

2020/2021 Mental Health Innovation Fund

Evaluation Report

Background

1. The Mental Health Action Plan and COVID-19 Mental Health Response Plan was published in May 2020. The Plan set out a range of key actions the Department and its agencies were taking forward to support communities during the initial period of lockdown and beyond.
2. The Action Plan identified a number of important areas of planned or ongoing strategic development work and included the establishment of a Mental Health Innovation Fund.

Mental Health Innovation Fund – Purpose, Scope and Criteria

3. The aim of the Fund was to provide earmarked funding for initiatives generated at a local level that would be beneficial to all patients, whether they are in-patients or community based. The Action Plan recognised the significantly challenging times faced by the mental health workforce and included steps towards new ways of working for staff and increasing the current workforce. The Innovation Fund action was specifically designed to help address these aims also and the expectation was to have an overall outcome of improved morale among staff and improved local services for patients.
4. The Innovation Fund was for non-capital projects and not to be used to supplement existing budgetary gaps/deficits. The key requirements were as follows:
 - i. Expenditure must be within local approval limits.
 - ii. An identifiable benefit to local mental health services, users, carers or staff is essential.
 - iii. Expenditure must not be for building maintenance that is expected to be covered in the Trust's normal maintenance budgets.
 - iv. Project expenditure must be on a one off basis i.e. spend with no recurrent future costs to be incurred.

5. It was stipulated that projects/initiatives funded from the Innovation Fund were to be completed within the financial year; so the cut off for the completion of projects funded in 2020/21 was 31 March 2021.
6. The budget for the Innovation Fund in 2020/21 was initially £400k. However, due to the demand, and to help ensure that the full range of eligible, worthwhile proposals could be supported, an additional funding was identified by the Department in January 2021, bringing the available funding to circa £445k.

Allocation of Funding

7. A total of 119 projects were supported under the 2020/21 Mental Health Innovation Fund.
8. Table 1 details the funding allocated to each trust for 2020/21 and total spend.

Mental Health Innovation Fund 2020/21		
Trust	Amount Committed	Total Spend
BHSCT	£146,706	£150,906
NHSCT	£29,000	£29,000
SEHSCT	£110,308	£103,198
SHSCT	£89,413	£92,013
WHsCT	£60,434	£60,646
Total	£435,861	£435,763

Table 1: Mental Health Innovation Fund 2020/21 funding allocation

Impact of Funding

9. All of the Trusts reported that Innovation Funded projects were hugely beneficial in providing a social outlet during a time of loneliness and isolation during the COVID-19 pandemic. This included purchasing new IT equipment

for service users and admin staff and developing outdoor spaces which allowed some services to continue while restrictions were in place.

10. Many of the Trusts used the Innovation Fund to access Recovery College courses; they were able to purchase equipment which will support service users' needs for many years and also brought their service up to date with modern technology and systems. Trusts noted that the equipment could also be used for other educational and entertainment purposes, for relaxation/ mindfulness sessions and connecting with others safely. The Trusts have reported that both staff and clients have found it beneficial and enjoyable.

11. A full list of supported projects is attached at **Annex A**. What follows below are some examples of the positive impact of supported initiatives:

Trust	Summary	Key Benefits/Feedback
<p>Belfast Trust</p>	<p>Peer Transformation Programmes</p> <p>The funding allowed the Trust to invest in Peer Transformation programmes including peer mentoring programme, WRAP Facilitator programme and specialist recovery facilitator programme for Peer mentors. The projects enabled delivery of new programmes to service users, carers and staff. This included engagement with Carers, staff and service users where there was high levels of stress, social isolation and loneliness particularly during the COVID-19 pandemic.</p>	<p>The outcomes of the programmes and projects won 1st prize in the 2020 / 2021 All – Ireland Education AONTAS Awards to recognise the compassionate and innovative response to emergency provision during COVID'19, In particular, the judges highlighted the outcomes of the project, recognising the service user, carer and staff voice – Making Silent Voices Heard. The Virtual delivery programme and engagement during the pandemic was commended as outstanding practice.</p>
<p>Southern Trust</p>	<p>Community Additions Service Courtyard Garden Project</p> <p>The Aim of the project was to develop and deliver therapeutic interventions in recovery from addiction through physical and recreational activities with nature and outdoors.</p>	<p>The Trust reported an improvement in the mental health, emotional health and well-being of older service users and their carers, and a reduction in stress in relation to impact of Covid -19 including the opportunity to utilise outside space in keeping with social distancing requirements</p>

Trust	Summary	Key Benefits/Feedback
	<p>HeARTfelt thanks- Art Boxes for Staff Wellbeing</p> <p>60 art boxes were created – each box contained 21 individual kits with a variety of art activities that staff could engage in including: watercolour painting, mindful colouring using printed sheets with inspiring quotes or positive themes, card making, mosaic making, calendar making, sketching. In total 1,260 activity kits. A number have been placed in the medical education library in Craigavon Hospital for use by medical staff and students.</p>	<p>The provision of art based materials added to staff’s sense of feeling cared for and valued and will directly support their mental health and emotional wellbeing. The benefits of the arts in supporting health and wellbeing is well documented and since the beginning of the pandemic a national resurgence has been observed in the number of people turning to the arts and tuning into their creativity as a way to support their health and wellbeing and to cope with its impact.</p>

Trust	Summary	Key Benefits/Feedback
<p>Western Trust</p>	<p>Creggan Day Centre - Sharing my skills</p> <p>Many of the clients of the day centre have skills and abilities which they have not used in a long time for various reasons. By providing the tools to re-discover these skills they hoped to share with the group and members and other facilities within the Trust through live streaming. These skills include mainly crafts and cooking.</p>	<p>Many clients live alone and the Cook IT Programme helps ensure clients are supported with cooking skills to ensure good nutrition is part of their everyday well-being plan. Creggan Day Centre has been using the products funded by the Innovation Fund on a daily basis. The Sewing Machine has been used to teach both men and woman, as has the sander and drill. Service Users were delighted with the arrival of these items which have been used for furniture upcycling and making window boxes. The blender has been used during the “Cook It” programme which was very successful. Many opportunities for learning have been made possible by the fund.</p>
	<p>Creative Minds’ Project</p> <p>Rosstowney Recovery used the innovation fund monies to deliver a ‘Creative Minds’ Project in collaboration with the Nerve Centre. This was focussed on creative welling and expression through digital media. Participants have had the opportunity to attend weekly virtual classes at the Nerve Centre to learn how to use creative digital media software and technology.</p>	<p>With an emphasis on using readily available technology such as iPads and free online apps, the group have been able to develop skills in producing music, film, animation and photography using their own devices at home. Engaging in creative activities is beneficial to mental health and wellbeing. Being creative allows us to express ourselves and connect with others and this can help increase positive emotions, reduce stress and strengthen resilience. This project has aimed to offer something positive and meaningful in what has been a very challenging time. Although delivering virtual training had its challenges, this format enabled the ability to reach out and offer this opportunity to participants who would have found meeting in person difficult.</p>

Trust	Summary	Key Benefits/Feedback
South Eastern Trust	Addiction Service - Recovery Garden The project developed with service users and staff as a recovery group project that may be attended between support groups held by the service. The service user lead project was designed to encourage group members to develop a hobby, promote recovery and a connection to services that wasn't just simply treatment orientated.	Monies from the Innovation Fund allowed the ladies to maintain the garden and add some additional features. They were delighted with the fact they had been considered and allocated monies. This has led to a sense of well-being and reward for the group as feedback from those visiting the unit has been positive and the ladies are capturing their progress in a series of photos in a journal for themselves. The group has a real sense of fellowship and belonging as a result of the project and pride to maintain it.
Northern Trust	Garden furniture was purchased to improve the external environment for supported living facilities.	This created a homely environment and allowed tenants to enjoy outdoor spaces in comfort.

Conclusion

12. The 2020/21 Mental Health Innovation Fund was considered a great success, receiving positive support from stakeholders and providing real improvements to the lives of people using mental health services.
13. The 2021/22 Mental Health Innovation Fund closed for applications on 3 September 2021. Allocations are expected to be made in the second half of October 2021.

Annex A – Innovation Fund 2020/2021 Full list of supported projects

Trust	Title of project	Explanation	Outcomes achieved
Southern Trust	Forensic Day Opportunities	Alpacas and Alpaca House	Service Users have a sense of achievement from completing building of the Alpaca House. Alpaca's are providing therapeutic value to Service Users.
	Forensic Learning Disability	Equine and Blacksmithing Programming	Equine is currently running with 2 sessions completed, assessments were completed prior to group starting and will continue throughout the project to measure achievements.
			Blacksmithing will commence once Council reopens.
	Home Treatment family and carer focused project.	The overall aim of this project is promote mental health recovery through strengthening family/carer supports. The methodology of achieving this aim will be to organise day trips facilitated by Home Treatment staff. These day trips will be for the service user and their family members who provide a direct caring role. Such outings will provide a unique opportunity to provide a therapeutic intervention in a neutral environment; recognising the importance of family support and this is widely known to be of great importance within positive mental wellbeing for everyone.	Due to covid19 restrictions the first beneficiaries of this funding will occur in May 2021.
	SHSCT Community Addictions Service Courtyard Garden Project	To develop and deliver therapeutic interventions in recovery from addiction through physical and recreational activities with nature and outdoors.	Partnership working with Trust Learning Disability Service Staff and Service Users in preparation work for Courtyard Garden development – planning, clearing, preparing and planting in area. Future plans in progress:
			Ongoing co-production in project planning and development with Addictions Service staff and SoHope – service user involvement group and carers. This has included SoHope members and carers assisting in identifying materials and plants to be purchased with fund. Further group programmes to be developed utilising materials/plants purchased for therapeutic interventions with Addictions Service users and carers.
Involvement and partnership working with ABC Council through joint working 'Grow It', for Gardening and Well-being Group development. Including support from Conservation Volunteers.			
First group programme commenced week beginning 18 May 2021 - 'Sow and Grow' - incorporating the Five Steps of Wellness with gardening activities, also in collaboration with ABC Council 'Grow It' programme. Shared therapeutic space for use by staff and service users and carers.			

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Trust	Title of project	Explanation	Outcomes achieved
Southern Trust	SHSCT Community Additions Service Courtyard Garden Project (Continued)		Initial pilot plan for running three groups of max 6 service users and 2 staff per week, five week duration – for SHSCT Community Additions service users and carers.
	Developing outdoor spaces	Developing Outdoor Garden Spaces / redesign and upgrade of gardens	Improvement in the mental health, emotional health and well-being of older service users and their carers reduction in stress, in relation to impact of Covid -19 including Opportunity to utilise outside space in keeping with social distancing requirements A briefing paper on outcomes is being prepared with photographs of before and after and collated commentary from service users, carers and care staff involved in project.
	Technology and Engaging Activities	Engaging Dementia course Reminiscence & SONAS Training	Training rolling out in June Outcomes are expected to support the delivery of high quality, culturally appropriate care to promote recovery, and rehabilitation for older people and their carers who may be affected by mental illness, distress and anxiety. Support the post 'Covid lock-down' recovery of day care services by developing an outreach service to support older people and carers in their own homes. Enhance staff training in Sonas Therapy
	Patient Flow Management System (PFM)	Existing PFM was not fit for purpose and had no existing command view of the entire Unit status. The Trust have/are updating the system to provide the required functionality to meet the requirements for optimal patient flow, multi-disciplinary decision-making, enhancing interfaces with community, real-time live information, staffing, and can host the regional patient acuity tool. The Trust has recently invested in the required updating of PFM from a systems perspective.	In progress. MDT huddles have been put in place that are to be based around the new system. The Trust are already seeing outcomes from this despite the system not yet being fully functional.

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Trust	Title of project	Explanation	Outcomes achieved
Southern Trust	Electronic seclusion monitoring	Aim to improve the safety and quality of seclusion in mental health care through the use of technology	Minimising restrictive practice is a key quality and service improvement driver for mental health services. Seclusion is a restrictive practice used at times to manage aggressive and disturbed behaviour and in situations where there is an immediate risk of harm to self or others. Use of seclusion can be controversial and thus health care professionals have a significant responsibility to ensure that its use is judicious, as well as well-governed, safe, compassionate and therapeutic. The Trust propose to use the innovation funding to purchase remote monitoring devices for the two seclusion suites in the Southern HSC Trust.
	Outdoor Gym Equipment in CAMHS	Provision of outdoor gym equipment on 3 sites -Bocombra, Needham House and Cedarwood	Feedback is positive from young people regarding proposed use which will enable them access similar facilities in local community therefore benefitting mental health
	HeARTfelt thanks- Art Boxes for Staff Wellbeing	The Trust created 60 art boxes – each box contained 21 individual kits with a variety of art activities that staff could engage in including: watercolour painting, mindful colouring using printed sheets with inspiring quotes or positive themes, card making, mosaic making, calendar making, sketching. In total 1,260 activity kits.	The boxes are currently being distributed to Trust staff. A number have been placed in the medical education library in Craigavon Hospital for use by medical staff and students. The provision of art based materials added to staff’s sense of feeling cared for and valued and will directly support their mental health and emotional wellbeing. The benefits of the arts in supporting health and wellbeing is well documented and since the beginning of the pandemic a national resurgence has been observed in the number of people turning to the arts and tuning into their creativity as a way to support their health and wellbeing and to cope with its impact.

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Trust	Title of project	Explanation	Outcomes achieved
Southern Trust	Staff Menopause boxes	The Trust created 60 menopause boxes – each box contained a selection of items that would help staff deal with the symptoms of menopause – hot flushes, tiredness, perspiration, insomnia, low energy, brittle nails, feeling anxious.	Information was developed alongside the boxes to signpost staff to our Menopause Policy and Staff Menopause Toolkit and leaflets. The Trust consulted with staff who are health champions as to the items that were included in the boxes. Boxes were promoted with health champions and via the Trust’s first online Menopause Café held on International Women’s Day.
	Aromatherapy for staff	Care and thank you packages	A range of oils, sprays, inhalers and bath salts were purchased which would aid relaxation, sleep and personal care for male and female staff 1:2 split. The use of essential oils (EO) is known to have a therapeutic effect which can affect mood, levels of alertness and emotional state. Numerous researchers have studied the antibacterial, antifungal, antioxidant, and antiviral properties of EOs ² . The provision of these types of materials would add to staff’s sense of feeling cared for and valued and would directly support their mental/physical health and wellbeing.
Western Trust	Inpatient Areas Trust Wide-Portland Chair Beds, TV’s and suitable furniture for PICU	Overnight Portland Chair	Transformation money that was allocated to Crisis Service Trust wide allowed the purchase the following items. Portland Chair Beds, TV’s and suitable furniture for PICU. The Portland chair beds are used as escalation beds and are operational within the acute adult mental health wards when the commissioned beds are at full capacity. The addition of the Portland chair has benefited the patients greatly as previous to this the alternative was a mattress on the floor or the use of the ward sofa. Additional TVs within the ward environments has allowed patients greater variety of what they want to watch. Additionally with the Smart technology TVs has enhanced virtual visiting and streaming of courses that are suitable for the needs of the patient group from places like the recovery college. Suitable furniture for PICU (Psychiatric Intensive Care Unit) such as bean bags. This furniture is safe to use within this facility and assists the patient when distressed to help them relax in a soothing and comfortable way.
		Overnight Portland Chair	
		2 x BODEN Beanbag Chair & Extra-large Beanbag	
		4 x Smart TVs and Brackets for Carrick, Evisk and PICU	
		3 x Smart TVs and Brackets for Elm/Lime & PICU	
		1 x Logik L43UE2043" Smart 4K Ultra HD HDR LED TV and bracket	

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	Inpatient Areas Trust Wide-Portland Chair Beds, TV's and suitable furniture for PICU (Continued)	Podium 4sport	Since Asha received their new gym equipment some of their clients have greatly benefitted. When they have been cleared medically fit they have availed of it at times of heightened anxiety and/or increase in cravings for substances, as a means of a distraction technique. They have also availed of it as a means of moving forward and developing new interests/hobbies post discharge from Asha. Clients were encouraged to avail of the equipment from a health benefit avenue i.e. making healthy choice and the importance of exercise re weight control, mental health and wellbeing and sleep hygiene.
		Impulse HSR005 Rowing machine	
		T202 Treadmill	
		8kg Kettlebell	
	Rowan Garden	Relaxing space for clients	Rowan received paving slabs and sand. It benefits the clients as they can work together to gain one overall goal, a new seating area at the front of the unit. The clients can meet here at picnic tables and chairs and interact with each other, in a safe pretty place.
	Rowan Villa Recovery College Virtual Interaction Programme	To allow service users and day care staff to continue with Recovery College Programmes.	To enable clients to access Recovery College Courses, YouTube and courses
	Melrose Day Centre- Service User Exercise Activity	Apple iPad Air 2020 64gb x 2 - Service User online support, registrations, Recovery college presentation, education, therapeutic intervention,	Melrose have found the innovation fund to be of great benefit to their service thus far. With the monies on offer they were able to purchase some much needed equipment and sports accessories. This will support service users needs for many years and also brings their service up to date with modern technology and systems. As part of the innovation fund package they purchased such things as: 4 No. Hybrid cycling Bikes – This has been a fantastic addition to their structured timetable, cycling being a great exercise that covers all 5 steps to well-being. IPads - These will be used for such things as on-going zoom session often offered through the WHSCT recovery college.
		Samsung Smart TV 43" (Wall Bracket) - Old TV is not fit for purpose	
		Opti Medicine Ball x 3 - Service User Exercise Activity - Physical & Mental Health Benefits	
		Woman's Health Resistance Bands 4 pack - Service User Exercise Activity - Physical & Mental Health Benefits	
Opti Neoprene Dumbbell sets 2 x 1kg, 2x 2kg - Service User Exercise Activity - Physical & Mental Health Benefits			

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	Melrose Day Centre- Service User Exercise Activity (Continued)	Opti Vinyl Dumbbell case Set 6kg - Service User Exercise Activity - Physical & Mental Health Benefits	Smart TV – Use of apps such as YouTube for educational needs and Netflix for entertainment purposes. Other sports Accessories – Used during armchair activity, again covering many aspects of the 5 steps to well-being, strength and conditioning needs. Hand Held Games console – For entertainment and educational purposes.
		Hybrid bikes x 4 (2x medium Frame & 2x large frame) - Service User Exercise Activity - Physical & Mental Health Benefits	
		4x Cycling Helmets, 4x Safety Vests - Service User Exercise Activity - Physical & Mental Health Benefits	
		Nintendo Switch Console - Service User Exercise Activity - Physical & Mental Health Benefits	
		Nintendo Switch Ring Fit adventure Game - Service User Exercise Activity - Physical & Mental Health Benefits -Take 5 Model, Therapy, Fun	
		Nintendo Switch Joy Con Wheel (Pair) - Service User Exercise Activity - Physical & Mental Health Benefits -Take 5 Model, Therapy, Fun	
		Nintendo Switch Numskull Ring (Fit & Dance Accessory Kit) - Service User Exercise Activity - Physical & Mental Health Benefits -	
		Nintendo Switch Rubik Brain Fitness Game - Service User Exercise Activity - Physical & Mental Health Benefits	
		Nintendo Switch Just Dance Fitness Game - Service User Exercise Activity - Physical & Mental Health Benefits -	
		Nintendo Switch Super Mario Game - Service User Exercise Activity - Physical & Mental Health Benefits	
	Hillside Day Centre- Recovery College Virtual Interaction Programme	Samsung Smart TB 43" and wall brackets - To allow service users and day care staff to continue with Recovery College Programmes.	To enable clients to access Recovery College course
		Apple iPad Air x 2 - To enable service users to access other courses on-line e.g. training sessions from Action Cancer Awareness' yoga sessions etc.	To enable clients to access Recovery College course

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	Hillside Day Centre - Use of Outdoor Walled Garden	USE OF OUTDOOR WALLED GARDEN- This would mean the outdoor space could be used as another area for activities including mindfulness, mini golf et. This would create extra space and be conducive to rules re social distancing and guidelines re outdoor being safer at present. There is also research to prove doing an activity outdoors is more productive regarding ground and fresh air etc. Outdoor furniture including picnic table, gazebo, parasols, patio heater.	Hillside received garden furniture which they find very beneficial for the clients, it is used for wellness sessions, relaxation, mindfulness and social interaction. The clients really enjoyed the good weather and having nice furniture to sit on and the clients who live onsite in Dillon court use it at the weekends to socialise.
	Creggan Day Centre - Sharing my skills	Sharing my skills- Many clients have skills and abilities which they have not used in a long time for various reasons. By providing the tools to re-discover these skills the centre hope to share with the group and members and other facilities within the Trust through the live streaming. These skills include mainly crafts and cooking. During these restricted times, the centre identified the need for clients to use time to use time meaningfully while remaining mindful of the Take 5 model. Many clients live alone and the Cook IT Programme will ensure clients are supported with cooking skills to ensure good nutrition is part of their everyday well-being plan.	Creggan Day Centre have been using the products funded by the Innovation Fund on a daily basis. The Sewing Machine has been used to teach both men and woman, as has the sander and drill. Service Users were delighted with the arrival of these items which have been used for furniture upcycling and making window boxes. The blender has been used during their "Cook It" programme which was very successful. Many opportunities for learning has been made possible by the fund.
	Arden Day Centre- Recovery College Virtual Interaction Programme	Samsung Smart 55" TV & Bracket- Allow clients to take part in virtual learning from Recovery College or day opportunity. Cause carers group would also benefit	The Arden Centre received a summerhouse which has facilitated clients to meet within Covid guidelines safely. It enhances the Take 5 programme. 1. Connecting with others safely in these times, 2. Be active -gardening, 3. Outdoor exercising, 4. Keep learning, outdoor classes, 5. Gave and Take Notice e.g. mindfulness sessions. The Smart Television and iPads enable clients to join Zoom educational classes with the Recovery College, use You Tube for Relaxation/ mindfulness sessions, quizzes, Pinterest for crafts. Both staff and clients have found these very beneficial and enjoyable.
		Tripod Joby Telpod Argos - Allow clients to take part in virtual learning from Recovery College or day opportunity. Cause carers group would also benefit	
Apple iPad Air x 2 - To enable service users to access other courses on-line e.g. training sessions from Action Cancer Awareness' yoga sessions etc.			

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	Arden Day Centre - Sow and Grow	Sow and Grow- Canopy needed for outside within garden area so that groups can be facilitated in all weathers - Access to courtyard is limited and dependent upon weather conditions due to openness. Ideally needs a canopy for groups to continue to attend flower beds etc.	
	Avoca Lodge - Garden Shed was Condemned	Making good use of communal area to integrate both supported living facilities. Reduce social isolation, build confidence and promote engagement in meaningful activities	Residents can enjoy the enhanced outdoor space within the garden. Prompts social activity and the shed stores all clients' gardening tools and can also be used as a recreational gardening space and potting.
	Ballyclose- Media for all	Via YouTube virtual tours can be accessed in all galleries, museums and cities throughout the world we want to discourage social isolation within supported living	Enables clients to access Recovery College Courses
	Holly Lane- Fitness for all	All service users to access Gym equipment outside reducing risks due to COVID 19	Initial proposal for pool table and gym equipment was not available due to inability to deliver to NI "Brexit" To access Recovery College Courses. Blanket boxes enables storage of interactive games for group activities.
	RTN - Reflective Garden	Enhance garden area into reflective space	The funding was used to enhance the environment for service users in Cedar Villa which will be used for clients with a diagnosis of PTSD. The garden will be used as a reflective space for therapy.
	RTN - Reflective Garden	Fence Supplies from McMahon Builders to enhance garden area	
	RTN	LG 55" Smart TV, Stand and DVD Player	The service user waiting area has been enhanced with a TV
	Community Addiction Services- Wellness and self-care programme tailored to patients with dependence on alcohol and other substances	HP Pavilion 14-ce0525 14" Laptop - Intel® Pentium® Gold, 128 GB SSD Silver BLUE Yeti Professional USB Microphone LOGITECH H340 USB Headset PANASONIC SC-AKX320E-K Bluetooth Megasound Party Hi-Fi System, Tai Chi Derry 8 sessions with tai chi Derry	Community Addiction services are very grateful for the money awarded from the innovation fund. This has enhanced the patient experience in ADS Woodlea. During Covid they were able to facilitate groups and exercise classes to patients helping to promote better physical and mental health as well as being a social outlet at a time of loneliness and isolation. This was a very positive experience which they hope to build on as they move forward.

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	The Merry Bikers	6 bicycles and helmets for clients and staff members to engage in a cycling group to improve both physical and mental well-being. Providing structure to day and social interaction, enhancing their quality of life.	The team will be commencing a cycling club with its clients on 10th April.
	Picnic on the Green	Garden furniture for service areas to regroup	Garden furniture has enhanced the outdoor space for client's use and encourages client well-being and gardening activities.
	Early intervention programme for young people within Limavady District 18 - 25 year olds.	A new fun and innovative project for young people 18-25yrs in the Limavady Recovery Team .This project focuses on the key components of daily living – self -care productivity and leisure. It will enable young people with mental health issues to engage in an activity programme tailored to meet their individual needs, whilst promoting mental wellbeing and recovery	Enables clients to access Recovery College Courses
	Creative Minds	Therapeutic benefits to clients to use digital media as a medium for self-expression and processing of their experiences of mental health	<p>Rosstowney Recovery used the innovation fund monies to deliver a 'Creative Minds' Project in collaboration with the Nerve Centre. This was focussed on creative well-being and expression through digital media. Participants have had the opportunity to attend weekly virtual classes at the Nerve Centre to learn how to use creative digital media software and technology. With an emphasis on using readily available technology such as iPads and free online apps, the group have been able to develop skills in producing music, film, animation and photography using their own devices at home.</p> <p>Engaging in creative activities is beneficial to mental health and wellbeing. Being creative allows clients to express themselves and connect with others and this can help to increase positive emotions, reduce stress and strengthen resilience. This project has aimed to offer something positive and meaningful in what has been a very challenging time. Although delivering virtual training had its challenges, this format allowed Rosstowney Recovery to reach out and offer this opportunity to participants who would have found meeting in person difficult.</p> <p>It was led by Helen Ferguson and supported by Declan O'Donnell Student social worker within the Rosstowney recovery team.</p>

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Western Trust	Recovery College Reaching Out	Broadcast coproduced workshops from the Recovery College live to various trust mental health facilities e.g. day centres, supported living, in-patient units etc.	The WHSCT Recovery College successfully bid for funds to enable them to engage a number of external facilitators who specialise in creative subjects with the aim of delivering courses via zoom to those harder to reach target groups who attend the Trust’s AMH Day Centres, and live in Supported Living facilities. Using the newly purchased a smart TV, they were able us to deliver courses from their premises in Lisnamallard to participating venues throughout the Trust area. The project has been a great success – participants have thoroughly enjoyed discovering hidden or forgotten talents, and it has also proved a hit with staff. It has been a fantastic way to introduce both staff and service users to the College; get used to new technology and ways of communicating; learn new skills and gain confidence; and perhaps most importantly in the current challenging circumstances, provided a way for the different facilities to link up and interact. The Trust have also seen an increase in enrolment and participation from Day Centre service users to the more psychoeducational workshops since the project has started.
	Project: 2X LG Cinebeam Portable Projector.	The use of 2 portable projectors to improve the quality of ward based OT in Grangewood & T&F. Can be used in any ward space with groups of patients for a wide range of therapeutic activity. Live streaming of Artist in Residence sessions (creative writing & movement), Ted Talks, health promotion videos, exercise, yoga, visual relaxation, anxiety management, quizzes and much more. Compatible with use of existing tablet and smartphones. This model chosen because of its lumens/light quality- does not need dark room.	Expected Benefits: Enhanced quality of the therapeutic activity. Higher levels of engagement. Increased access to evidence based info for clients. This is particularly important during Covid restrictions- patients can’t always get to OT department/Banagher. In addition this projector can be used for staff training, supervision etc. With meeting rooms at full capacity, this device means presentations can take place in any space.
	Community based Photography project with Recovery & PCL clients.	OT facilitated. Photographer-Lorcan Doherty A group of 8 patients will do a series of outdoor photography workshops, within Covid restrictions/ social distancing. The theme will be ‘Green Therapy’, exploring all the benefits of being outdoors and nature for wellbeing. There will be an outdoor exhibition of photographs in the Walled Garden in St Columb’s Park House, in keeping with Covid restrictions. Large photos from exhibition will be donated to Mental Health Facilities.	Occupational Therapy benefited from the mental health innovation fund by facilitating art classes and photography classes for clients who found this extremely enjoyable.

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	Health Promotion - smoothie maker	To promote healthy eating amongst adults (inpatients and outpatients). Staff could introduce healthy smoothies on a regular basis as part of health promotion sessions and alternative to coffee consumption. A good brand which could sustain regular use would be recommended.	To enable healthy eating
	Music Therapy - Piano tuned	Add another element to music discussion groups. Would enable patients who can play to have the opportunity to engage in meaningful activity.	To enable music therapy
	Mindfulness Photography - Digital Canon Cameras	To introduce new activity for inpatients to promote new interests, meaningful activity and to add a new dimension to walking groups. To increase mindfulness during change of seasons and also to capture art projects, changes to Grange 'Wish' tree.	As above
	Dance and relaxation exercise mats	To engage in weekly sessions provided remotely by dancer in resident facilitated in Banagher. Will promote a new form of relaxation, stress management, mindfulness and identify potential new interests for clients.	To encourage fitness and well being
	Music discussion/relaxation - DAB Bluetooth remote stereo	Current appliance is temperamental. An updated model would provide better sound and quality for music therapy groups, and also promotes relaxation in the therapeutic environment that patients repeatedly report benefit from.	To enable music therapy

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Trust	Title of project	Explanation	Outcomes achieved
South Eastern Trust	Across Services	As a consequence of COVID staff had to quickly adapt to working remotely and engage more readily in virtual meetings across all services in MH. A scoping exercise was completed to identify staff who were using phones to complete this activity as quite often chrome book were not compatible. It was evident a proportionate were using the mobile phones and this was considered inappropriate due to size of screen and spending significant period of time daily in virtual meetings (health & Safety risk). MH invested in 40 iPads to improve the health and safety of staff when engaging in virtual meetings/appointments and or having to work remotely.	The access to this equipment allows continued service delivery in the rebuild from COVID by promoting social distancing opportunities. Promoting improved visual quality when engaging with service users/carers via a virtual platform.
	Administration	Innovation fund money was used to invest in some additional IT equipment for admin staff to support remote working, and better access to online meeting platforms such as Zoom.	This has enabled the service to provide a more flexible approach to remote working, and reduced the need for unnecessary travel.
	Supported Living	12 sets of IT equipment were secured for those service users who did not have the equipment to access the virtual groups/training as day services closed during the lockdown due to Covid.	This also enabled people to stay connected to their social networks and supported the families to home school. This package also provided individuals training, setup and maintenance of equipment.
	Addiction Service	Recovery Garden	Developed with service users and staff as a recovery group project that may be attended between support groups held by the service. A Service user lead project. Designed to encourage group members to develop a hobby, promote recovery and a connection to services that wasn't just simply treatment orientated. Monies from the innovation fund allowed the ladies to maintain the garden and add some additional features. They were delighted with the fact they had been considered and allocated monies. This has led to a sense of well-being and reward for the group as feedback from those visiting the unit has been positive and the ladies are capturing their progress in a series of photos in a journal for themselves. The group has a real sense of fellowship and belonging as a result of the project and pride to maintain it.

Annex A – Innovation Fund 2020/2021 Full list of supported projects

Trust	Title of project	Explanation	Outcomes achieved
South Eastern Trust	Derrriaghy Day Centre	Equipment to set up a Sensory / Relaxation Room	There was a queue to use the sensory/ relaxation room. It is a wonderful space for peace, tranquillity and relaxation. The plants help make the outdoor space more enjoyable area. Staff and members have worked on developing the garden areas
		Art supplies for use in the Centre or at home for members who have not yet returned to the Centre	Art supplies - encouraging creativity and choice of art activities
	Derrriaghy Day Centre	PowerPoint projector	PowerPoint Projector -This has enabled use of Zoom, for small groups of service users who attend Derrriaghy, so they can participate in Recovery College Courses while at Derrriaghy, e.g., Anxiety Management. It has also been used for Regional Dietician Courses such as Food/Mood. It has helped service users feel more comfortable using technology to access support and educational services.
	Ward 27, Ulster	Furniture for new garden	Providing furniture to allow a relaxing outdoor environment for patients
	Acute Wards	Beanbags for 4 ward areas in the low stimulus rooms	Comfortable and inviting for patient use and creating a relaxing environment.
	Furniture	Skye Plus 2-seater x4, Skye plus chairs x 8	New seating in place for patients, this was positively highlighted by peer advocates from patient feedback.
	Downshire Hospital Site	Outdoor gym equipment	Equipment purchased and installation taking place
	Community Mental Health Teams	Kitchen appliances- kettle, microwave and fridge	This was of great benefit during the pandemic as these items could be for team use only and not communal as previously thus reducing the risk of cross team infection and contamination. Staff continues to benefit from the appliances to enhance their breaks and enjoy some time together relaxing with colleagues.
	Peer Services	Peer Support activities, Complementary Therapy training, music session	Mindfulness based CBT - three day training for 20 people, 18 of whom have lived experience & Yoga for trauma

Annex A – Innovation Fund 2020/2021 Full list of supported projects

Trust	Title of project	Explanation	Outcomes achieved
South Eastern Trust	Peer Services	Opportunity for mindfulness training for peer support	3 days of Mindfulness based CBT training for peer support workers, peer advocates, peer trainers, lived experience volunteers to enhance current practice and allow mental health service user peers to enhance their practice by offering one to one or group mindfulness session with patients. The peer workforce feels valued and delighted to have this opportunity.
	Staff Wellbeing	Coffee Machines	Encouraging staff to take much-needed breaks and enjoy reconnecting with colleagues following periods of increased remote working. Staff have some time out from work to enjoy a cup of coffee during a break which has been much appreciated given the increased stress and pressure of the pandemic.
	Recovery College	Furniture/seating	This has improved the environment for the students creating a more relaxed feel which is being enjoyed by all.
	Supported Living	Environmental improvements for tenants & staff such as garden furniture, board games, poly tunnel	Tenants enjoyed an array of items to support them during COVID-19 restrictions to include a summer house, polytunnels for growing plants and vegetables and exercise equipment. This has had a significant improvement to their health and wellbeing, as noted by the staff.
	Mental Health Services	iPads to enhance remote working and virtual meetings- 20 iPads	The access to this equipment has allowed continued service delivery in the rebuild from COVID by promoting social distancing opportunities & remote working. Promoting improved visual quality when engaging with service users/carers via a virtual platform.
Northern Trust	Sleeper Chair Beds	Inpatient Holywell / RTU- 8 x Sleeper Chair Beds	Patient Comfort
	ECG Machine	Community Addiction service- An ECG machine for Railway Street Clinic	An ECG machine for Railway Street Clinic
	Dialectical Behaviour Therapy (DBT) Training	CMHT/CRHTT - Dialectical Behaviour Therapy (DBT) Training	DBT is a highly effective type of cognitive behavioural therapy. This training would enhance practitioner skills to use this therapy across community mental health services and unscheduled mental health services
	Music Therapy	CMHTS	Therapeutic wellbeing programmes for clients
	Outdoor living space	Supported Living Facilities	Comfort for tenants to enjoy outdoor space in a homely environment - Garden furniture to improve external environment

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Trust	Title of project	Explanation	Outcomes achieved
Northern Trust	Gym Equipment	Upgrade and new equipment	Patient health and wellbeing- Provision of gym equipment in line with service user feedback: Jordan barbell racks, powerbag alpha bag rack, 8kg kettle bell, 10kg kettle bell, 12kg kettle bell, 14kg kettle bell, 8 Pilates head block, Sara Steady
	Oasis Garden - Garden Furniture		Patient health & wellbeing, facilities to enjoy outdoor space - Garden furniture for service areas to regroup
Belfast Trust	Peer Transformation	Peer Mentoring Programme	<p>Examples of outcomes included:</p> <ul style="list-style-type: none"> • an increase in young people by 30% engaging with the College alongside young people via Social Prescribing and CAMHs; • international students from QUB engaging with the Recovery College; • the engagement of young people with high anxiety who presented via social prescribing; • support for staff redeployed to the Nightingale wards and COVID'19 wards and MH staff; and • MH peer support workers working on the front-line. <p>The projects enabled delivery of new programmes to service users, carers and staff. This included engagement with Carers, staff and service users where there was high levels of stress, social isolation and loneliness particularly during the COVID'19 pandemic.</p> <p>The outcomes of the programmes and projects won 1st prize in the 2020 / 2021 All – Ireland Education AONTAS Awards to recognise the compassionate and innovative response to emergency provision during COVID'19, In particular, the judges highlighted the outcomes of the project, recognising the service user, carer and staff voice – Making Silent Voices Heard. The Virtual delivery programme and engagement during the pandemic was commended as outstanding practice.</p>
		WRAP Facilitator Programme	
		Specialist Recovery Facilitator Programme for Peer Mentors	
		Recovery/ Online/ Digital Webinar Camera for Training Peer Mentors	
		Young Peer Mentors	
		Online learning Mentors to support Digital and Wellbeing Learning Programmes	
		Engagement for underrepresented groups	
	Communication, Diversity & Engagement Support Materials		
	Recovery College Innovations Programmes/ Projects	Mindfulness Teacher Online Supervised Programme	
		Music and Wellbeing Programme	
		Media and Video Production Training for Peer Mentors/ support Workers and Mental Health Practitioners Media Training Programme	
		Media Production/ DVD Programme	
	Community Forensic ID Service	Mindfulness practices, self- soothe activities, social activities and physical exercise opportunities during periods of COVID-19 restrictions	
Body Calming Activities			

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Trust	Title of project	Explanation	Outcomes achieved
Belfast Trust	Gym Equipment - Beechcroft	To improve the physical and mental wellbeing of adolescents with in Beechcroft by the provision of an outdoor green gym	Evaluation is ongoing due to the COVID-19 related delays.
	Video Production - Shannon Clinic	User Experience - Film Production for Transition within Shannon clinic and to the community	
	To improve mental health through engagement in allotment activities	Development of an outdoor allotment space for CFMHT clients is even more pertinent to prevent occupational deprivation and disruption to meaningful occupations and social connections. In keeping with the recovery approach it will further enhance employability skills with a view for accessing future employment/volunteering opportunities.	This will be an ongoing project which will be facilitated by the community forensic team occupational therapist and CFMHT support worker. Due to the COVID-19 restrictions there has been a delay in being able to facilitate the project due to limitations on group work. The project is therefore ongoing.
	To improve the physical health of community forensic service users		