

PARTNERS FOR HEALTH PROGRAMME REVIEW : 2018 – 2021

PURPOSE

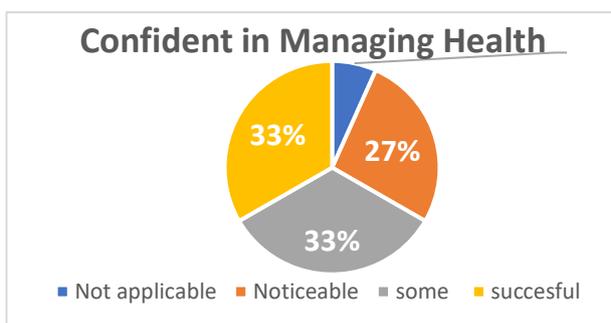
‘Partners for Health’ (P4H) is a collaborative funding programme initiated by London Catalyst and the HSF. We have also welcomed other funders, notably the Sir Halley Stewart Trust. The programme seeks to encourage a new approach or thoughtful development of service and to foster partnership between expert health and community organisations. It has enabled us to increase available resources, reach new grantees and try a new way of making grants.

PROCESS

Applicants are invited to submit bids during a three month window. A long list of applicants is drawn up from which a short list of c10 is selected for interview. The interview panel is drawn from trustees and staff of the funders. This has proved popular with trustees as it allows the opportunity to meet prospective grantees face to face. An added benefit is projects longlisted, but not chosen for interview, can be selected if they match the funder’s other grant streams. This has helped achieve a relatively high success rate of 1:3 applicants receiving a grant.

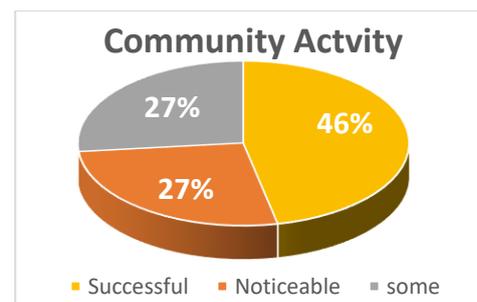
ACHIEVED

- **49 projects funded and 49 partnerships created**
- Reached av. 4,000 beneficiaries each year
- **Recruit av.70 volunteers each year**
- Total grants £330,000; average grant £7,000
- **Contributors: London Catalyst £146,000; HSF £146,000; Sir Halley Stewart Trust £40,000**
- Interview panel drawn from each charity brings together trustees and grantees.



A snapshot of the monitoring reports¹ from 2019/2020 reveal **60%** of beneficiaries reported an improvement in confidence in managing their health.

73% of the sample report an increase in community activity and use of services.



PARTNERS FOR HEALTH 2019/2020 CASE STUDIES

| | | | | | | |
|---|------------------|-----------------------|---------------------|----------------------------------|------------------|-----------------|
| 1. INCLUSION BARNET : HOSPITAL PEER OUTREACH PROGRAMME with the Edgware Community Hospital - Mental Health Ward | | | | | | |
| £: | £5,831.33 | | Paid: | June 10, 2019 | Report Received: | October 9, 2020 |
| Borough: | Barnet | | Client: | Adults | | |
| | | | Health: | Mental ill-health | | |
| | | | Other: | Other long-term health condition | | |
| EXPECTED OUTCOMES | | | | | | |
| <ul style="list-style-type: none"> To develop the Space2Be programme, to run more drop-in sessions, support workshops, to upgrade material for activities and the range of activities and increase consultation with participants and the number of people engaging with community support after their discharge; To establish the new recovery group; increased the number of trained volunteers; deepen collaboration with the Occupational Therapy Team | | | | | | |
| ACHIEVED | | | | | | |
| <p>Between July 2019 and March 2020 we have delivered 90 hours of sessions and supported 141 people on the wards, providing updated information about community peer support and other services. Patients engaged with us every week, speaking to our trained volunteers and taking our information leaflets. Those who had completed a 'keep in touch form' were contacted after discharge. 25 of those were supported via action plans we had drawn up with/for them. We worked well and closely with the Occupational Therapy Team who continued to give us positive feedback about our sessions and invited us to add sessions on a newly opened ward. In addition, in collaboration with the Occupational Therapy Team, we held a recovery group session at a local recovery house for people with mental health conditions. We ran 46 hours of sessions of a weekly recovery group where we supported people who were recently discharged from hospital. A number came from the sessions we had on the wards, allowing us to continue our relationship with and support of them. We referred people to a number of different services such as Touchpoint, Mind, Barnet Homes and the Wellbeing Hub. This is some of the feedback we had from people who attended:</p> <p>"The information leaflets were very useful and so were the staff"; "Helped me with advice in the community"; "This [Recovery Group] is definitely worth coming to"; "Lovely staff members"</p> <p>At Space2B we ran 37 weeks of sessions with 235 attendees. We offered mindfulness sessions, puzzles, games and always had information available to attendees through leaflets and our trained volunteers. We had consultation events to provide information and allow attendees to give feedback. For example, the North Central London CCG visited for a survey on orthopaedic services. In addition we also had a couple of volunteers teaching guitar and song writing. These are some of the comments from the attendees of Space2B:</p> <p>"You can just turn up, no referral needed. Good to have a choice of activities"; "It's a space and time when you need to take some time out. Welcoming space where you can do an activity and/or chat to your peers and possibly get some solution to your problems and feel less isolated"; "A place to feel at home and be welcomed by people with experience of mental health problems"</p> <p>Since we had to stop face-to-face delivery in March due to C19, we have maintained remote support.</p> | | | | | | |
| People helped | 376 | | Volunteers involved | 11 | | |
| Improve manage health | Some | Use of comm. services | Noticeable | Increase social contacts | Successful | |
| CASE STUDY | | | | | | |
| <p>T is in her late 40s. She currently lives with her 20 year old daughter. T was signposted to BVMH by another organisation. Her husband had ended their relationship and moved out of the family home in February 2020. T reported feeling very emotionally distressed and having continuous suicidal thoughts since then. She was also struggling financially since her husband had left and was very worried about this. She had been prescribed antidepressants by her GP in March, but had been stockpiling them with the intention of using them to take her own life if she could no longer cope. We agreed with T that she would give the stockpiled medication to her daughter for safe disposal, something she implemented. With her consent, we contacted her GP who had not seen T since her initial appointment about her depression, and who as a result of our call scheduled an appointment for the following day. We explained that given what she had disclosed we would need to contact her GP. Tina was happy for us to do this.</p> | | | | | | |

We created a crisis plan with T detailing who she would contact and what action she would take if she felt she was in danger of hurting herself; suggested that she join our recovery group; set her up for 1-2-1 emotional support with a BVMH volunteer mentor, and linked her with specialist service to help her tackle her financial issues. T started seeing her GP regularly, attending the recovery group and mentoring sessions. As a result she reports feeling less suicidal.

COMMENT

Excellent report shows the progress of the project developing the recovery group and encouraging collaborative working. Good outcomes and P4H endorsement.

2. E17 PUPPET PROJECT: Arts for health and wellbeing

| | | | | | |
|----------|------------------|---------|----------------------------|------------------|-------------------|
| £: | £3,849.33 | Paid: | June 10, 2019 | Report Received: | November 27, 2020 |
| Borough: | Newham | Client: | Children and young people | | |
| | | Health: | Long term health condition | | |
| | | Other: | None of these | | |

EXPECTED OUTCOMES

- To develop and co-produce a community arts project with young people living with sickle cell disease attending the Rainbow Centre;
- To design a programme of activities and develop lesson plans and resources to share with hospital staff; to recruit and train volunteers to support the sessions.
- To share learning with other organisations/hospital trusts and develop an online resource

ACHIEVED

Arts for health and wellbeing is a collaborative project with the Rainbow Centre (Newham University Hospital). We have delivered 14 interactive sessions for 30 + children and young people living with sickle cell disease, who require regular blood transfusions). Our sessions are young people led and aimed at supporting them to feel more at ease about being in hospital, boost their confidence and self-esteem. In March the young people were about to start the filming process to produce a new online tool when Covid hit and we entered lockdown. Our activities in the ward had to stop and we have not been able to go back since (they young people we work are classed as clinically extremely vulnerable). We explored continuing this work remotely but decided against this due to safeguarding and stretching the NHS further. So we produced instead a series of online workshops available through our YouTube channel, which have been well received.

Parents said:

"I think this workshop is a brilliant idea. I was very impressed with Alexandra's [E17 Puppet Project's lead facilitator] skills, set of arts and crafts and her interaction/interpersonal skills. I am not a kind of arts and crafts person but I thoroughly enjoyed this workshop alongside my daughter"

"Very helpful, keeps the children busy and their minds off their illness/sickness. Also gives parents a little break from trying to entertain and keep them busy. Thank you!"

"Entertaining, made me forget I am here, enjoyable"

100% of participating children said that E17PP's sessions help to take their mind off being in hospital.

| | | | | | |
|-----------------------|------------|-----------------------|----------------|--------------------------|------------|
| People helped | 32 | Volunteers involved | 2 | | |
| Improve manage health | Successful | Use of comm. services | Not applicable | Increase social contacts | Successful |

CASE STUDY

B is a 5 year old boy who was also diagnosed with SCD when he was a baby (8 months). His father explained how it had impacted on all their lives, although it had been good to know early so that he could get the right care. B's father explained how carrying physical activities, playing sports in school was hard for him: the week before he is due to come here for the transfusion he gets really tired. He normally comes every 3/4 weeks - so by week 3 he gets really fatigued and finds it hard to take part in activities; he gets tired at school and when doing sports. B's father described how our activities (B had really enjoyed making a dragon shadow puppet and projecting it against the wall in the ward) because it really takes B's mind of the blood transfusion that is going on. It helps pass the time, the day goes quicker, "if you [E17PP] are not here the day just drags, he finds it really boring and exhausting." B's father explained how that same morning, whilst they were still at home B had said: "I hope there will be some activities today at the hospital" "B really looks forward to them, otherwise it is really boring and difficult for all of us", B's father said

COMMENT

Responded to the Covid restrictions thoughtfully. Staff/facilitators developed web-conferencing tools, redesigned activities and materials for online delivery. Proved popular with target group.

| 3. EASTSIDE COMMUNITY HERITAGE: Healthy Memories | | | | | |
|---|----------------------|-----------------------|------------------------------|--------------------------|-------------------|
| £: | £5,560.67 | Paid: | June 10, 2019 | Report Received: | December 15, 2020 |
| Borough: | Barking and Dagenham | Client: | Older people (over 65) | | |
| | | Health: | Physical or Motor disability | | |
| | | Other: | Sensory impairment | | |
| EXPECTED OUTCOMES | | | | | |
| <ul style="list-style-type: none"> To work with clients with long-term health conditions and engage them in heritage-related activities exploring the theme of health and wellbeing. To reduce isolation and increase self-esteem amongst participants, and provide an opportunity for them to have their voices heard, along with gentle chair based exercise. To run 10 reminiscence sessions in Dagenham Libraries, community centres and sheltered accommodation involving 20 participants at each session, exploring how ideas of health and wellbeing have changed over time. | | | | | |
| ACHIEVED | | | | | |
| The project worked with over 80 older people many living with dementia and ran a series of 20 reminiscence and movement sessions and provided information on healthy eating through providing easy recipes for care workers and participants. The project encouraged easy and chair based movements and exercise that participants could easily do at home safely. The heritage element provided the opportunity for participants to share memories, sing a long and chat to each other and make friends and connections. | | | | | |
| People helped | 80 | | Volunteers involved | 41 | |
| Improve manage health | Some | Use of comm. services | Some | Increase social contacts | Successful |
| CASE STUDY | | | | | |
| <p>Dolly: My name's Dolly, I love coming on Thursdays meeting up with everybody and I like doing the ribbons the best, when we do our leg movements, and it's nice of Kim to try and get us more active. Thank you very much.</p> <p>Andrew: My name's Andrew, I like coming here on Thursdays and doing things I like, do exercise, keeps me fit and healthy and good, good exercise, I enjoying doing exercise with others.</p> <p>Sheila: My name's Sheila and I've only been coming a few weeks but I've been enjoying it very much. I can't do the exercises very well because I've recently had a third knee replacement and shoulders and that I've got arthritis but I do enjoy coming, and the exercise you showed me has helped.</p> <p>Margaret: My name is Margaret. I like coming to these clubs because I meet a lot of people and we enjoy ourselves with our exercises and everything and we help one another. I like getting ideas about what I can cook as I don't have much money and its hard to cook for one, your recipe sheets have helped.</p> <p>Pamela: I like the comradeship, it's great fun to be here with all the other people and my memory is going but to think about things about the past is clearer than future and things that are happening now so that's made me quite happy.</p> | | | | | |
| COMMENT | | | | | |
| The report covers the activities and it is encouraging that so much was possible given the covid restrictions. The voice of service users comes over strongly but a little more reflection by the provider would have helped illuminate how the project was delivered and what was achieved. | | | | | |

| 4. THE MAGPIE PROJECT : User led research in to the barriers and facilitators to accessing health services for parents of under-fives living in temporary or insecure accommodation. | | | | | |
|--|------------------|-----------------------|----------------|--------------------------|-----------------|
| £: | £4,333.33 | Paid: | June 10, 2019 | Report Received: | January 6, 2021 |
| Borough: | Newham | Client: | Women | | |
| | | Health: | None of these | | |
| | | Other: | Mental illness | | |
| EXPECTED OUTCOMES | | | | | |
| <ul style="list-style-type: none"> To enable mothers with under fives in temporary accommodation to map their access to health services through a "citizen and participatory science" approach. To determine the barriers to accessing healthcare for homeless under fives and the affect of these factors on the way mothers are able to care and provide for their child; 20 mothers already supported by the Magpie Project facilitated by a UCL PhD student. An in-depth analysis will be disseminated and published via peer-reviewed journals and at conferences; | | | | | |
| ACHIEVED | | | | | |
| <p>Outcome 1: 'To enable mothers with under-fives in temporary accommodation to map their access to health services through a 'citizen and participatory science' approach.' Three workshops were held for fifteen mothers with children under 5 who regularly attend the Magpie Project to discuss access to services and safe spaces in their local community, facilitated by the UCL PhD student. They were introduced to the 'citizen science' approach, whereby they would use a mobile phone app to collect data on their everyday experiences of trying to access healthcare services, which would in turn be analysed by the UCL project team to develop a map of healthcare provision. Each location was turned into a patch and sewn onto a quilt, named 'Walk in My Shoes'.</p> <p>Outcome 2: 'To determine the barriers to accessing healthcare for homeless under-fives and the effect of these factors on the way mothers are able to care and provide for their child.' Mothers identified a number of common barriers to accessing healthcare, including digital exclusion (e.g. services have moved to online booking systems), financial exclusion (e.g. insufficient funds to travel to appointments), lack of information (including information that was appropriate to their circumstances), and lack of trust in the safety and/or navigation of these services (often stemming from fear that engaging with services will have negative consequences). Unfortunately, Covid-19 restrictions from March 2020 significantly limited the amount of data that could be collected through the project to verify this anecdotal evidence.</p> <p>Outcome 3: 'An in-depth analysis will be disseminated and published via peer-reviewed journals and at conferences.' Due to the challenges in continuing with the citizen science approach during the pandemic, the PhD student pivoted the scope of their research to also include healthcare practitioners. This work and research, alongside the trends identified by the mothers, is now feeding into a number of larger studies across London and the UK, including an article in the Lancet and a collaborative report with the ActEarly Initiative and Newham Council.</p> <p>Outcome 4: 'An exhibition/publication using the mother's data of day-to-day lives, Supplementary funding was secured from the Foundation for Future London to support the costs of an exhibition. Unfortunately, due to the impacts of Covid-19, we were not able to take this forward. However, there are several projects in the pipeline from which an exhibition may emerge, and the project team are committed to show the work created so far, including the quilt, whenever that may be possible.</p> <p>Outcome 5: 'To increase public awareness of the barriers to good health represented by housing.' The expectation was that increased public awareness would follow from the journal publications and the exhibition of mothers' day-to-day lives. Given the impacts of Covid-19, we can assume that the increase in public awareness as a result of this project has been limited. However, both UCL's project team and the Magpie Project have appeared in local and national press to raise the specific implications on homeless and vulnerably housed families of trying to access healthcare during the pandemic.</p> | | | | | |
| People helped | 15 | Volunteers involved | 0 | | |
| Improve manage health | Not applicable | Use of comm. services | Some | Increase social contacts | Some |
| CASE STUDY | | | | | |
| We did not collect any case studies through this project. | | | | | |
| COMMENT | | | | | |
| Excellent report given the difficult circumstances progress made in all objectives and feeding into larger studies. There are several projects in the pipeline and the project team are committed to show the work created so far. UCL's project team and the Magpie Project have appeared in the press to raise the specific implications on homeless and vulnerably housed families of trying to access healthcare during the pandemic. Clash of cultures working with academic institution is revealing. | | | | | |

ALL 'P4H' GRANTS PAID 2018 TO 2021

| ORGANISATION | BOROUGH | PROJECT | GRANT | DATE |
|--|----------------|--|-------|------|
| 1. Age Concern City of London | City of London | Square Mile Health Walks: first steps to health; to engage 25 harder to reach older City residents and/or Bart's Hospital patients and recruit up to 10 walk volunteers | 1500 | 2018 |
| 2. The Drop In Bereavement Centre | Newham | Staying Well: Finding Hope: a structured bereavement social activity care package to include a programme of activities working with Bonny Downs Community Association, St. Marks Community Centre and collaboratively with MIND. | 1000 | 2018 |
| 3. The Mosaic Community Trust | Westminster | A Psycho-educational Mental Health and Wellbeing programme for BME women. To include training staff and volunteers to identify MH needs, develop culturally appropriate group work sessions and partnership with IAPT. | 2000 | 2018 |
| 4. InterAct Stroke Support | Tower Hamlets | Community based creative programme. In partnership with Royal London hospital and Age UK in Bow to develop three community projects for stroke survivors run over a 10 week period. | 2895 | 2018 |
| 5. Sufra NW London | Brent | Emergency Food Aid on Discharge Project: To provide basic food and toiletries for, primarily, elderly patients on discharge; to investigate support for recently discharged patients with NHS home visiting teams; Increase capacity to provide emergency food aid to vulnerable and disadvantaged people | 3000 | 2018 |
| 6. Hoxton Health | Hackney | Foot Health for Homeless People: Run drop in Foot Health clinics in 4 community settings offering basic foot care and referral to other services. To work with the NHS Podiatry Services for training Foot Health Practitioners. | 3900 | 2018 |
| 7. The Froglife Trust | Ealing | London Tails of Amphibian Discovery (T.O.A.D): wildlife conservation social prescribing project: To work with two GP surgeries in Ealing and Lambeth, recruit volunteers and develop nature trails in local parkland. To establish two groups of volunteers meeting on a regular basis and maintaining the nature trails and the new habitats. | 4460 | 2018 |
| 8. Healthwatch Hillingdon | Hillingdon | Schools Peer to Peer Wellbeing Programmes: To run a Mental Health, Wellbeing and Life Skills (MHWBLS) Programme in 5 schools; develop a Peer Support Training (PST) Programme, working with Hillingdon CAMHS (Child and Adolescent Mental Health Services) and the Hillingdon School Nursing Service. | 3291 | 2018 |
| 9. Birth Companions | Islington | Targeted antenatal classes for women with complex social factors: Support at least 18 women with complex social factors over three courses. Roll out model of support and build a business case for continued funding | 5000 | 2018 |

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|---|----------------------|---|---------|------|
| 10. Advocacy in Greenwich | Greenwich | The Good Health Check Film and Advocacy Project for People with learning disabilities: PLD will have a record of their health needs, treatments and medication which will enable them and health professionals to monitor their on-going health needs. | 3000 | 2018 |
| 11. Art & Soul | Hounslow | To facilitate a programme of creative workshops to enhance perinatal mental health and wellbeing and reduce social isolation. To provide a safe and supportive environment where the creative activity enables a significant drop in anxiety for participants | 2000 | 2019 |
| 12. AUTISM HUB Islington/ALAG (Asperger's London Area Group) | Islington | To support roughly 30 individuals to lead more independent lives To prevent/reduce social isolation and promote wellbeing | 1000 | 2019 |
| 13. Talk for Health | Islington | to train a group of Peer Coaches to deliver T4H cafes (peer groups). The grant can be used to match other funds or to deliver a smaller scale project. The grant is to be paid by London Catalyst in one instalment. | 3000 | 2019 |
| 14. E17 Puppet Project | Newham | To develop and co-produce a community arts project with young people living with sickle cell disease attending the Rainbow Centre; To deliver 14 interactive sessions supporting young people to feel more at ease about being in hospital, | 3849.33 | 2019 |
| 15. Living On Bereavement Service | Bromley | To set up a bereavement help-point in Orpington; an accessible, safe space for weekly sessions for people who have experienced bereavement to get support, facilitated by volunteer bereavement advisors | 6546.67 | 2019 |
| 16. One Place East | Redbridge | To create a sustainable enterprise benefiting service users: To move into and launch new café/catering business in Goodmayes Hospital; train and accredit a team of 10 service users; To provide volunteering opportunities to support recovery and social inclusion | 4992 | 2019 |
| 17. Eastside Community Heritage | Barking and Dagenham | To work with clients with long-term health conditions and engage them in heritage-related activities exploring the theme of health and wellbeing. To reduce isolation and increase self-esteem amongst participants, and provide an opportunity for them to have their voices heard, along with gentle chair based exercise. To run 10 reminiscence sessions in Dagenham Libraries, community centres and sheltered accommodation | 5560.67 | 2019 |
| 18. Inclusion Barnet | Barnet | to develop the Space2Be programme, to run more drop-in sessions, support workshops, to upgrade material for activities and the range of activities and increase consultation with participants and the number of people engaging with community support after their discharge; To establish the new recovery group; increased the number of trained volunteers; deepen collaboration with the Occupational Therapy Team; | 5831.33 | 2019 |

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|--|----------------------|---|---------|------|
| 19. BEfriend | Ealing | To support (up to 50) people who are isolated as a result of their mental health problems following assessment visit to pair with a volunteer befriender. To see clients engaging regularly with their befriender, making new and sustainable connections and track and report improvements to wellbeing. To support and train a pool of volunteers | 12000 | 2019 |
| 20. Free Your Instinct | Newham | To provide free Parkour courses to target people with mental health support needs through the delivery of specialist Parkour classes by qualified and experienced coaches. Participants will learn the basic principles and philosophy of Parkour whilst developing a range of basic movements with support to sustain involvement | 4666.67 | 2019 |
| 21. The Mulberry Centre | Hounslow | To pilot the introduction touch therapies (including massage, reflexology) to end-of-life patients and carers on the palliative care wards To increase the numbers of patients and their families benefiting from the physical and emotional support of touch therapies | 6666.67 | 2019 |
| 22. Evelina Children's Heart Organisation | Lambeth | To fund a midwife team to run 3 day classes at the Evelina Children's London Hospital. Each class will support 12 couples who will also hear from cardiologists about what will happen during and after birth. To use and support peer volunteers to help couples share their anxiety with others in the same situation. | 3307.33 | 2019 |
| 23. The Cedar House Support Group | Wandsworth | To run three groups to support families experiencing postnatal depression with a crèche managed by a crèche manager and volunteers. To support the parents through the group and enable them to get to a stage in their recovery where they feel well enough to leave the group; To evaluate outcomes and the model of service. | 8406.67 | 2019 |
| 24. The Magpie Project | Newham | To enable mothers with under fives in temporary accommodation to map their access to health services through a "citizen and participatory science" approach. To determine the barriers to accessing healthcare for homeless under fives and the affect of these factors on the way mothers are able to care and provide for their child. | 4333.33 | 2019 |
| 25. E17 Puppet Project | Newham | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 26. Living On Bereavement Service | Bromley | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 27. One Place East | Redbridge | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 28. Eastside Community Heritage | Barking and Dagenham | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 29. Inclusion Barnet | Barnet | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |

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|--|----------------------|---|------|------|
| 30. BEfriend | Ealing | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 31. Free Your Instinct | Newham | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 32. The Mulberry Centre | Hounslow | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 33. Evelina Children's Heart Organisation | Lambeth | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 34. The Cedar House Support Group | Wandsworth | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 35. Talk for Health | Islington | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 36. AUTISM HUB Islington/ALAG (Asperger's London Group) | Islington | P4H + SHST additional grant for Covid costs & evaluation | 700 | 2021 |
| 37. Positively UK | Camden | A grant was agreed for the Adapting and Strengthening Support Services for People Living with HIV: A post covid research and review | 2000 | 2021 |
| 38. Women's Health and Family Services | Tower Hamlets | A grant was agreed for the Women's Health programme to improve FGM survivor resources through culturally sensitive sexual wellbeing and reproductive information and identified delivery methods to raise awareness of services and support | 4088 | 2021 |
| 39. Our Time | London-wide | A grant was agreed for the Breaking the Silence: Our Lockdown Story educational file project | 1000 | 2021 |
| 40. African Caribbean Dental Association UK | Haringey | A grant was agreed for the equipment and administration costs of the 'Care For the Cold' community outreach project: promoting oral health to and improving the dental care of, homeless people | 3000 | 2021 |
| 41. Made In Hackney | Hackney | A grant was agreed for the co-curated cookery courses in partnership with the Hackney Diabetes Centre to remove barriers to behaviour change for Diabetes patients | 3200 | 2021 |
| 42. Wealdstone Methodist Church | Harrow | A grant was agreed for the Diabetes Community Club: encouraging behaviour change using peer support | 1500 | 2021 |
| 43. Age UK Westminster | Westminster | A grant was agreed for the development of the Health & Well-being Community Dance Programme | 2500 | 2021 |
| 44. Croydon Drop In (Partners for health) | Croydon | A grant was agreed for the Hope and Change: Albanian Youth Outreach counselling and support project | 2250 | 2021 |
| 45. Harlequins Foundation | Richmond upon Thames | A grant was agreed for the Community Knee Rehabilitation Clinic for the outreach, equipment, staff and running costs of the clinic (excluding room hire and security) | 2500 | 2021 |

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|---|-----------|---|------|------|
| 46. Ring20 Research and Support UK CIO | Essex | A grant was agreed for new resources, including training and information for people living with Ring20 Syndrome, to assess and improve their mental health and develop the charity's reach and capacity. | 2500 | 2021 |
| 47. Middlesex Association for the Blind | Hounslow | A grant was agreed for the relaunch of the Mobile Resource Unit: offering Eye Awareness, Eye Care and Visual Impairment assistance for BAME communities | 4000 | 2021 |
| 48. Parents and Communities Together (PACT), Citizens UK | Southwark | A grant was agreed for the Mental Health Support project for Vulnerable Parents of Early Years Children in partnership with IAPT services; improving parent confidence in themselves and their parenting and resilience/coping strategies in their family life. | 4108 | 2021 |
| 49. Live Through This | Hackney | A grant was agreed for the Virtual Patient Pilot: Navigating barriers to equitable care for LGBTIQ people affected by cancer | 2460 | 2021 |

No grants were made in 2020 due to the Covid restrictions

TOTAL £145,712.67



AFRICAN CARIBBEAN DENTAL ASSOCIATION UK, community outreach project: promoting oral health.

THE MAGPIE PROJECT, research barriers and facilitators to accessing health services for parents of under-fives living in temporary or insecure accommodation.



For more information contact:

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APPENDIX

1 MONITORING REPORTS SAMPLED

| MAIN BOROUGH | ORGANISATION | PROJECT NAME/CAPTION | HEALTH/DISABILITY | BENEFICIARIES | VOLUNTEERS |
|----------------------|---------------------------------|---|------------------------------|---------------|------------|
| Hackney | St Mary's Secret Garden | Talking therapy combined horticultural therapies in a garden setting, for people suffering mental ill-health | Long term health condition | 10 | 0 |
| Hillingdon | Centre for ADHD & Autism | Adult Autism Group | Learning disability/ASD | 34 | 0 |
| Kingston upon Thames | Dyscover | programme of support and information to people with progressive aphasia and their carers in a small group setting | Long term health condition | 23 | |
| Lambeth | Silverfit | Silver Fun and Fitness Days | Long term health condition | 45 | 6 |
| Lambeth | Liquid Vibrations | Musical Hydrotherapy | Learning disability | 32 | 0 |
| Lambeth | Healthy Living Club | What's Cooking? sociable lunches dementia-centred community hub | Long term health condition | 30 | 5 |
| London-wide | LA Disabled People's Project | Community well-being and Mental Health Advice Project | Long term health condition | 850 | 10 |
| Newham | Survivors Together | to set up and run a new support group for young people who are survivors of child sexual abuse | Dual diagnosis (LD/MH) | 12 | 0 |
| Newham | The Drop In Bereavement Centre | Staying Well: finding hope | Long term health condition | 30 | 5 |
| Redbridge | Healthy Living Projects | Encouraging adults with complex needs to talk about their mental health issues. | Mental ill-health | 50 | 0 |
| Southwark | Mental Fight Club | Let Your Voice be Heard: Hospital advocacy project | Mental ill-health | 263 | 0 |
| Tower Hamlets | Vision Care for Homeless People | Pilot a mobile opticians service for homeless people in East London. | Physical or Motor disability | 66 | 16 |
| Waltham Forest | Forest Churches Night Shelters | FCENS Mental Health Support | None of these | 30 | 0 |
| Westminster | The Mosaic Community Trust | A Psycho-educational Approach to Mental Health and Wellbeing for BME women | Mental ill-health | 2325 | 22 |
| Westminster | Headway West London | Reaching Out Project: new service for people with Acquired Brain Injury | Long term health condition | 594 | 5 |
| | | | | 4,394 | 69 |



www.hospitalsaturdayfund.org

President: The Lord Mayor of London
Charity: 1123381

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Patron: Her Majesty the Queen
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