

Appendix 1: Better Mental Health projects funded via Prevention & Promotion Fund for Better Mental Health 2021-2022

Project name	Target group	Description
Project A – Changes	Expectant parents	<ul style="list-style-type: none"> • Antenatal programme delivered by Sandwell Council’s Parent Support Team • Provides evidence-based, home-grown support for parents, helping them to navigate on their parenting journey at key transition points for their child
Project B – Activities for New & Expectant parents	New and expectant parents	<ul style="list-style-type: none"> • Provides a variety of free activities for expectant parents and parents with a new baby (under 1) • Delivered by Sandwell Council’s Parent Support Team • Libraries & Archives project (Part B) provides parents and carers of children under 5 with a range of social activities through Play Talk Read sessions and the Sandy Bear scheme
Project C – Anti-Bullying	Children & young people	<ul style="list-style-type: none"> • Delivered through SHAPE – Sandwell Council’s Child Voice initiative • Focuses on the 5 themes encompassing a child’s life: <ul style="list-style-type: none"> ○ Staying Safe ○ Being Healthy ○ Achieving and Enjoying ○ Making a Positive contribution ○ Economic Wellbeing
Project D – The Voluntary and Community	All residents	<ul style="list-style-type: none"> • Team of educational psychologists, assistant education psychologist & project manager from Inclusion Support in Sandwell • Whole organisational approach to well-being, building on success of the Charter Mark with Sandwell schools and nurseries

Sector Well-being Charter		<ul style="list-style-type: none"> • Aims to develop a well-being Charter Mark alongside colleagues from the voluntary and community sector and then pilot the process with a range of organisations
Project E – Team Talk – Albion	Men 18+	<ul style="list-style-type: none"> • Aims to engage with men (aged 18+) living in Sandwell in a 5-a-side Football League • Weekly tournament style matches • Informal workshops to share information around other services that can support better health • Access to Ally's wellbeing café, run by Alistair Robertson
Project F – Tough Enough To Care	Men 18+	<ul style="list-style-type: none"> • Better Mental Health sessions- 45 min interactive presentation covering the basics of understanding mental health • Aims to dispel common myths about mental illness, teach an understanding of what mental health actually is and how it affects society on a daily basis • Moves onto spotting signs of poor mental wellbeing in both selves and others, plus guidance on self care • Offers advice on how to open a dialogue and listen with empathy • Signposting to professional services
Project G – Ideal for all	People with additional needs	<ul style="list-style-type: none"> • Locally rooted, user-led charity, social enterprise and community business and award-winning provider of person-centred services • Working to make life better for people with disabilities, mental health needs, learning disabilities, long-term health conditions, and those in need of support to thrive • Developed Independent Living Centre and three Community Gardens from derelict land • 3 session programme, up to 2 hours each session, focusing on Sandwell's Feel Good 6 principles – Connect & Learn, Move & Give, Notice & Talk
Project H – Mental Health Literacy	All residents	<ul style="list-style-type: none"> • Training and upskilling local residents and representatives of VCS organisations as tutors of accredited mental health courses, accredited Understanding & Promoting Positive mental health and wellbeing practitioners • Establishing a boroughwide network of Community Mental Health Champions

		<ul style="list-style-type: none"> Representatives from all sections of our community who have been trained to effectively look after their own mental health, promote positive mental health amongst those they meet, support those experiencing mental health issues and signpost to further support
Project I – SCVO – Community Mental Health Grant Programme	All/various	<ul style="list-style-type: none"> Grants of £500 to £5K to support early help/preventative activities that are run BY local people FOR local people Funding to resource activities and in-kind support (e.g. guidance, training, information, etc.) to build the capacity of the organisation and its staff around positive mental health 7 awards made in first round of funding; 5 in second round
Project J Communications	Various	<ul style="list-style-type: none"> Takling Life Wellbeing Sessions delivered by SMBC Occupational Health SCVO Mental Health Awareness Groups, Route 2 Wellbeing Community Digital Platform Comms and resources – Man’s Manuals

<https://www.healthysandwell.co.uk/mental-health-wellbeing/better-mental-health/>