

Communities Mental Health and Wellbeing Fund for Adults - Beneficiaries							
Year 1		Year 2		Year 3		Year 4	
ORGANISATION Project type Grant size	Activity	ORGANISATION Project type Grant size	Activity	ORGANISATION Project type Grant size	Activity	ORGANISATION Project type Grant size	Activity
Access to Industry <i>New</i> <i>Larger</i> (£23,397.91)	Salary costs for a part-time worker to develop recovery related provision including advocacy, employability work and peer support.	Access to Industry <i>New</i> <i>Small</i> (£10,000.00)	Costs for a wellbeing worker to support early intervention activities related to substance misuse and recovery, including welfare rights support, skills development and extend confidence building in 1:1 and group-based formats.	Access to Industry <i>Small</i> (Continuation) (£10,000.00)	Early intervention to support good mental health and wellbeing through groupwork, supporting people to gain new skills,	Access to Industry (Continuation) <i>Small</i> (£10,000.00)	Early intervention to support good mental health and wellbeing. It will do this through the activity of groupwork and casework.
Anam Cara <i>New</i> <i>Small</i> (£8,456.00)	Expansion of a peer support service for local women, including monthly meet ups and 1:1 befriending services run by volunteers.						
Artlink <i>New</i> <i>Small</i> (£9,980.00)	Development of arts related provision to support people with complex learning disabilities and autism in Midlothian.	Artlink <i>Small</i> (Continuation) (£9,980.00)	Continued facilitation of a creative events programme for residents of Midlothian with learning disabilities, work alongside local community venues & care providers to increase accessibility and longer-term sustainability of the activities concerned.	Artlink <i>Small</i> (Continuation) (£9,950.00)	The Social Programme is an evolving series of live music performances, social gatherings, and creative socially stimulating workshops	Artlink (Continuation) <i>Large</i> (£22,718.00) PARTNERSHIP	<a href="#">The Social Programme</a> is an imaginative partnership project that supports the mental wellbeing of neurodiverse adults through interest based social gatherings, coordinated by Artlink working closely with a powerful partnership of care, community and cultural organisations.
Bonnyrigg Rose FC <i>New</i> <i>Large plus capital</i> (£36,884.00)	Men's & women's peer support and training activities, yoga provision, suicide prevention training.						
CAB Dalkeith <i>New</i> <i>Small</i> (£8,422.00)	Salary costs to enable the development of a men's group & welfare/wellbeing related peer support activities for older men in Dalkeith.	Dalkeith CAB (Continuation) <i>Large</i> (£28,213.00)	Expansion of men's mental health, welfare rights and peer support activities (primarily group based) across the Midlothian area.	Dalkeith CAB (Continuation) <i>Large</i> (£29,837.00)	UMatter engages men who are isolated and vulnerable due to bereavement, long-term mental or physical illness, disability, poverty, past trauma.	Dalkeith CAB (Continuation) <i>Large</i> (£13,455.00)	UMatter Aims to improve the health and wellbeing of isolated and vulnerable men in Midlothian by providing information and support to help them address financial, housing, health and other concerns and build their skills, knowledge, confidence and social involvement.
Cousland Village Hall Association <i>New</i>	Costs for re-opening of the Cousland Village Hall, work with local volunteers and paid tutors to provide						

<i>Small plus capital</i> (£6,780.00)	social activities and training/wellbeing sessions for older people.						
CAPS Independent Advocacy <i>New</i> <i>Small</i> (£10,000.00)	Salary costs for a one-year pilot project providing advocacy for young people aged 16-18 in Midlothian.	CAPS Independent Advocacy <i>New</i> <i>Small</i> (£10,000.00)	Development of a new LGBTQ+ advocacy service, primarily supporting transgender people who are experiencing problems accessing gender-affirming healthcare, addressing issues faced by the wider LGBTQ+ community.	CAPS Independent Advocacy (Continuation) <i>Small</i> (£10,000.00)	Dedicated individual advocacy service to people aged 16-65 around LGBTQIA+ issues.	CAPS Independent Advocacy (Continuation) <i>Small</i> (£10,000.00)	Dedicated individual advocacy service to people aged 16-65 around LGBTQIA+ Address wide range of issues of LGBTQIA+ community help with housing, abuse & harassment, and discrimination none inclusion by services supporting the trans community accessing gender-affirming healthcare.
Equal Futures <i>New</i> <i>Small</i> (£9,500.00)	Volunteer coordinator salary Midl to support more people with learning disabilities to access befriending, plus project and event costs.	Equal Futures (Continuation) <i>Micro</i> (9,000.00)	Continued development of 'Circles of Support', volunteer befriending activities and peer support networks for people with learning disabilities in Midlothian.	Equal Futures (Continuation) <i>Small</i> (£9,910.00)	In-depth tailored support to individuals with a learning disability committed to supporting the whole family. Facilitate families in the creation of community-based 'circles of support '	Equal Futures (Continuation) <i>Small</i> (£10,000.00)	Project aims to combat social isolation and improve the mental wellbeing of individuals with learning disabilities and autism in Midlothian, along with their parent carers. Achieve this by co-producing person-centred plans tailored to individual needs and creating bespoke circles of support.
Glencorse Association <i>New</i> <i>Small plus capital</i> (£19,241.41)	Salary costs to develop garden activities with a range of harder to reach groups plus capital costs for an outdoor shelter						
Gorebridge Cares <i>New</i> <i>Larger plus capital</i> (£24,218.00)	Capital developments at The Hive, plus staffing hours and project costs to support the provision of additional services primarily for older people.						
Gorebridge Parish Church <i>New</i> <i>Micro</i> (£2000)	Additional funding boost for 'Bridge to Freedom' recovery related project activities.						
Horizons Recovery Café <i>New</i> <i>Small plus capital</i> (£19,000.00)	Costs for weekly CAB provision at Horizons café in Dalkeith, plus purchase of a vehicle to enable food collection/delivery and development of other social enterprise activities.	Horizons (Continuation) <i>Small plus capital</i> (£9,000.00)	Purchase of services from Dalkeith CAB, who will continue to provide a regular welfare rights clinic at the Horizon's café y 2. Capital funding for portable outdoor shelters to enable outdoor catering activities, run by café volunteers.			Horizons (Continuation) <i>Micro</i> (£2,150.00))	Promotional materials and promotion of the cafe's services in the community - laptop, printer, video equipment to produce posters, videos and increase awareness of the services that improve mental health and wellbeing.
IMPACT (c/o Midlothian Sure Start) <i>New</i> <i>Micro</i> (£2000)	To establish & run a training and development. Program, with a total of 16 parent/carer participants over x2 separate courses.	IMPACT (Continuation) <i>Micro</i> (£2000.00)	Continued development of the IMPACT steering group and peer-led learning/support programme for parents in Midlothian.			IMPACT (Continuation) <i>Micro</i> (£1,500.00)	Wellbeing, personal & family safety developing new skills, growing confidence & enabling caregivers- peer-co-facilitated sessions. Designed for eligible parents & caregivers between age 16 to 67.

				Home Link Family Support & Sure Start PARTNERSHIP (Continuation) Large (£27,385.00)	In partnership with Midlothian Sure Start a weekly wellbeing support group for parents with child/ren under 5 years with autism spectrum disorder or ASN.	Home Link Family Support (Continuation) Small (£ 9,125.00)	Support for adults with young children with an Additional Support Need (ASN) Projects aims to reduce social isolation, networking opportunities and improve the wellbeing of this of parents extremely socially isolated and struggling to cope.
Midlothian Kinship Carers + Grandparents Parenting Again New Small (£6,315.00)	Salary and project costs to enable ongoing support of kinship carers in Midl, plus costs one-off wellbeing event.						
Lothian Centre for Inclusive Living New Small (£8,987.00)	Salary costs to enable expansion of self-management support provision for people with disabilities and longterm conditions in Midlothian.						
Lothians Veterans Centre New Small (£8,785.00)	Salary & project costs related to expansion of drop-in sessions at LVC in Dalkeith.	Lothians Veterans Centre New Small (£1,355.00)	Contribution towards energy costs for 'Heat, a Seat and Something to Eat' warm hub for veterans, plus staff training costs.				
Mayfield and Easthouses Development Trust New Large plus capital (£39,324.00)	Capital developments in MAEDT garden & staffing hours for the garden and Pantry.	Mayfield and Easthouses Development Trust New Large (£30,000.00)	Development of café related activities to support wellbeing by growing, preparing, cooking and selling food from the MAEDT garden. Develop. of a programme open to all ages but primarily targeting younger men - suicide prevention.	Mayfield and Easthouses Development Trust New Small (£8,500.00)	Volunteers come to us through various routes & many of them experience disadvantages that can affect their participation & self esteem and wellbeing. Holistic Support.		
Newbattle Parish Church Men's Group New Micro (£2000)	Ringfenced contribution to development of men's group activities at Newbattle Parish Church, including group capacity building(formally constituted), activity costs and food costs.						
Newtongrange Development Trust New Small plus capital (£12,529.00)	Salary and equipment costs for a reuse, re-make and recycle project in the Newtongrange area, plus capital funding for improvements to NDT premises.	Newtongrange Development Trust New Micro (£836.00)	Subsidised Tai Chi classes to support physical and mental wellbeing through the use of gentle movement and group-based participation.	Newtongrange DT New Micro (£400.00)	Musical theatre	Newtongrange DT New Small (£4,969.03)	Bereavement and Loss Support Group - professional counsellor to lead two blocks of ten 1.5-hour weekly sessions for eight participants each.
						Newtongrange DT New (£1000.00)	T'ai Chi class - Building Capacity in T'ai Chi Provision – Exercise without strain for all ages/abilities.

Newton Parish Men's Shed (c/o Newton Parish Church) <i>New Micro (£2000)</i>	Ringfenced contribution development of men's shed activities at Newton Parish Church, including group capacity building, materials and a second hand portacabin to be used solely for activities related to the men's shed.						
Pathhead Men's Group (c/o Pathhead and District Community Association) <i>New Micro (£350.00)</i>	Development of a weekly men's group in Pathhead, including becoming formally constituted in due course.	Pathhead Men's Group <i>(Continuation) Micro (£500.00)</i>	Continuation of a weekly café for older men from the Pathhead area, to reduce social isolation and loneliness.	Pathhead Men's Group <i>(Continuation) Micro (£2,000.00)</i>	Peer support suicide prevention, activities	Pathhead Men's Group <i>(Continuation) Micro (£2,500.00)</i>	Pathhead Men's Weekly Cafe and Village Connection Events The "The Grumpies" meetings to help prevent social isolation and loneliness amongst retired men living in a rural area.
Penicuik Storehouse <i>New Small (£9,599.00)</i>	Salary costs for a volunteer coordinator post, focusing on work with marginalised groups to develop more supported volunteering and group-based activities at the Storehouse.	Penicuik Storehouse <i>(Continuation) Small (£10,000.00)</i>	Staffing costs for continued development and coordination of volunteering and group work at the Penicuik Storehouse.	Penicuik Storehouse <i>(Continuation) Small (£9,900.00)</i>	Neurodiversity support for volunteers	Penicuik Storehouse <i>(Continuation) Small (£10,000.00)</i>	Staff costs of Volunteer Support Worker-Volunteer wellbeing, upskilling & mentoring project – support for approx. 80 volunteers.
Play Therapy Base <i>New Small (£3,415.00)</i>	Salary costs for 1:1 parent sessions and peer support development for Midlothian residents.						
Riding for the Disabled Thornton Rose <i>New Small (£3,400.00)</i>	Equine Assisted Learning training for Thornton Rose RD volunteers. To include SVQ training for the lead volunteer, and introductory training for x6 additional volunteers.			Thornton Rose Riding for Disabled <i>New Micro (£1,195.00)</i>	Do it Together, volunteers to go through the Mental Health First Aid program and the Equine Learning certification		
Rosewell Development Trust <i>New Small (£8,245.00)</i>	Volunteer coordinator salary costs to support more people from marginalised groups to access volunteering opportunities at RDT	Rosewell Development Trust <i>(Continuation) Small (£6,759.00)</i>	Staffing costs for continued development of supported volunteering opportunities at The Steading.			Rosewell Development Trust <i>New Small (£8,3372.00)</i>	Fit & Feast - Wellness for All Generations Delivery costs of a Lunch Club & History Group: and Exercise Classes
Sporting Memories Foundation Scotland <i>New Small (£9,716.00)</i>	Salary costs for sport related reminiscence group work & wellbeing activities with older people in Midl.					Sporting Memories Foundation Scotland <i>(Continuation) Small (£6,350.00)</i>	To facilitate two volunteer-led Sporting Memories Clubs, that will improve mental and physical well-being, reduce isolation, and increase connections for older people. Plus, 2hpw salary for Community Coordinator
Woodland Wanderers <i>New Micro (£2000)</i>	Money for development of the Woodland Wanderers group.						

		Autism Initiatives <i>New Small</i> (£9,117.44)	Development of the 'Midlothian Resilience Project', to consist of a group based programme for adults with a diagnosis of autism in Midlothian, plus an allocation of 1:1 support hours for each participant.	Autism Initiatives <i>New Small</i> (£9,510.00)	Over five 2-hour 1:1 support sessions our new Community Intervention & Prevention project	Autism Initiatives <i>(Continuation) Small</i> (£9,933.00)	Facilitate peer support network. 8 individual peer support groups and 5 accompanying 1-2-1 to 20 individuals. Staff cost to facilitate.
		Families Outside <i>New Small</i> (£9,979.00)	Salary costs for a Regional Family Support Coordinator who will provide tailored 1:1 support for family members of people in prison, plus access to group based/peer support.			Families Outside <i>New Continuation Small</i> (£10,000.00)	Providing Support to Families Affected by Imprisonment in Midlothian - Coordinator providing advice, information, support and advocacy in relation to practical, legal and emotional issues – issues that can affect the mental health and wellbeing of an especially misunderstood and marginalised demographic within our communities.
		Health in Mind <i>New Large plus capital</i> (£27,172.00)	Coordinated peer support mental health service for people from BAME communities in Midlothian, plus educational activities related to involvement of BAME communities with/for other local organisations.				
		Health in Mind <i>New Micro</i> (£1,934.00)	Costs for transport, training and equipment to enable Health in Mind's Midlothian football group to attend a monthly Street Soccer tournament, followed by a post-match Listening Space at Bonnyrigg Rose Community Football Club	Health in Mind <i>New Micro</i> (£1,300.00)	Green and Active – peer support in gardening and cycling		
		Into Work Ltd <i>New Small</i> (£9,944.64)	Group based programmes across Midlothian to provide income max advice, peer support networks and to help people deal with the mental health impacts of the cost-of-living crisis.				
		Midlothian Cancer Peer Support Group <i>New Micro</i> (£1,989.97)	Development of peer support group activities for people with or recovering from cancer in Midlothian.				
		Penicuik Community Development Trust <i>New</i>	Provision of tutor led heritage craft workshops to reduce isolation,				

		Micro (£2,000.00)	develop new skills and promote mental wellbeing.				
		PHAB Club New Micro (£400.00)	A small microgrant to fund the purchase of a new karaoke machine for the club's members and for an outing to the pantomime in Edinburgh.				
		The Wednesday Group New Micro (£1,450.00)	Money to cover rental costs, room hire and speaker costs for the Wednesday Group's regular meetings and an annual summer outing for older people from the Pathhead area.				
		Volunteering Matters New Large (£20,000.00)	Match funded costs for a volunteer mentoring service for care experienced young people in Midlothian: 20 older volunteer mentors to be recruited, 20 young people to be supported.	Volunteering Matters (Continuation) Small (£17,519.00)	matching them 1:1 with young adults (16-26), enhancing wellbeing, reducing isolation, improving life chances and opportunities,		
		Women's Aid East and Midlothian New Large plus capital (£27,166.14)	Development of an outdoor learning/nature programme & trauma informed training with women survivors of domestic abuse, in partnership between WAEML & Newbattle Abbey College.	Women's Aid East and Midlothian Large plus capital (Continuation) (£31,009.00)	GROW: Green Recovery Of Women (a social green prescribing method) into our service delivery.	Women's Aid East and Midlothian (Continuation) Large plus capital (£30,000.00)	GROW: The revenue costs associated with setting up an onsite trauma-informed, accessible natural healing space for Midlothian women who have experienced trauma to access therapeutic interventions grounded in nature-based activities.
				Mayfield and Easthouses Youth 2000 Project (Y2K) New Large (£13,140.00)	Thriving Transitions to support young adults, 16-21, during their transition to adulthood greater independence. Opportunities for young adults to develop transferrable life skills vital to ensure the transition phase is positive successful	Mayfield and Easthouses Youth 2000 Project (Y2K) (Continuation) Small (£10,000.00)	Thriving Transitions: To deliver the Thriving Transitions project, which will offer a safe and inclusive space for young adults (16-21) to meet each week and engage in various group activities tailored to their needs and preferences.
				Edinburgh Community Yoga New Small (£9,976.00)	Trauma-informed yoga programme of yoga on social prescription.	Edinburgh Community Yoga (Continuation) Small (£9,842.00)	Trauma informed yoga in Dalkeith. To continue to offer a free, weekly (during school term times) yoga class that people can attend by referral from health professionals and other agencies. To continue to offer a monthly, trauma-informed women's yoga workshop. To add an additional 8 sessions of chair-yoga for Grassy Riggs.

				Scottish Badgers <i>New</i> <i>Small</i> (£7,510.00)	An outdoor-based, community-led wellbeing project providing a safe, sober space for LGBTQ+ people in Midlothian to connect with one-another		
				Edinburgh Rape Crisis Centre <i>New</i> <i>Small</i> (£10,000.00)	Psychoeducation & Healing, support to survivors of sexual violence over the age of 12.		
				Sweet Dignity <i>New</i> <i>Small plus capital</i> (£15,000.00)	Uplift from Cost of Living creating mental space for healing and dignity		
				Breastfeeding Network <i>New</i> <i>Small</i> (£9,988.00)	Running of four groups provide peer support place for mums to meet & build supportive networks.	Breastfeeding Network <i>Continuation)</i> <i>Small</i> (£10,000.00)	Breastfeeding peer support network - to run two breastfeeding support groups in Midlothian aiming to support 80 adults with 300 contacts over the year.
				Roslin Village Group <i>New</i> <i>Micro</i> (£2,500.00)	Creation of a new Boards for Community Development Trust to reset towards RDT.		
				Pathhead Christmas Lights <i>New</i> <i>Micro</i> (£1,700.00)	Connections and suicide prevention, mental health messages.		
				Dalkeith Petanque Club <i>New</i> <i>Micro</i> (£405.00)	The Dalkeith Petanque Club	Dalkeith Petanque Club <i>Continuation)</i> <i>Micro</i> (£600)	Inclusive Connections at Dalkeith Pétanque Club To provide a concrete plinth for a wheelchair accessible table.
				Roslin Moat <i>New</i> <i>Micro</i> (£300.00)	Roslin Moat – connection with nature		
				Roslin Guerrilla Gardeners <i>New</i> <i>Micro</i> (£300.00)	Roslin Guerrilla Gardeners		
				Roslin Fete <i>New</i> <i>Micro</i> (£300.00)	Roslin Family Fun Day promotion of local mental health practices		
				Wellbeing Essentials <i>New</i> <i>Micro</i> (£300.00)	Rosslyn Rhinos Pickleball Club		



				Claire's Safe Haven <i>New Micro</i> (£1000.00)	Claire's Safe Haven – women's peer support		
				The Sanctuary <i>New Micro</i> (£530.00)	The Sanctuary – women's mental health		
				Growing Families <i>New Micro</i> (£1,195.00)	Grow and Blether work with Mid Green Health Prescribing.		
						Food Facts Friends Micro ( <i>New</i> ) £2000	Training and Awareness Project - Build the capacity of volunteers through providing a training and volunteer support package.
						Food Facts Friends Small ( <i>New</i> ) £10,000.00)	The Wellbeing Hub Staffing and associated costs of delivering a Wellbeing Hub in Penicuik. Wellbeing Hub, free from stigma and barriers - a <i>safe place</i> and <i>safe space</i> for those most vulnerable, isolated, and at risk.
						The Warblers Small new £4,615.00	To deliver 35 affordable, accessible, 90-minute fun singing sessions for people affected by poor lung health and breathlessness in Dalkeith.
						Talk Lipoedema Small, ( <i>New</i> ) (£10,000.00)	Talk Lipoedema - Activate Nordic Walking (24 Participants); Cold Water Therapy (16 Participants); Arts and Crafts (30 Participants); and Lipoedema "Lounge" (60 Participants) on-line peer support network.
						Cruse Scotland Bereavement Support Small ( <i>New</i> ) (£4,740.00)	Early Support for Recently Bereaved adults in Midlothian to deliver Early Support training for a group of 4 volunteers which is a new course of 6 days over 3 weekends. These volunteers will then deliver support sessions for 20 recently bereaved people across Midlothian.
						Environmental Health Small New (£4,600.00)	Community First Aiders for Mental Health To deliver two classroom-based and one online SCQF Level 5 First Aid for Mental Health Training sessions for Community Practitioners and Volunteers in Midlothian. This initiative will produce 36 qualified Mental Health First Aiders.
						LCTS Lothian Transport Small, New (£9,911.00)	LCTS HerWay Home: late night transport pilot for women's safety and wellbeing. To provide reliable and safe transport for



							women returning home from nights out in Dalkeith to the surrounding areas. The transport would run on a Friday and Saturday during the late evening and early morning.
						Shop Penicuik First CIC Small, New (£6,484.00)	Penicuik Guerilla Gardeners Sub-group of Shop Penicuik First CIC – project – Blooming Penicuik - To provide health benefits through community gardening at their base camp garden and community planters in Penicuik.
						St. David's Bradbury Day Centre Micro New (£2,719.00)	Activities for Older people. Service Users are treated as unique individuals, with their own needs, preferences, and aspirations. To empower people the Centre will give them choices of activities which is key to improving their well-being and achieving better outcomes.