

## MindMatters COI Seed Funding Ideas

If you are thinking about running a mental health project in your community but are struggling for ideas, the following list of projects which received funding during the first phase of MindMatters might provide some inspiration. For ease of reference the projects have been grouped together under broad headings but, as you will see, several projects could have been included in several different categories.

Theme	Project Title	Brief Description
Mental Health and Faith	An Oasis by the Sea	A series of 'Oasis Days' offering clergy, diocesan readers and parishioners an opportunity to come away to a safe place to rest and recharge within a prayerful, scriptural and motivational atmosphere
Mental Health and Faith	As the Page Turns	The initiative has two strands: <ul style="list-style-type: none"> <li>• A book club looking at Christian response to mental health meeting fortnightly for a time of praise and discussion</li> <li>• A Sing for you Community Choir meeting fortnightly to sing and connect with each other</li> </ul>
Mental Health and Faith	Cloyne Connects	Linking good mental health with faith, and with care for the environment in the liturgical Season of Creation.
Mental Health and Faith	Gathering Together for Well-being	Running two Kintsugi Hope courses, one aimed at young mothers and the other aimed at men. The courses are designed for people exploring ways to maintain their emotional wellbeing. They cover 12 different topics including Anxiety, Depression, Disappointment/Loss, Forgiveness and Resilience.
Mental Health and Faith	Kintsugi Hope	Hosting 3 Kintsugi Hope courses, each running for 12 weeks for adults and 6 weeks for youth. The course help people through a tough journey with other like-minded people within a church.
Mental Health and Faith	Mental Health & Faith	A course of talks on mental health and faith, aimed at overcoming the reluctance of individuals, families and parishioners to engage with mental health issues. Key aspects will include reducing stigma and promoting connections.
Mental Health and Faith	Mosaic - A series of 6 Retreats	The purpose of the retreats is to promote community, tackle loneliness and isolation by bringing people together. Topics include Trellis for the Soul; Gratitude; Contemplative Prayer Practices; Hope; and Beauty.
Mental Health and Faith	Our Minds Matter	An inter-faith and cross-community series of events including: <ul style="list-style-type: none"> <li>• A guided retreat for up to 20 church leaders</li> <li>• A 'walk and talk' morning in nature</li> <li>• A 'Supporting better mental health' training event</li> </ul>
Mental Health and Faith	Outreach Initiative	Provision of a hub/support network within the combined diocese. It provides a spiritual perspective to those who come looking for help and support but will also be used as a signposting vehicle to a list of support networks, list of agencies and professional bodies.
Mental Health and Faith	Resilient	A course aimed at building resilience in the community drawing on material from Kintsugi Hope and Christians Against Poverty. Will focus on topics such as Honesty, Anxiety, Depression and Mental and Physical health Check. The course will also encourage participants to adopt the Take 5 initiative promoted by the Public Health Agency.

Theme	Project Title	Brief Description
Mental Health and Faith	Sunday School Resource	Developing a four-session resource to help Sunday School teachers to speak to children in their parishes about mental health and how to look after their mental wellbeing.
Mental Health and Faith	Transforming Bangor City	<ul style="list-style-type: none"> <li>• A weekly Listening and Prayer service for those seeking to talk over issues of concern and to be prayed with</li> <li>• Development of a new communal space to tackle loneliness, hopelessness and stigma around mental health</li> <li>• Developing a ministry promoting connections, building community, guidance around mental health and associated life skills for those aged 18-35</li> </ul>
Mental Health and Faith	Upholding faith and rebuilding our faith community	Promoting connections across the church and wider city centre community through church music. The project aims to increase the sense of wellbeing within the parish community, encourage new footfall into the church and will be used as a platform to grow congregation numbers, maintain the strong choral tradition and enhance positive mental health across the parish and wider community.
Promoting Connections	"Re-connect"	The focus of the project is to provide support and training across all age groups. It will concentrate specifically on promoting connections and mental health and faith. The project will partner with a number of other organisations in the community to deliver its programme.
Promoting Connections	Breathe Out	Help connect with nature to nourish the stressed places and breathe life. Aimed at parents of primary school children but open to all.
Promoting Connections	Building connections in the Valley	<p>A project with two strands:</p> <ul style="list-style-type: none"> <li>• A weekly pop-up 'Bright &amp; Beautiful Café' focused on senior citizens who are living in a rural and isolated area</li> <li>• Short courses on a number of themes ranging from safety at home, gentle exercise, painting, crafting etc</li> </ul>
Promoting Connections	Church of Ireland Domestic Abuse Survivor's Network	Establishment of a survivors' group for people who have experienced domestic violence. The group will meet online to connect together, to share faith and stories, build resilience, wellbeing and self-care practices, and to be a network of support to each other. Facilitators will be trained to ensure that everyone feels safe in the space and key focuses are prepared in advance.
Promoting Connections	Community Care	Launching a 'Peaced Together' course, specifically targeted to help those suffering mental illness and brokenness. The course uses five themed craft projects and encourages women to reflect on their lives and set out on a personal journey from brokenness to hope.
Promoting Connections	Community Centre Men's Shed	The Men's Shed will provide a space where users can safely and easily connect with other individuals and develop health and supportive relationships. It is also intended that it will be a safe space to discuss mental health issues in an appropriate manner and in time to provide support and training in partnership with organisations such as <i>Suicide Down to Zero</i> in an effort to reduce stigma around men's mental health issues.
Promoting Connections	Community Choirs Project	Holding 10 monthly 'Sing Out' events using the Community Choir model. Such events have been shown to deliver a wide range of benefits such as increased social connection, improved respiratory health, cognitive stimulation, improved mental health and transcendence from everyday worries and pain.
Promoting Connections	Community Coffees; Drop-In; Bchurch Breakfast	Three new initiatives in response to a particular concern for the mental wellbeing of young people in the parish. All three initiatives will have a focus on creating safe spaces for conversation and community, as well as developing support networks for people of all ages throughout the whole community.

Theme	Project Title	Brief Description
Promoting Connections	Community Garden Project	To develop a community garden where people can come and unwind and relax. Research has shown that gardening can help promote good mental health by improving mood, boosts self-esteem, improves attention span, and provides exercise which can in turn reduce anxiety, depression and other mental health issues.
Promoting Connections	Connect	A 10-week series of craft and chat sessions, using the Peaced Together programme. It provides a safe environment where people can talk about the difficult things they face. It provides group support, a safe place to talk about things that effect mental health, and will help to combat loneliness and isolation.
Promoting Connections	Connect - Mindwell	Using the 'Take 5 steps to wellbeing' model to help reduce stigma and promote good mental health. The programme is aimed particularly at two groups: retire men and leaders, volunteers and parishioners.
Promoting Connections	Connecting	Sunday school children 'adopt' an older parishioner, promoting cross-generational connections.
Promoting Connections	Creating a mental health oasis for the body, mind and soul	<ul style="list-style-type: none"> <li>• Creating a city oasis by installing hardwood benches in the graveyard to allow parishioners, staff and visitors to rest in quiet contemplation. One bench will be designated 'Happy to Chat' to foster connections</li> <li>• Hiking for health events to encourage people to spend social and exercise time together</li> <li>• 'Come and Sing' events designed to include everyone regardless of background, age or experience</li> </ul>
Promoting Connections	Cregagh Crafters	Setting up a group of parishioners and other members of the community to come together to share a love of knitting, crocheting, sewing and crafting to build rapport and trust between people.
Promoting Connections	Friendship Cafe	Creating a safe, comfortable space and a friendly environment to give people a chance to meet, share conversation and build relationships.
Promoting Connections	Harvest Connections	Promoting connections and promoting mental health awareness through Harvest supper
Promoting Connections	Healthy Bodies, Healthy Minds	<p>Promoting physical and mental health through a 3-strand approach:</p> <ul style="list-style-type: none"> <li>• A shoppers' service creating a practical, welcoming space for people to gather and chat</li> <li>• A GriefShare course, providing connections, discussions, understanding and experienced advice</li> <li>• Men's football, aimed at men in their 20s and 30s</li> </ul>
Promoting Connections	Healthy Community	Expanding a programme of open days, community barbeques and mental health training where connections are made between individuals, families and key stakeholders in the local community.
Promoting Connections	Love Seahill	<p>An initiative with five strands:</p> <ul style="list-style-type: none"> <li>• The bereavement journey</li> <li>• Stop and chat (renew wellbeing)</li> <li>• Parent-talk courses</li> <li>• Community school chaplaincy</li> <li>• Community event – 'Love Seahill'</li> </ul>
Promoting Connections	Men's Group	Establishing a men's group that would meet weekly to promote community and foster connections. A series of short courses would be provided aimed at raising self-esteem and covering topics such as cooking on a budget, financial planning, first aid, etc.

Theme	Project Title	Brief Description
Promoting Connections	Mental Health Awareness	Helping to promote connections between parishioners and the wider community to counter the effects of Covid and a vacancy period. The project will seek to raise awareness of mental health, conscious that it is often hidden and a difficult topic for many.
Promoting Connections	Mind Yourself	Aiming to restore connections between parishioners in parishes and between parishes in the diocese. The programme will include a range of activities including Educative evenings by Aware, mental health support groups, crafts groups, walks and nature trails, and healing services.
Promoting Connections	Monday Club	A crafts and social gathering, providing a platform to develop social and community connections. Promoting fellowship, communication and a sense of purpose and wellbeing. Helping to combat isolation and loneliness.
Promoting Connections	Peaced Together	Using craft projects as a framework for women to look at some of the issues in their lives that are holding them back or causing them to struggle with their relationships and life choices. Places a particular emphasis on women impacted by the legacy of the Troubles, helping them to move on from that pain.
Promoting Connections	Project Restart	Reintroducing a range of activities that had been suspended due to Covid. These activities will bring the parish together, providing invaluable social activity, shared positive experiences and helping to address mental health and faith.
Promoting Connections	Reaching Out Project	The programme aims to reach out across all ages and to encourage involvement in new activities either as a participant or a volunteer coming to help with programme delivery. The focus will be on social inclusion and building contacts to support good mental health in the community,
Promoting Connections	Re-centring	An initiative with three strands: <ul style="list-style-type: none"> <li>• Promoting connections with a family fun day</li> <li>• Reducing stigma through running drop-in events around mental health, targeted at children and young adults</li> <li>• Mental health and faith talks and workshops, aimed primarily at adults</li> </ul>
Promoting Connections	Rocky Tots	A parent/carer and toddler group, creating a point of contact where people can be signposted to other support as appropriate. A group where people can feel safe and included, as well as making new friends and connections
Promoting Connections	Senior Outreach	Reaching out to vulnerable and isolated individuals. Enabling people to become involved in a new activity and make new contacts.
Promoting Connections	Soup and Sandwich Club	Bringing older members of the community together after protracted separation during Covid, improving health and wellbeing through connections.
Promoting Connections	Sunny Intervals	Provision of mental health supports to adults and young people, including group meetings for mutual support and to hear from mental health professionals; training courses and online resources for young people; and development of a youth and young adult mentoring programme.
Promoting Connections	The Garden	Creating a community garden in an increasingly culturally diverse locality. As a safe space it will promote connections between people of all backgrounds, with an emphasis on issues around mental health and physical wellbeing. It will also function as an interface between people of faith and those who do not claim to come from any faith background.

Theme	Project Title	Brief Description
Promoting Connections	The Head Space Project	Running drop-in community days for seniors and youth groups. Focuses on reducing the stigma of mental health and works to change the conversation from only thinking about mental health in negative term.
Promoting Connections	Together Again	Bringing young people together in fun and fellowship to reconnect and build relationships and friendships.
Promoting Connections	Trekking Club	The club impacts on parishioners, a lot of whom are lonely, isolated and/or bereaved. A lot of them live in isolated and/or rural areas and often have little or no social contact.
Promoting Connections	Voices of Hope : Songs of Healing	Using the Community Choir model to focus on mental health issues, including healing in relation to suicide and self-harm, building on existing relationships with a range of organisations within the wider community.
Promoting Connections	Youth Outreach	Creating a relaxed atmosphere to enable youth group members to chill and relax and interact and open up to one another and to youth leaders.
Reducing Stigma	All Minds Matter (KAMM) Programme	KAMM aims to develop a mental health and wellness thread that can be woven into all parish activities. The steps to achieving this are: <ul style="list-style-type: none"> <li>• Employing a wellness coordinator one day per week</li> <li>• Developing a calendar of events and workshops</li> <li>• Coordinating a 'Tiny Teachers' programme</li> <li>• Develop wellness appreciation packs for teachers in the national school</li> <li>• Organise a KAMM Well-Fest</li> </ul>
Reducing Stigma	Awareness training -leaders	A full day of awareness training for diocesan clergy and church leaders on the subject of Mental Health and Faith with speakers including the founder of Kintsugi Hope.
Reducing Stigma	Chippy and Chat	Inviting local mental health agencies to an evening in the parish hall to provide information and literature on available services. Helping to raise awareness and start a conversation about mental health.
Reducing Stigma	Doras Oscailte	A series of workshops where participants can learn more about mental health issues by focusing on mental wellbeing and what can interrupt it. It will provide opportunities to talk and ask questions about mental health, and what to do when mental wellbeing is interrupted.
Reducing Stigma	Flush and Go. Living positively with the Menopause.	Running a non-denominational Menopause Café providing an opportunity to meet with other women, ask questions, explore the challenges, have some support and fun around a difficult stage of life which has too long been hidden.
Reducing Stigma	Healthy Living	Increasing mental health awareness, signposting services, promoting exercise and fostering listening skills.
Reducing Stigma	Hope in the Heat, Hope in the Dark	Small group discussions for adults and youth using the 'Daring to hope: experiencing the grace of lament' resource AND Setting up a menopause café.
Reducing Stigma	Ignite - helping young people build their mental resilience	Aims to help young people face the challenges they face in life from social media, friends, family, exams and more. Outside organisations will be brought in to deliver courses such as the Mood Matters course delivered by AWARE. This course explores what mental health is, some of the common mental health problems and illnesses, where to turn for help and much more.

Theme	Project Title	Brief Description
Reducing Stigma	Madden Mental Health	The initiative will be undertaken to improve the mental wellbeing of two groups within the community: <ul style="list-style-type: none"> <li>• Parents/guardians of pre-school children</li> <li>• Senior citizens of the area</li> </ul>
Reducing Stigma	Marching to a Different Tune	The aim of the project is to reach those in marching bands, especially young men in rural areas who are one of the most difficult groups to reach with mental health messaging. The project will begin by training 'Take 5 Initiative' ambassadors and trainers who can deliver the initiative to marching bands across Northern Ireland.
Reducing Stigma	Mental Health Awareness	<ul style="list-style-type: none"> <li>• Linking with See Change to raise awareness of mental health</li> <li>• Series of information and awareness raising talks linking with outside agencies</li> <li>• Establishing a community garden</li> <li>• Bee-keeping course and maintaining hives</li> <li>• 'Connected at Christmas' intergenerational event</li> </ul>
Reducing Stigma	Mental Health Matters	Encourage people to be more open to reaching out when suffering. Promoting healthy friendships of all ages in the community.
Reducing Stigma	Minding Mental Health: our role and ourselves	A teaching and conversation series for clergy and church workers to create awareness and self-awareness of mental health issues, and to push the boundaries of empathy and engagement In order to reduce stigma, as well as to provide support and training in a faith context.
Reducing Stigma	MindMatters Church of Ireland Louth (MMCOIL)	Production of an introductory leaflet providing information on the challenges of mental health in the community. Followed up by a series of talks in churches throughout the county, with separate strands aimed at adults, teenagers, and young children.
Reducing Stigma	Parenting Wellness Group	To encourage parents and children to enjoy time together with other parents and children. To focus on the importance of talking and being aware of our Mental Health and how we can improve it.
Reducing Stigma	Rural Deanery Life After Lockdown	Breaking down of barriers and facilitating open conversations around a subject that for many is still taboo. Aims to work intergenerationally and across families to encourage people to strive to improve their mental health.
Reducing Stigma	Strategic Planning Residential	To develop a diocesan-wide strategic plan (2023 to 2026) with mental health actions/project developments To draft a diocese of Armagh mental health and wellbeing policy
Reducing Stigma	Supporting people who have experienced bereavement	Aims to provide a secure and trusting environment where people who have been bereaved (recently or during the last several years) can come together to learn about the impact of loss and grief, to develop ways of supporting themselves and others, and through building personal resilience going forward.
Reducing Stigma	Take 5	Providing 1,000 packs promoting the 'Take 5' initiative. Packs will be promoted through social media channels, diocesan magazine and regular updates to leaders and clergy. The Diocesan Youth Minister and Diocesan Children's Ministry Officer will also visit parishes to take sessions explaining Take 5
Reducing Stigma	Take 5 Steps to Wellbeing	Promoting 'Take 5 Steps to Wellbeing' by holding workshops targeted at leaders, staff and men in the parish.
Reducing Stigma	Tovertafel (Magic Table)	An interactive device which stimulates interactive activities for a range of groups encouraging cognitive participation with emotional, sensory and mental health benefits.

Theme	Project Title	Brief Description
Support for Clergy	Diocese Clergy Training	Providing training for clergy and Diocesan Pastoral Assistants to deal with the aftermath of Covid in relation to mental health and loss of confidence by people across all age ranges.
Support for Clergy	Ministry after COVID (MAC)	An in-person clergy training and support course to help clergy address mental health repercussions of Covid. The aim of this course is to support clergy to develop and enhance their self-care to enable them to deliver their ministry in a post-Covid environment.