform further work on growing peer support in Fife.



Fife Council Supported Employment Service - Wellness in Work

WIW set out to engage with a selection of small to medium employers in Fife and around 5 people with lived experience of mental health issues. The purpose was to develop a toolkit that outlined good practice around mental health and job retention.

Today was an outstanding, informative, poignant and very real event

Your Workforce is Your Wealth
Seminar participant

The end product of this is the [just ASK, LISTEN, TALK \(J:ALT\) toolkit](#). The toolkit provides free help to employers on three levels: 1. What to do if an employee is mentally unwell at work 2. What to do if an employee is mentally unwell and off work and 3. How to create a mentally healthy workplace.

The toolkit was launched and circulated at the 'Your Workforce is Your Wealth' seminar in March 2019. This seminar was attended by Jamie Hepburn MSP, Minister for Business, Fair Work and Skills, 70 people participated from 23 private employers and a range of public sector partners. 100% of participants said they felt more confident talking about mental health as a result.

The Richmond Fellowship Scotland – Wellness and Empowering People

Wellness Recovery Action Planning has been growing in use in Fife within Individual Placement and Support and also in a 1:1 clinical setting.

The Richmond Fellowship piloted delivering peer-led WRAP workshops in community group settings in different locations across Fife.

In total 13 people participated in the courses and all benefited from understanding the things they can do to manage and be more in control of their own mental wellbeing. The courses took place in Cupar, Glenrothes and West Fife.



WRAP has given me the structure and the tools to keep myself well and the discussion with the trainers that have their own WRAP has been helpful

FEAT - Brief Solution Focused Coaching

FEAT developed and delivered a 1:1 coaching project drawing from Brief Solution Focused Therapy (BSFT) principles.

Clients struggling to overcome mental health barriers in pursuit of employment were offered up to six 1:1 coaching sessions. Each block centred on the clients' own goals.

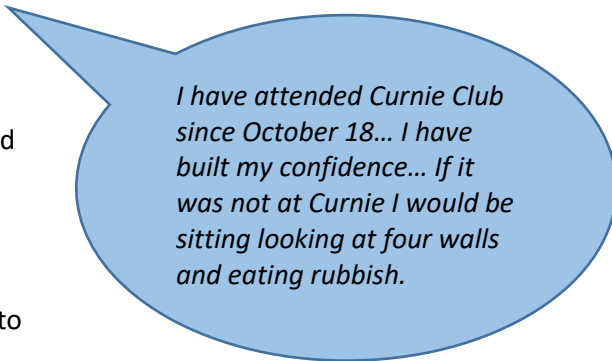
In total 9 people participated, 2 moved into employment and 4 were referred on to other organisations for specialist provision. FEAT are now embedding this in their ESiF employability funded pathway 2019-23.

Fife Alcohol Support Service - Curnie Clubs

Curnie Clubs expanded its innovative member-led approach into Cowdenbeath – an area with an identified gap in drop-in provision. The project targeted those far from the labour market, with mental health problems, who need support out of isolation and loneliness into community activity.

Over its short six months in the area the project engaged with 27 people who all benefited from activities such as group therapy, sessions on benefit dependency, goal setting and visits to local amenities such as the library, museums and gym.

Curnie Clubs supported 5 members to enter employment, 1 to enter college and a further 3 to obtain volunteering opportunities.



I have attended Curnie Club since October 18... I have built my confidence... If it was not at Curnie I would be sitting looking at four walls and eating rubbish.

FEAT and Silverburn Park - Falling UP at Silverburn Park

Falling UP at Silverburn Park was a family-led creative outdoors project, supported by FEAT.

Based on their experiences of supporting and dealing with mental health problems the father and son team used simple outdoor creative activities to provide informal therapeutic support to participants, who have varying experiences of poor mental health.



In total, 3 x 3-day sessions took place and 9 people completed the courses.

In addition, a session on Blue Monday was held for professionals to have a go and meet the Falling UP team. The project was also a learning experience for Drew who is currently completing his PhD studies on art and recovery.

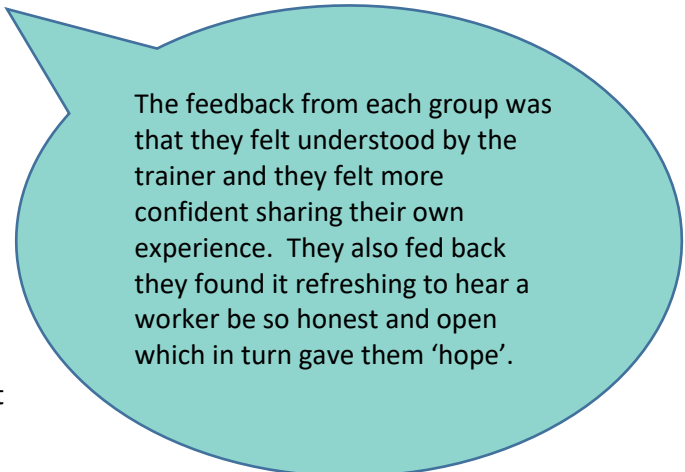
2 people moved into other courses run by FEAT and one moved into volunteering

LinkLiving - Better For Work

This project aimed to improve employability for people who have trauma-based mental health issues. Combining elements of LinkLiving's current 'Steps to Resilience Programme' with pre-employability support, in particular focussing on understanding the neurological impact of adverse childhood experiences. This project was led and supported by people with lived experience.

All participants took part in activities such as walking, photography and arts & crafts. The groups also completed classroom-based workshops on mental health awareness, nutrition and MH, the benefits of exercise and trauma awareness.

In total 4 courses were delivered and supported 22 people. 12 participants achieved the SCQF in preparing for employment. 7 went onto further training, 2 went into college, 7 started volunteering. 6 people were also referred onto additional specialist provision.



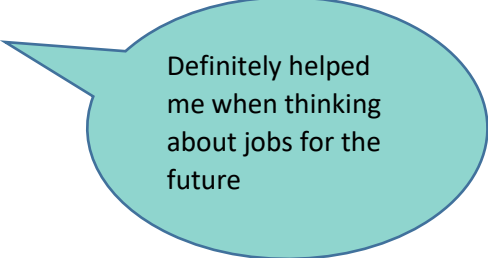
The feedback from each group was that they felt understood by the trainer and they felt more confident sharing their own experience. They also fed back they found it refreshing to hear a worker be so honest and open which in turn gave them 'hope'.

Clued Up (in partnership with FEAT) - Employ Your Mind

Clued Up and FEAT trailed an expansion of Employ your Mind to provide an earlier intervention for young people before they are actively engaged with mental health services.

Clued Up identified participants from their caseload of young people with substance use challenges and joined in the co-delivery of the programme and FEAT delivered the courses

15 young people were identified for the programme and 10 completed one or more phases.




Definitely helped me when thinking about jobs for the future

Kirkcaldy Welfare Reform & Anti-Poverty – Mental Health Sub-Group - The Value of The Talking Café

This partnership project tested the concept that soft touch, low level informal interventions make a positive and valuable contribution to the mental health and wellbeing of people experiencing barriers to employability.

The funds were used to run 3 drop-ins in the Kirkcaldy area. 134 people in total engaged with the talking cafes, 37 people volunteered in the running of the café and 49 were signposted/referred to further opportunities.

The funds were also used to undertake a mapping exercise of the current mental health provision in the Kirkcaldy area (including service criteria and waiting times). The analysis shows that the very basic walk-in drop-in groups/ spaces such as Talking cafes are not as readily available.



[The Value of the Talking Café] has helped me get out the house, socialise and talk to new people. It's helped me realise that other people are going through the same as me and has given me more confidence to talk about how I'm feeling.

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