



# innovation fund



Tees, Esk and Wear Valleys NHS Foundation Trust

2017-18 Partnership Outline  
for York and North Yorkshire



Tees, Esk and Wear Valleys **NHS**  
NHS Foundation Trust



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## 2017-18 Partnership Outline for York and North Yorkshire

### Introduction

Funded by Tees, Esk & Wear Valleys NHS Foundation Trust (TEWV) and managed by Your Consortium, the TEWV Innovation Fund aims to support innovative projects supporting individuals living with, or at risk of, mental ill health and/or learning disabilities. This project builds on the successful delivery of an original and extension partnership project that ran across 2016 - 17.

These new projects will:

- Support individual beneficiaries in achieving better mental health
- Contribute to reducing pressures on mental health system resources

The fund supports innovative projects designed to engage with beneficiaries who are in receipt of, or at risk of requiring, mental health support and contribute to reducing pressures on system resources within York and Selby. Grants of between £5,000 - £10,000 were available for organisations to apply for and project delivery will take place from Apr 2018 – March 2019.

### The Partnership

The partnership consists of the following organisations:

#### **York District**

Friends of St Nicholas' Field  
New Visuality  
Purple Patch Arts  
The York Stars

#### **Selby District**

Making Things Happen  
Selby Hands of Hope

## Friends of St Nicholas' Fields

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** People experience social and emotional well-being

Friends of St Nicholas' Field (St Nick's) is an ecological project based in York that offers a range of therapeutic activity across the city.

This project builds on work undertaken in the previous round of funding - supporting will help to develop green spaces around specified mental health residential units across York, where individuals are in the early stages of recovery.

Participants will take part in practical tasks associated with green spaces and also receive one-to-one mentoring and support.

## New Visuality

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** Children and Young People

New Visuality is a volunteer lead charity that is committed to developing visual arts projects alongside disadvantaged communities.

Models of better health aims to recruit 20 young people with learning disabilities or those at risk of mental ill health to stage a fashion show that will challenge traditional perceptions of beauty and body image.

Through a series of 24 workshops, participants will be encouraged to explore pertinent topics that impact upon their mental health and well-being, from eating disorders to online bullying. The workshops will offer a therapeutic environment to explore a range of issues, and those taking part will learn new skills from up-cycling old clothes, fabric screen printing, digital design, photography and musical performance.

## Purple Patch Arts

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** People are supported through local support networks and community support.

Purple Patch Arts exists to improve the live chances of people with learning disabilities by providing creative and innovative learning experiences.

The feel-good project will work with community services and schools with SEND provision to gain a better understanding of the mental health and well-being needs of people with learning disabilities by co-producing mental health and well-being action plans that can then be embedded into existing community services/ school groups.

It aims to increase the reach of existing activity and provision as a method to have high impact and long-lasting change. Purple Patch will achieve this by following a tried and tested 4 phase process of mapping, exploring, improving and evaluating. The project aims to support individuals with learning disabilities from Selby and York - ensuring that they are better able to maintain good mental health and well-being through self-care.

## The York Stars

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** People experience social and emotional well-being  
Children and young people

The York Stars are a performance based non profit theatre company run by volunteers who work with communities to produce theatre performances.

They will use a piece of theatre in education created in the last project to deliver to more Key Stage 2 children in up to 10 additional primary schools in York.

In addition the project will support intensive arts based support workshops for children who are identified as currently experiencing mental health issues and needing additional support and provide resources for teachers and education based support workers.

## Making Things Happen

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** People are supported through their individual recovery journey  
People experience social and emotional well-being

Making Things Happen is a dynamic and creative organisation which assists individuals achieve their ambitions and aspirations.

The funding will support The Body and Soul Course will comprise of 12 sessions that have a shared focus between mental well-being and physical fitness.

The course will cover a range of issues and topics to address well-being including sleep, communication, accessing support, relaxation, time management, stress handling, problem solving, as well as diet, nutrition, exercise, yoga, meditation, breathing techniques and increased self-awareness.

## Selby Hands of Hope

**Project Start:** May 2018

**Project End:** March 2019

**Major Theme:** People are supported through their individual recovery journey  
People experience social and emotional well-being

Selby Hands of Hope is a charity with a simple mission - to change lives for the better. It provides a range of community interventions and helps support individuals and families who find themselves in difficulty or in crisis.

The funding will provide a 6 week training course followed by a 3 month volunteer programme, delivered twice to 10 participants each time.

The training course will introduce people to the organisation, explore their life journey, mental health issues and challenges, current support networks and life goals.





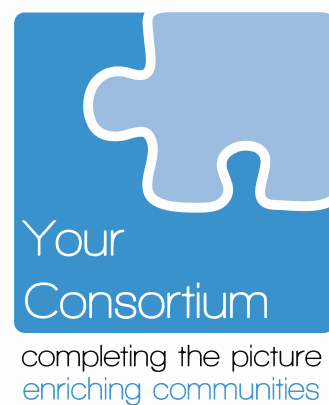
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