

Trust Links Report for BHMT

January 2023

- Brief history of the charity

Trust Links was founded in 2000 and became a charity in 2002. The charity was formed to respond to the social, emotional and community needs of people with mental health problems in Southend and Essex.

- Details of project supported by BHMT grant

The Growing Together project supports adults with mental health problems. The creative afternoons on Tuesday have been well attended, with our members enjoying music, art, and creative writing workshops, facilitated by our staff and trained volunteers. Members have also participated in specially organised workshops, a highlight being the development of a dye garden and learning about natural dyeing through workshops with a local artist.

- Areas of mental health addressed and profile of the recipients

Growing Together members have a range of mental health issues including anxiety, depression, bipolar disorder, schizophrenia and personality disorder. People that attend the project tend to be those living in areas of multiple deprivation and with a range of challenges including living with poor housing, challenging relationships and poor physical health.

- Impact of the project

The project has a meaningful positive impact on members, helping to:

- Improve mental health and wellbeing
 - Improve social engagement and social inclusion
 - Reduce loneliness and social isolation
 - Support engagement with Trust Links projects, which in turn support the holistic needs of members
 - Developing skills and hobbies
- Personal anonymised examples (if possible)

A has been attending the music and art workshops on Tuesday afternoons at Growing Together Westcliff for four years. A has bipolar disorder and often struggles to leave home due to anxiety. A has difficulty with social groups, but says that they enjoy the music group and art groups, as they have structure and purpose – you can engage in a structured way, whilst enjoying a shared activity. A looks forward to attending the groups each Tuesday, and says that they are a lifeline.

- 3-4 supporting pictures, photographs, illustrations (not too big)

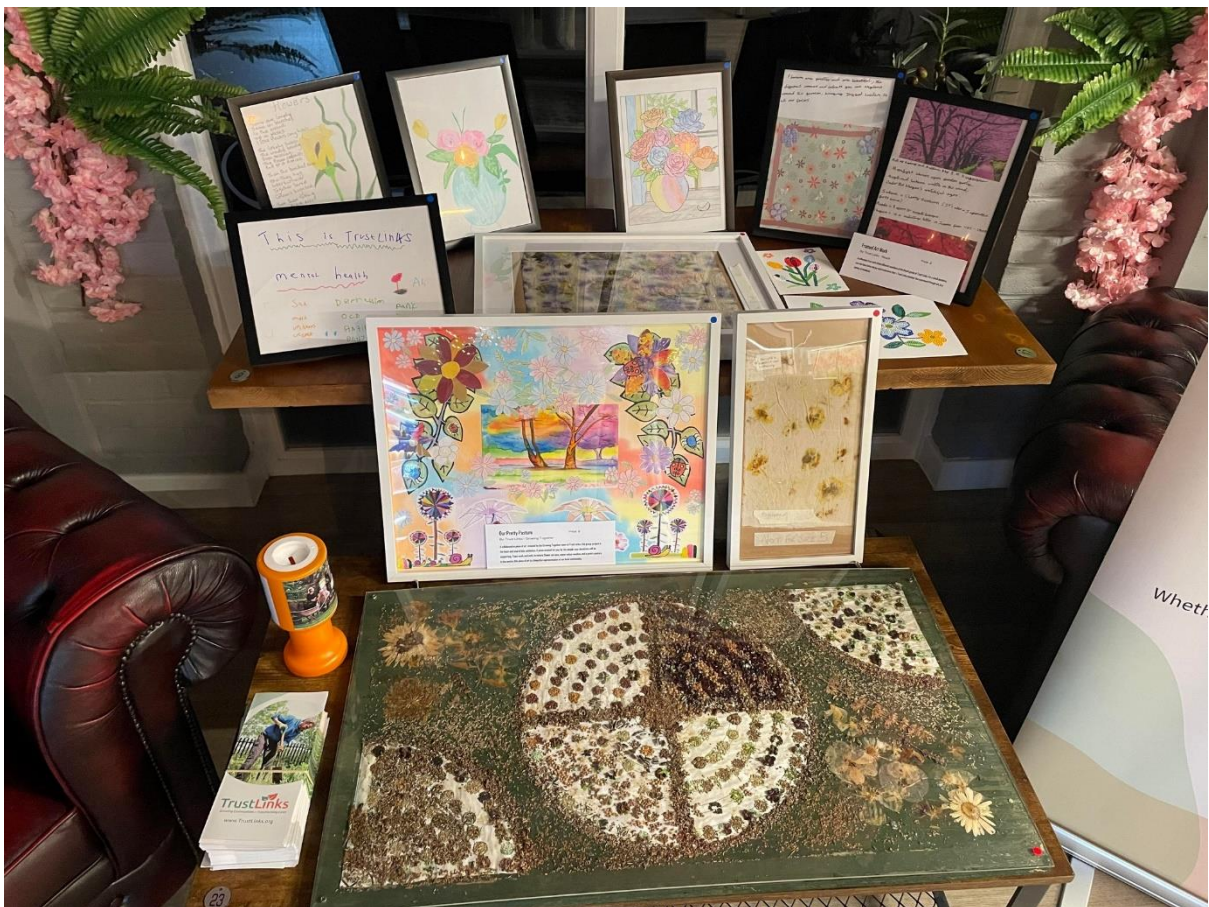


We used natural materials from the garden for the dye workshops





The dye project produced some great results, that the members were very proud of



Some of the art made by the group was displayed at a recent art exhibition locally