

Project name	Summary	Beneficiaries	Area	Age range
Action for Children	Project: A tiered approach to engaging with Young Farmers across the County of Cornwall to identify those who require a more specialist approach to support their mental health. This will be delivered through activity days, residentials and specialist 1:1 mental health support.	Young people	Countywide	16-25
A Band of Brothers	Project: To offer a grassroots, social action solution to the problem of young male disaffection, connecting, inspiring, and training local male volunteers to work within the project. Through rites of passage and mentoring, they help young men find out what it takes to be a man in current times and build a life (away from crime) with meaning, purpose and belonging. ABOB creates enduring mentoring communities that value positive masculinities and provide a meaningful way for men to be positive agents of change in their communities.	Disadvantaged young men	West Cornwall	18-25

<p>Carefree Fostering Independence Cornwall</p>	<p>Project: 'Building Social Connection' will increase capacity to provide a 'secure base' Build positive relationships through group work including making use of Cornwall's outside spaces. Care experienced people have missed out on the family base that prepares children to make friends and develop positive relationships. If a young person struggles with relationships, they will struggle in school, in employment and in emotional well-being; increasing risk of suicide.</p>	<p>250 Care leavers</p>	<p>Multiple areas across</p>	<p>16+</p>
<p>Creative Kernow</p>	<p>Project: Funding for creative arts projects which help young people to manage their wellbeing and mental health</p>	<p>Young people</p>	<p>PZ Treneere Estate, St Day, Redruth, Hayle, Launceston, Newquay, St Austell, Truro, Newlyn, Par</p>	<p>16</p>
<p>Glen Carne Housing and Support</p>	<p>Project: Anchor Point pilot project aims to improve mental and emotional health, and provide life and employability skills for residents at Glen Carne. The project will recruit 10 residents and run a 16-week</p>	<p>10 homeless people</p>	<p>Troon, Camborne and surrounding area</p>	<p>18+</p>

	group course looking at emotional needs, understanding mental health, and overcoming anger responses. Each resident will receive 8 psychotherapy sessions as well as being part of weekly group coaching sessions.			
Imagine If Partnership Ltd	Project: Funding requested to run the Farming Health Hub in the evenings in rural communities in Cornwall.	Farming folk, older people	Farming communities	Older people
Into Bodmin CIC	Project: The Bodmin Wellness Hub is a space provided for Bodmin residents to encourage better mental, emotional and social wellbeing. It is facilitated by intoBodmin in collaboration with Volunteer Cornwall and Bodmin's primary care network, with other support and community organisations attending . They use a trauma-informed approach to support individuals to access the help they need and provide a supportive and welcoming environment.	People in Bodmin	Bodmin and surrounding areas	All
Konnect Communities CIC	Project: Konnect Volunteer Network enhances mental and emotional well-being, reduces	People in the criminal justice system	Countywide	18+

	<p>suicide rates, and boosts financial security through volunteer-led initiatives. The PIM grant will be used to grow the peer mentoring team (1) so people who need it most can receive longer-term support (2) to sustain connections between people via the development of a voice forum (3) to challenge Konnect Communities CIC via the development of a shadow board.</p>			
Pegasus CIC	<p>Project: This project is a comprehensive mental health initiative specifically designed to address wellbeing and prevent suicides among men, while recognising and involving their families, which will create a supportive environment that fosters positive mental health outcomes for everyone involved. Key activities: - trauma-informed counselling - 1-2-1 and groups - mental health education and awareness - skill-building workshops - support groups.</p>	Men	Countywide	All ages
ReachOut Creative Futures	<p>Project: We will support young people who have specific level</p>	Young people	St Austell - Penwinnick, Town	16-24

	<p>of need associated with high social anxiety, manifested though being very quiet, introverted in some cases selected mute. We will deliver a soft skills programme, 1 day a week over a 12-week period (3 cohorts a year). Activities will include baking, arts/media, outdoor experiences, walks/group activities as well as delivering independent living, social and life skills, building/maintaining healthy friendships along with other confidence building exercises.</p>		<p>Centre, Alexandra Road, East Hill and surrounding rural clay and other</p>	
Safe Haven Cornwall	<p>Project: Funding requested to provide regular classes, workshops and a festival for members of the LGBTQ+ community in Cornwall.</p>	LGBTQ+ people	<p>Across Cornwall (including areas of multiple deprivation)</p>	All
St Petros	<p>Project: Freshfield counselling and telephone helpline service. This will work to engage with anyone who needs support with their mental health to prevent suicide or self-harm through counselling and support, advice and guidance by trained and experienced staff throughout the organisation. This</p>	Homeless community	<p>Countywide</p>	All

	innovative project will be delivered through a holistic service of counselling and support encouraging people toward community engagement, training, volunteering, work experience to build confidence and resilience.			
The Women's Centre Cornwall	Project: Support groups in Bodmin and Liskeard for young women who have been sexually abused and are at risk of self-harm and suicide. The volunteers contributing to the groups will have their own lived experience of abuse.	Victims or survivors of crime/violence/abuse	Bodmin and Liskeard, inc some volunteers and beneficiaries from Berryfields, Kinsman Estate	Any
West Cornwall Women's Aid	Project: Funding requested to deliver 2 x new trauma-informed therapeutic groups over one year.	Victims/ survivors of crime/ violence/ abuse	Penzance	All
Whole Again Communities	Project: Unheard ASIST peer support group to connect local residents with each other. For example a Treneere Resident (who attempted suicide) founder of Seadog Swimming.	People at risk of suicide on the Treneere estate in Penzance	Penzance	All
WILD Young Parents	Project: Our suicide prevention project will work with young parents to identify and address risk of suicide and self harm.	Young Parents and support staff	Countywide	18+

	<p>This will include: - routine enquiry about risk factors for suicide and self harm - safety planning for parents with higher risk, including use of Stay Alive App - activities based around the 5 Ways to Wellbeing to improve emotional expression, regulation and mood - improving referral pathways into perinatal mental health care - working with Cornwall's multiagency suicide prevention group, and national young parent networks to improve wider support - MS Teams live staff support for crisis situations.</p>			
YZUP	<p>Project: Funding requested to deliver 2 x support sessions over 14 weeks, to support a family-wide approach to self-harm and suicide.</p>	<p>Parents and carers of children living with mental health problems and who are self harming.</p>	<p>Camborne, Pool, Redruth, Bodmin</p>	<p>18+</p>