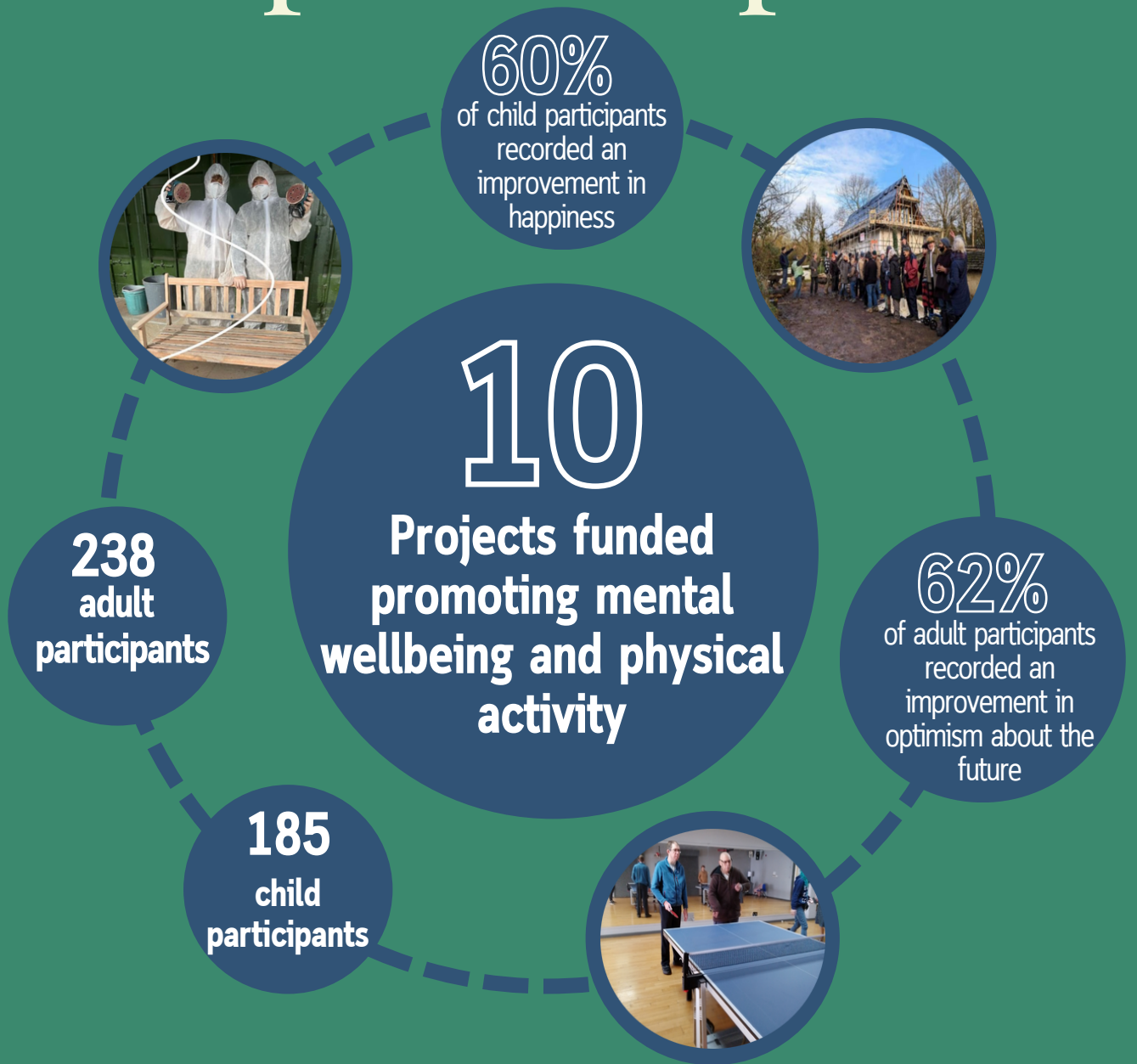


# IP14 Wellbeing Fund Impact Report



Aims to 'support, enable and strengthen the protective factors for good mental wellbeing'.

**£50,000**

**FUND**

The IP14 Wellbeing Fund has enabled new or expanded activities that support mental health resilience in the IP14 postcode area.

 **Suffolk**  
County Council

 **Mid Suffolk**  
DISTRICT

# AFC Cedars

£7,018.80  
funding awarded

49

Males participated

34

have an activity  
limiting disability

92% of participants  
recorded an increase in  
feeling relaxed

83% of participants  
recorded an increase in  
optimism about the future

*"We have given out booklets from Suffolk MIND to all players and we have re-iterated to the team and those managing it that this team is all about being safe, being heard and feeling valued no matter who you are or what you suffer from."*

**Founder of AFC Cedars**

*"The management team at AFC Cedars are amazing and will go above and beyond with help and support with not just football but the aim to help support men's mental health awareness. From the small things like having a game with friends and sitting down for a laugh and a chat after a game to being offered wider support if needed from a number of Men's Mental Health groups.*

*AFC Cedars isn't just a football team it's a support hub for people who wouldn't normally want to open up, talk, play football or get out of the house and meet new people."*

**- AFC Cedars player**



# Families Together

£5,000  
funding awarded

11

Females participated  
on a weekly basis

**Perinatal mental  
health problems are  
very common,  
affecting 20% of  
women at some  
point.**

Families Together run a weekly Chill Chat and Play Group for new mums and their babies up to age of 1 year, who are experiencing postnatal depression, low mood, and anxieties.

96% of participants  
recorded an improvement in  
wellbeing since attending

100% of participants feel less  
isolated as a result of attending the group.

67% of mums attending  
the Chill, Chat and Play group  
feel that it has helped them to  
develop a closer bond with  
their baby.

*"I like being able to talk about my anxieties with people who understand what I am going through and won't judge me. I like getting ideas of activities to do at home and find out about how to support my baby with their milestones."*

**- Participant**



# Forge Community Church

18

Students participated

60%

of attendees accessed one to one support, and the majority of students reported an increase in feeling 'safe and secure' as a result of attending.

## Case Study:

Two brothers who sadly lost their Uncle recently and suffered in school and home, with our help created a memorial piece for their family to mark the passing of their Uncle.

Both were struggling in school with behaviour issues, being out of lessons and having exclusions. They were referred into the Church and were seen in a mentoring capacity in school.

Attending Base Bites gave the boys something to do but also relieve some of the pressure on the family. They worked in partnership with the Debenham Shed to restore an old bench and made a plaque dedicated to their uncle.

The boys are so proud of what they have done and the bench is now placed in a favourite spot of their late Uncle's. Through doing this, the bond between them as brothers has been strengthened and they have found a way to talk about their grief and honour their Uncle.



*"I'm so grateful for what you're doing for my son. He doesn't mix well with other children and this has given him an opportunity to do that. He is a lot calmer at home and not getting in trouble as much at school."*

**- Parent of Neuro Diverse Young Person, who went on to gift the project food from his catering company to support their work.**

£5,000  
funding awarded

## Home-Start

£4,037  
funding awarded

Mums in Mind provides 8 sessions for mums who are struggling with low mood, isolation, post-natal anxiety or depression following the birth of their baby. The sessions are structured to ensure there is time focussing on both Mum and baby with time for discussions and getting to know each other.

20

Participants  
10 parents &  
10 babies



## Case Study:

Florella\*, a first-time mum coping with her own physical disability and mental health challenges, attended the eight week Mum's in Mind programme, run by Home-Start.

Having cerebral palsy herself, Florella, was unsure if she would get the opportunity to carry and deliver a baby of her own. A difficult labour had unexpected complications and it took a toll on Florella's mental health, increasing the risk of her developing Post-natal depression. Despite attending groups in the community, she did not make any strong connections and felt isolated. She would be judged for not sitting on the floor like all the other mums.

Florella was keen to attend Mums in mind as it was a group that not only focussed on the babies, but focussed on Mum's wellbeing too. She attended all 8 sessions and shared that this was the first group she had felt properly included. She was provided with a floor seat to ensure she was able to sit on the floor with her baby in front of her just like all the other mums.

Florella felt totally included and gained parenting and infant massage skills along with new friendships and connections and an ongoing support network. Florella is no longer feeling isolated which has helped her improve her mental health, as she has been able to connect with other mums and build friendships, something she had not been able to do at other groups.

\*not her real name

70% of participants  
recorded an increase in  
feeling relaxed

# Karen-Louise Dance

Karen Louise Dance CIC creates dance within educational and community settings that focus on improving participant's mental and physical wellbeing. Karen Louise Dance CIC has a genuine belief that anyone can dance, no matter previous experience or current mobility.

£5,000  
funding awarded

10

Females aged 55+  
participated  
on a weekly basis

*"These classes are a godsend for people. It gets us to get up and go. The dance routine and exercises helps us. Meeting people, enjoy the dancing, having a laugh and a chat at the end of the class has all helped make a difference to my mental well-being."*

- Participant

## Case Study:



Lana\* struggled with her confidence after a tough diagnosis and impact from COVID-19. After losing her husband, she relied on social activities in the local communities, but COVID-19 reduced the opportunities for her to be active, leading to her diagnosis of low bone density and a knock in confidence.

In an attempt to rebuild the confidence, Lana joined the StowMovers dance class, and shortly after she began to feel like herself again. She found a class to compliment her other activities and has made new friendships with the social side of the class, particularly enjoying the tea, coffee and a natter after the class.

Lana now attends regular gym sessions along StowMovers and goes to other activities with friends from the class such as an art class.

\*not her real name

# Obee CIC

£4,937  
funding awarded

Confidence grows alongside the satisfaction that comes with being a part of the bigger picture. It's not just fitness levels and friendships that grow here, but mental resilience too. Our volunteers enjoy being out in nature where they can relax into the quietness.

28 Volunteer Working Parties on Saturdays were delivered.

The 38 participants who attended the course of the 28 days **all** reported feeling involved in the community building and enjoyed learning how to make the wooden roof tiles.

### Building a Community:

The wet and cold weather helped develop a strong camaraderie between Volunteers who were able to focus on the bigger picture of making wooden roof tiles. During tea breaks and lunchtimes friendships developed as Volunteers swapped stories of their involvement in the project and the ways in which they were taking new skills and experience out into their local areas.

### Improved physical health:

All Volunteers participated in the Green Gym activity, and feedback included developing muscles and greater stamina as a result of the woodwork activity. Several reported that they slept better due to feeling physically tired, whilst others reported feel-good factors associated with being outside, in good company, doing something physically productive.

38

Participants  
22 Male  
16 Female



# SLM Community Trust



## Disability sports sessions

£4,524.25  
funding awarded

### Weekly activities for those with disabilities including:

- Table tennis sessions
- Seated exercise classes

31

Participants  
18 Male  
13 Female



### Case Study:

A gentleman suffered from poor muscle tone both in his legs and upper body as a result of getting in and out of the chair and general mobility issues. Despite finding exercise boring and unmotivating, he joined the class to maintain independence and strength.

After attending the class regularly for several months, he noticed improvements in his ability to sustain exercise and general all round improvements in strength.

Although he is still held back by his knee joints, he enjoys participating in the activities, as well as the social side. Seeing the benefits, such as being able to get out and about more, is motivating him to attend on a weekly basis.

## Multi Sports Clubs for Children eligible for Free School Meals

105

£4,718.55  
funding awarded

Participants  
56 Male  
49 Female

The aim is to remove financial barriers of access to activities for children, whilst increasing their social and emotional skills through sports and activities.

### Case Study:

A child, diagnosed with Autism, struggles with loud noises, friendship and coordination due to dysfunction in one leg giving an awkward gait. Childhood obesity makes movement difficult, and they often walk during activities, taking frequent breaks. This had led to them having a hard time in PE.

The child joined the club and initially struggled with the noise and often asked for their ear defenders. However, despite being initially shy and hesitant to interact, they have gradually formed friendships and participated in various activities and sports. Though they initially were on the sidelines, they have found confidence and participated in warm-up tag games. They have received encouragement from other children and have not felt excluded due to their slower or less accurate catch.



The child now enjoys running and playing without requesting ear defenders, despite the room being just as noisy. They show empathy, support others, and participate more in games. Their cardio vascular stamina has improved, but they still need to work on throwing and catching skills. They are happy to try and don't get frustrated if their performance does not match their effort.

# Suffolk Family Carers

79

## SEND Activities Project

£4,667.90  
funding awarded

Participants  
35 Male  
44 Female

When compared to other carers, parent carers are more likely to feel they have a poor quality of life, with restricted social and life choices.

Suffolk Family Carers recognise that parent carers often prioritise the needs of their children and overlook their own support and wellbeing needs, and so aim to provide support and respite for them.

### Family Swim Sessions:

Many children and young people with SEND often struggle with regular swimming lessons due to the noise levels, which can cause distress and anxiety. To address this, Suffolk Family Carers delivered low-sensory family fun swim sessions in a private pool, with no background noise and limited to 30 participants.

These sessions have raised water confidence and lowered anxiety levels for these children. Parent carers have also benefitted from these whole family sessions, as it gives an opportunity to exercise in a calmer atmosphere with similar families.

### Parent Carer Yoga Sessions:

Suffolk Family Carers aim to provide support to parent carers as they commonly report poorer mental health and wellbeing levels than their peers. Weekly yoga sessions allow for some respite and for parent carers to engage with others with similar experiences.

Positive feedback has been received, including:

*"I enjoyed getting away from the house and being able to try and switch off for an hour, you rarely get that in the home environment having constantly busy minds and getting on top of everything."*

*"It felt like it was 'me time', and it helped me recharge a bit where we could let out any tension through some of her techniques and just feel a sense of calm for that hour, just being at one."*

# Young Carers Project

£3,750  
funding awarded

60

Suffolk Family Carers have provided respite opportunities for Young Carers aged 5-11 within the IP14 locality.

Participants aged 5-11  
15 Male  
45 Female

### Case Study:

Two siblings registered with the Young Carers service to support a parent undergoing treatment for a diagnosed illness. The changes in home environment has impacted their emotional wellbeing, leading to feelings of insecurity. The family and Young Carer Adviser agreed that the children would benefit from meeting others who care for parents, as they struggle to relate to peers in their small school.

The children began attending the Young Carers group in January 2024, initially sticking together and appearing quiet. However, building rapport with the Adviser helped them settle in and become more vocal. The group's familiarity with the staff and local community made access easy.

In June, the sisters were invited to a residential with the Adviser and parent felt would be a reward for their support and to build their confidence. They used their new found confidence to be good friends to other young carers, openly talking to them and introducing themselves to children who did not know anyone else. They were observed to be reliable members and group leaders, and they expressed their gratitude.

Though the parent has now completed treatment and is gradually rebuilding their strength and health, the siblings remain part of the service. They are proud of their emotional intelligence and empathy, and are often seen offering support to new children without asking.

