

2021/2022 MENTAL HEALTH INNOVATION FUND

EVALUATION REPORT

Mental Health Innovation Fund – Purpose, Scope and Criteria

1. The Mental Health Action Plan, published in May 2020, included an action to establish a Mental Health Innovation Fund.
2. The aim of the Fund was to provide earmarked funding for initiatives generated at a local level that would be beneficial to all patients - in-patients or community based - and for staff, recognising the significant challenges facing the mental health workforce. The expectation was that the overall outcome would be improved morale among staff and improved local services for patients.
3. The Innovation Fund was to be 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.
4. Projects/initiatives funded from the Innovation Fund are to be completed within the financial year.

2020/21 Innovation Fund

5. The Mental Health Innovation Fund first came into operation during the 2020/21 financial year. A total of 111 projects were supported, with funding totalling £437k. An evaluation of the 2020/21 Fund concluded that it was considered a great success, receiving positive support from stakeholders and providing real improvements to the lives of people using mental health services.

2021/22 Innovation Fund

6. Following on from the success of the 2020/21 Innovation Fund, a call for applications to the 2021/22 Innovation Fund issued to the HSC Trusts in August 2021. It resulted in proposals totalling £721k being received by the Department. These were assessed by Adult Mental Health Unit in conjunction with colleagues in the (former) Health and Social Care Board.
7. The budget for the Innovation Fund in 2021/22 was initially £500k. However, due to the demand, and to help ensure that the full range of eligible, proposals could be supported, additional funding was identified by the Department, enabling projects totaling £527k to be supported. This is an increase on the £445k available to the HSC Trusts in 2020/21.

Allocation of Funding

8. A total of 144 projects were supported under the 2021/22 Mental Health Innovation Fund.
9. Table 1 details the funding allocated to each trust for 2021/22 and total spend.

Mental Health Innovation Fund 2020/21		
Trust	Amount Approved	Total Spend
BHSCT	£145,114.88	£78,061.08
NHSCT	£41,341.00	£39,841
SEHSCT	£84,982.17	£84,982.17
SHSCT	£80,492.94	£80,492.94
WHSCT	£174,684.41	£147,765.78
	£526,615.40	£431,142.97

10. The table highlights some variances between the amount approved and actually spent in the Northern, Western and Belfast Trusts. This was due to a small number of projects not proceeding for various reasons such as: staff shortages, IT-related issues and due to it becoming apparent that it would not be possible to deliver certain projects in year.

Impact of Funding

11. The Innovation Fund has once again been used by Trusts to improve the mental health and wellbeing of service users and carers. It has enabled the development of new and existing skills, opportunities for social interaction and teamworking. It has also helped to build confidence and contributed to an improvement in life and independent living skills. Projects supported through the Fund have been used to improve or provide new recreation activities, physical activities, and mindfulness programmes for patients. It has also been used to improve outside spaces and to provide opportunities for patients to reconnect with nature.

12. The Fund has also benefitted staff through a range of initiatives and activities such as mindfulness and team building. It has supported the development of outdoor spaces of which staff can avail for relaxation and restoration from busy working environments and to promote their own wellbeing.

13. A full list of supported projects is attached at **Annex A**. Some examples of the positive impact of supported initiatives are as follows:

Trust	Summary	Key Benefits/Feedback
Belfast Trust	Creating regulating spaces for inpatients	The Trust were able to develop a therapeutic outdoor space for patients of three units: Admissions, Treatment, and Pediatric ICU. The Trust purchased three swings for this area and there is a high use of the swings, allowing the Trust to promote awareness of the regulating effect of movement.

Trust	Summary	Key Benefits/Feedback
Southern Trust	Percussion instruments	Percussion instruments were purchased for use in groups to enable LD Service Users to express themselves through a musical medium. Individuals within the groups are developing their skills and confidence by expressing themselves through music. One group hopes to record a performance later in the year.
Western Trust	Cooking sessions for younger people	This project allowed younger people to increase knowledge of health promoting foods, learn budgeting, food preparation and cooking skills, and increase confidence and independence.
South Eastern Trust	Deriaghy Relaxation Room	A room for service users was improved so that it could be used as both a calming space for those suffering anxiety or sensory overload and for gentle exercise. 'Chi Me' was used to improve muscle strength and balance, which can reduce the instance of falls in older people. The renovation of this room encouraged users, who had not previously taken part in exercise, to do so regularly.
Northern Trust	Eye Movement Desensitisation and Reprocessing (EMDR) Equipment - Promote Team	Has enabled the recommencement of EMDR therapies with several service users, in a covid secure way. Early indicators noted in terms of reduction in distress.

Conclusion and Future Funding

14. The 2021/22 Mental Health Innovation Fund has again been successful, receiving positive support from stakeholders and providing real improvements to the both the lives of people using mental health services and staff.

15. The operation of the Mental Health Innovation Fund is subject to the availability of budget in any given financial year. Over the last two years, it has been possible to identify funding to enable relevant projects to be supported. However, as a budget for 2022/23 has not yet been agreed, the Department has had to prioritise and redirect its existing resources to support the implementation of the Mental Health Strategy 2021 – 31.

16. However, recognising the positive impact of the Fund over the last two years, the Department is currently exploring other potential funding sources that would enable local level projects to be supported across HSC Trusts in 2022/23 and beyond.

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
Southern	Dance, Drama and Music - Bannvale	Percussion instruments for use in groups to enable Service Users of the LD service to express themselves through a musical medium, alongside developing confidence and skills.	Percussion instruments were purchased. Individuals within the groups are developing their skills and confidence by expressing themselves through music. One group hopes to record a performance later in the year.
	Linenbridge Day Centre: Horticulture Project	Planting, weeding and watering, this currently has to be with the support of staff as users are unable to reach the current plant pots. The addition of the raised flower beds would promote their independence and wellbeing. Service users are keen to use the green house to grow plants and vegetables from seed. These additions will enable all service users to have the opportunity to join the gardening projects which will enhance their mental health and wellbeing.	<p>The addition of the new items secured has provided the opportunity to develop the Linenbridge Horticulture project. Staff are able to use the new amenities to support service users take part within the project and make the activity inclusive for all levels of ability.</p> <p>Staff have received positive feedback from service users and have highlighted the therapeutic benefits that include.</p> <ul style="list-style-type: none"> • Getting outdoors and enjoying the fresh air • Improved physical fitness. • Developing new and existing skills • Reconnect with nature • Teamwork/Socialising • Improved mental health, reduced stress.
	Outdoor Catering – Bannvale Site	Based on impact of Covid upon catering indoors the Day Opportunities service is creatively seeking ways to use the tranquil outdoor space of the Bannvale site. Requesting funds for an outdoor hut with hatch to accommodate outdoor catering (plumbed and electric connection) and sets of Outdoor seating for x4/x4 people to enhance Service Users, members of the public and staff experience of outdoor space.	Trailer received but not operational. Currently awaiting electrical connection and work is ongoing with Estates to complete same. Planning is ongoing for the catering project to be ready when the unit is fully connected. Plans when operational are to provide a catering project which enables individuals to develop or enhance current skills in planning, food safety/preparation, customer care and money management etc. It is hoped that partnership working will be re-established to provide a progression pathway for individuals to move on and develop skills further in the catering industry.

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
	Arts Project - Bannvale	Hire of a tutor and purchase of materials to work on a group art project to enable Service User to express themselves through a creative platform, prompting positive mental health and wellbeing, alongside developing confidence and skills.	Equipment purchased and groups are working on completion of a Day Opportunities calendar. Service Users are enjoying the project and have developed skills in photography, use of computers and using public transport to view picturesque areas of the Southern Trust. Service Users are connecting with their communities through this project alongside physical and mental health improvements of being outdoors learning new skills.
	Bannvale Brew and Bloom	Rebranding of Day Opportunities Horticulture and Zest catering projects to combine and promote working together following a period of closure due to covid. Monies would support rebrand through signage, work wear, catering items with rebranding. This investment coupled with the coffee hutch initiative would allow a rebrand of the catering and horticulture day opportunity services for individuals with a learning disability.	This is a great addition to the Bannvale site and the experience on offer to those attending both Horticulture and catering groups. Awaiting order of new signage, personalised takeaway cups, napkins and takeaway bags.
	Sunflower and Pumpkin Patch Horticulture Project - Bannvale	Assistance is required to prepare the land, purchase seeds, sow seeds – additional equipment is required to assist in this process such as spades, trowels, wheelbarrows, hoses, feeders, rakes, gardening work wear.	The use of these monies has added to the activities and experiences on offer within the horticulture unit. This project has been a visual resource to raise the profile of Day Opportunities within the Trust and the wider local community. Service Users are benefiting from further education of growing new flowers and plants. Improved physical and mental health of working outdoors and the Service Users are excited watching the sunflowers grow.
	Older Peoples Activity Programme & Sensory Garden Development - Bannvale	Co -producing a new activity programme with service users, relatives and staff. The programme will include agreeing, sourcing and purchasing a broad range of new activities to include for example Chair based Yoga programme / Arts and Crafts /	Purchased and erected three Gazebos, which have enhanced the outdoor spaces and improved the accessibility of outdoor activities. Also, purchased a range of games which has resulted in an improvement of mental health and wellbeing.

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
		reading materials /Music and movement sessions and visual and Sensory Stimulation programmes	Feedback from Service Users, relatives and carers have included positive comments in relation to improvements in interpersonal interactions, improved socialisation and feeling happier. The care staff in particular report outcomes and improvements which have arisen through activities undertaken in the outdoor space and see this as part of a therapeutic toolbox which delivers improved social interaction and communication with service users.
	Staff Well-being and Mindfulness	Offer staff access to an online mindfulness programme lasting 6-8 weeks to increase their knowledge and understanding of what mindfulness is, how to practice it, experience the benefits of mindfulness and provide them with additional sources of mindfulness related tools and resources. The programme would run live via zoom and also sessions maybe recorded with the view to offering these to staff , for an agreed period of time.	Introductory workshops on mindfulness underway and a number more planned for the year (19 in total). 4 videos and 8 audio clips developed for sharing as a post event support. The short audio clips will be shared to encourage staff to practice mindfulness in work and the longer clips at home. These will be accessible via the Umatter website and the Trust's Staff App. Handouts on practices also provided. A second strand to this project has involved offering staff online guided relaxation sessions using a CBT Hypnotherapy approach. 11 of these sessions will take place during the year. The first two have been well received with 70 staff in total attending and many going on to continue the practice by accessing a 30 minute online recording available via the facilitator's website. The third session took place on 26/5/22 and 75 staff registered to attend. Evaluation exercise commenced with participants from the first Road to Relaxation sessions.
	Staff Health and Well-Being Library	To purchase books/e-books on a range of health and wellbeing topics that can be used by staff and healthcare students; both to support their personal health and wellbeing needs and that will help inform their professional development and the care provided to patients/clients. Book topics such as	Books and eBooks being borrowed by staff - SHSCT have improved access by being able to deliver this collection of books to the work base of staff. Users can also return the books to the library via internal mail.

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Trust	Title of project	Explanation	Outcomes achieved
		addiction, gambling, menopause, debt and finances, men's health, mindfulness, stress, anxiety, relaxation, self-care and many others.	
	Sow and Grow: Horticulture Project – Courtyard Garden Area	Offering recreation therapy to service users allows them to learn and develop new skills and interests. Engaging in purposeful activity would give them a real sense of achievement and allow them to build on therapeutic relationships and trust. It would also help to provide them with daily structure, routine and introduction of positive coping skills and habits.	<p>Continued partnership working with Trust Learning Disability Service Staff and Service Users in maintaining the Courtyard Garden area.</p> <p>Continued 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 new materials and plants that were purchased with monies from Innovation Fund 2021 – 2022.</p> <p>Recommencement of 'Sow and Grow' group as a rolling group programme since mid-March 2022. Currently running two weekly groups of max. 8 service users and 2 staff per group, incorporating the Five Steps to Wellness with gardening activities, while achieving overall intended outcomes of project.</p> <p>Continued development and use of therapeutic space for staff, service users and carers within Community Addictions Services, and staff from other neighbouring services on St Luke's site.</p> <p>Harm Reduction Café event hosted by SoHope and Community Addictions Service in Courtyard Garden area on 6 May 2022. The event provided people with substance use issues, family members or people from the community information regarding the impact of substance use and information on where and how to access support both within the trust and Community and voluntary sector providers.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	CAMHS Joy at Work	A staff team building day in spring 2021 would be something to look forward to as a team. An 'Extreme Play Day' at Todd's Leap Outdoor Activity centre in Ballygawley would help build relationships, important due to the high level of remote working and lack of face to face contact for staff in Winter Months.	The staff team attended a team building day or renamed more accurately as a "Team Recovery Day" at Corrymeela Centre, Ballycastle. Everyone engaged in a range of planned activities, including having meals together, spending time re-engaging with one another, getting to know each other beyond work, having times of relaxation, undertaking a personal facilitated creative art project as a group, attending a facilitated personal skin care and treatment session together as a group, all of which achieved the goals and objectives of reconnecting as individuals and as a team, which reinforced the need for self-care, wellbeing and "joy at work".
	Dorsy Ward: Imagination Project	A project to optimise the mental health and wellbeing of service user within the Dorsy ward via developing a range of visual, auditory, olfactory and tactile multi-sensory stimuli to create a feeling of comfort and safety, where an individual can relax, explore and enjoy their surroundings.	Completion of imagination project, acquisition of horticultural miscellaneous items, in ground trampoline, art, music, gym, multi-sensory supports
	Let's Get Moving (Gym Equipment + Digital screen) – Bluestone Internal Courtyards	To purchase and installation of safe exercise equipment across Bluestone's internal courtyards and the acquisition and installation of a digital information board that illustrates daily activities and promotes messaging on entry to the Unit.	Gym equipment ordered via DAC, ordered completed. Enhanced overall health and wellbeing.
	Stepping Stones to Community Access	Promotion of positive mental and physical and well-being through increased opportunities to engage in physical activity and community integration.	Staff that were trained are able to deliver programmes that run over 10 weeks either individually or in a group setting to promote communication and understanding of human rights and emotions. These sessions are tailored to individual needs - person centred. 1 piece of outdoor gym equipment has been purchased. This has enhanced overall health and wellbeing.

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Trust	Title of project	Explanation	Outcomes achieved
	Developing Outdoor Spaces CAMHS - Cedarwood	To create a beautiful and appealing environment that lends itself to easily facilitate social and therapeutic activity. This aims to improve the mental health, emotional health and well-being of service users through enhancing the environment in which to facilitate active involvement in activity for young service users and their carers/families.	<p>Outdoor space - physical, fixed equipment purchased with the aim to encourage service users to make use of; to promote physical health and engagement. This area is readily available for use during clinic opening hours with the hopes that service users and their families can avail of this space when visiting IDCAMHS - climbing apparatus, tunnel, wooden tepee and picnic bench fixed in the garden space.</p> <p>Promotion of engagement and activity whilst in the outdoor space - large, fixed wind chimes and painting panel purchased to promote activity, skill building and engagement during therapeutic work with sensory needs in mind.</p> <p>Planting - a variety of seasonal plants purchased and planted to create a pleasant and sensory experience for service users - aims to encourage young people and families to participate in gardening work as part of a therapeutic programme (gardening apparatus and equipment purchased to support with work).</p> <p>Continue to identify families and young people within ID CAMHS and promote the benefits of use of the outdoor space (ongoing). Other services within Cedarwood Building/location encouraged to make use of outdoor space too.</p>
	Staying Connected	The CMHRT delivers multi-disciplinary holistic assessment, treatment, specialist therapeutic interventions and support to individuals with complex mental health needs, and their families. CMHRT primary focus is on facilitating interventions which focus on addressing and	MH innovation funding has provided the CMHRT an effective resource to further enhance and deliver specialist interventions to compliment current service delivery in targeting a common impaired performance area for individuals experiencing complex psychosis. Introduction of social activity based group interventions delivered by a

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Trust	Title of project	Explanation	Outcomes achieved
		<p>minimising the impact of the individual's mental health symptoms and functional impairment with the focus on recovery, and promoting quality of life. CMHRT target group consist primarily of vulnerable individuals 18+, presenting with severe and enduring mental illness (of psychotic nature), who present with significant complex needs and functional impairment, and often present with severely reduced social skills and experience social isolation.</p>	<p>specialist MDT in conjunction with clients, with a clear rehabilitation focus, has been rewarded with many evidenced positive outcomes and benefits for clients availing of this service, whom present with complex needs in relation to social functioning skills. Although the primary target has been to improve social functioning skills, this has also contributed to much improvement and skill development in many other life and independent living skills for these individuals contributing greatly to the ethos of service delivery to "provide whole systems approach to recovery from mental illness to maximise an individual's quality of life and social inclusion by encouraging their skills, promoting independence and autonomy in order to give them hope for the future and leads to successful community living through appropriate support.</p>
	<p>Forest Bathing Training – Craigavon & Banbridge locality</p>	<p>Partnering with Eco wellness Consulting, and the Co-Founder of the Forest Therapy Institute, the Trust aim to train six people in Forest bathing with a goal to increase connection with nature across the most deprived areas. The Promoting Well-being Division would like to extend this training to include staff e.g. PWB Support Worker, Fit 4U staff. This would allow for delivery for Forest Bathing widely across Craigavon and Banbridge locality to respond to need via Trust Referral Pathways and to benefit staff.</p>	<p>6 people were trained in Forest Bathing and have fully completed, Forest Bathing sessions can now be offered to staff and service users. A number of sessions will be offered to staff during the summer. Forest Bathing uses local green spaces to encourage people to connect with nature, supporting condition management, anxiety/depression, etc.</p>
<p>Northern Trust</p>	<p>Antrim Wellness Club - Cycling club</p>	<p>To offer health and fitness group which involves bicycle rides in local area to improve physical and mental health.</p>	<p>Purchased bicycles and additional equipment to facilitate groups. Still awaiting delivery of purchase therefore unable to facilitate group as of yet.</p>
	<p>Social Integration group. Arranging social groups in local</p>	<p>Antrim/Ballymena Wellness Hub work with adults with mental health issues to continue their recovery</p>	<p>Purchased a variety of gift vouchers from a range of services and have been facilitating social activities to</p>

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Trust	Title of project	Explanation	Outcomes achieved
	community to offer clients the opportunity to try new social activities and explore new hobbies and interest to support them on their recovery journey. This will also support clients who have been affected by COVID to re-establish community activities and links with their own communities	journey in community setting. Many clients have struggled physically and mentally during Covid pandemic and facilitating a social group with support from Wellness Hub staff, this offers them the opportunity to try new purposeful activities in community setting, building up confidence and self-esteem to support them on their recovery journey. Funding will support the Wellness Hub, staff offer clients opportunity to try new leisure activities which clients would not have opportunity to try before.	provide opportunity for service users to reintegrate into community activities, building confidence and self-esteem in community setting with support from staff.
	To further develop existing garden area at Coleraine Wellness Hub on Coleraine CMHT site	18 week programmes are run as a satellite service covering the Coleraine, Ballymoney and Ballycastle areas. Aim is to help service users identify their needs, set realistic goals, develop independence and help them to integrate back into their community. The service takes an approach of encouraging engagement and enabling service users to take personal responsibility despite living with symptoms of mental ill health and supporting them during their recovery journey. Eager to develop the existing community garden, increasing service users' levels of physical activity, promoting mental well-being and improve their local environment.	Commenced an outdoor gardening group - purchasing equipment and supplies. Two current gardening sites in operation - Dalriada Mental Health Resource Centre and Coleraine CMHT centre, liaising with Coleraine CMHT and Mountsandel Gardening group regarding same. Service Users have benefitted through increased occupational engagement, spending time outdoors, developing interests and routine. Staff have undertaken additional horticultural training to support them in this endeavour.
	Establishment of a Severe Mental Illness (SMI) group in the Causeway locality	The Covid-19 pandemic has been particularly testing for service users with an SMI diagnosis. This group have felt isolated due to the restrictions. Therefore, NHSCT are seeking funding for the development of an SMI Group in the hope that service users can be offered a safe space for	Purchased vouchers for group leisure activities, such as day trip to Rathlin Island and cinema, also purchased craft equipment and supplies. Service Users benefit from increased and meaningful occupational engagement graded to their current presentation.

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Trust	Title of project	Explanation	Outcomes achieved
		physical activity classes, social activities and educational classes.	
	OT Department - To further develop existing garden areas at The Villa and outside ward areas in Holywell Hospital	Occupational Therapy offers gardening groups to clients as part of their inpatient treatment program. A weekly gardening group is established and it is hoped to increase this to twice a week as part of their and plans are to develop garden area further so it is a relaxing place for clients, staff and visitors to sit. Funds are being sought to purchase outdoor furniture and more gardening equipment such as planters/plant pots.	This funding enabled the purchase of new equipment, seating and planting to facilitate gardening groups within the hospital setting. It adds to the variety of groups offered and it will allow the Trust to continue with the groups during the year.
	To facilitate reintegration of clients with mental health back into the community. To include Covid-19 clients. Catchment area of Holywell Hospital - this will also support clients who have been affected by COVID to re-establish community activities and links within their own communities	Occupational Therapy staff strive to support clients to reengage within their local communities and this funding if approved will allow staff to plan activities whilst having monies to buy sporting equipment such as golf clubs, snooker cues, Nordic walking poles, tennis rackets, etc., ensuring that clients can access activities without financial implication to themselves.	Purchased a range of gardening furniture and equipment. This included raised flower beds and garden seats. Service users can use the outdoor space to relax and to socialise. Service users have been given some responsibility to take care of the outside space and to water the flowers.
	To further develop existing garden area at Woodlands wellness Hub on Whiteabbey Site	One of these Interventions has been the establishment of an outdoor garden which clients attending the service have been proactive in all areas to date of its development. A weekly gardening group is established and it is hoped to increase this to twice a week and plans are to develop garden area further so it is a nice relaxing place for clients to sit whilst attending Woodlands.	Outcome achieved – 6 Raised garden beds, soil and plants purchased. These were assembled in the gardening group. These garden beds will facilitate accessible gardening groups in the Wellness Hub users.

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
	To facilitate reintegration back into the community of clients with mental health conditions attending Woodlands Wellness Hub by organising social outings to local attractions/community facilities within the local Catchment area of Larne , Carrickfergus and Newtownabbey - this will also support clients who have been affected by COVID to re-establish community activities and links within their own communities - Woodlands Wellness Hub.	As part of attendance at Woodlands staff strive to support clients to reengage within their local communities and this funding if approved will allow staff to plan activities whilst having monies to pay for transport either bus or train fares , access into attraction and also food ensuring that clients can access activities without financial implication to themselves.	Project did not proceed.
	Community Addictions Team - Sensory area. Bean bags, projector sensory, white noise device and sensory cushions. To provide a designated area for sensory therapy for service users with sensory seeking behaviours and to provide safe space for emotional regulation.	To improve physical and mental health. Funding will help to cover the purchase of sensory/activity equipment required to facilitate the group and allow clients the opportunity to develop positive coping strategies and harm reduction.	Equipment sourced for physical activities table tennis and Bocca to improve physical health and promote social interaction. Sensory equipment to provide sensory stimulation to clients at ward level.
	Activity area, Table tennis, Bocca. Provision of an area for social integration within the ward and promote structured activity.	To improve physical and mental health. Funding will help to cover the purchase of sensory/activity equipment required to facilitate the group and allow clients the opportunity to develop positive coping strategies and harm reduction.	Equipment sourced for physical activities table tennis and Bocca to improve physical health and promote social interaction.

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Trust	Title of project	Explanation	Outcomes achieved
	<p>Community Addictions Team - Resilience Group</p> <p>Recovery focused activities in local community this will support with increasing daily structure, harm reduction and enable positive coping strategies. Enabling clients with addiction difficulties to adopt positive coping and to re-establish links with their own communities.</p>	<p>To enable clients with addiction difficulties build on their Resilience and develop positive coping strategies, to reduce the impact of COVID on their wellbeing and reduce the long term need for services and to provide recovery focused groups with the aim of harm reduction and social integration into their own community.</p>	<p>Community group provided within local community Ballymena and Magherafelt. Baseline scores completed pre-post for Resilience and Wellness. These scores indicate increased Wellness and Resilience. The group provided key concepts of Resilience and introduced service users to non-statutory agencies which provide vocational and voluntary opportunities to maintain their Resilience.</p>
	<p>Coleraine CMHT Allotment garden</p>	<p>Revamp of unused ground into a community garden where Service Users can attend guided by Conservation volunteers to grow vegetables etc. Poly Tunnel and outdoor seating would be beneficial.</p>	<p>A local voluntary gardening group has assisted the Trust in designing and setting up a gardening group which is attended by Service Users and their carers. The local wellness Hub also use this facility as part of their weekly activity group. All who attend enjoy the gardening and social aspect of the group. Staff also get involved and utilise garden for their lunch breaks.</p> <p>A garden shed, seating, a lawnmower, gardening tools have also been purchased with money provided.</p>
	<p>Promoting staff and service user wellbeing through the development of a Garden Green Space and Picnic area for use by service users and staff of the Occupational Health Service, NHSCT</p>	<p>Outdoor spaces offer opportunities for a range of activities that support wellbeing and recovery, including physical activities (e.g. use of physiotherapy classes), creative activities (art, gardening, occupational therapy activities), and meditative activities (e.g. mindful walking groups). An accessible garden area also provides staff working in services a place where they can take time away from a busy working environment, reflect on events of the day, re-gather focus and have an opportunity for restoration and recovery during the working day.</p>	<p>The project will contribute to the Trust Health and wellbeing strategy. It will offer a space for staff to avail of for relaxation and restoration from busy working environments and to promote their own wellbeing. The project will maximize the wider environmental space around the proposed site for health benefits for both NHSCT staff as well as service users and the project will develop available space in the proposed location for the use of outdoor therapeutic activities with service users such as mindfulness and gardening groups</p>

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
		<p>With the relevant literature base in mind, this application proposes the development of a garden green space and picnic area in Whiteabbey Psychological Therapies Service. This space will comprise of a range of seating areas, raised flowerbeds and gravelled areas. It will be designed in conjunction with service users and staff working within the service. The space developed will provide both staff and service users an accessible green space area to use for both therapeutic activities and as a place to take time away from a busy clinical working environment. They will also be accessible to staff and service users from surrounding services to use</p>	
	<p>Promoting staff and service user wellbeing through the development of a Garden Green Space and Picnic area for use by service users and staff of the Clinical Health Psychology Service, NHSCT</p>	<p>Outdoor spaces offer opportunities for a range of activities that support wellbeing and recovery, including physical activities (e.g. use of physiotherapy classes), creative activities (art, gardening, occupational therapy activities), and meditative activities (e.g. mindful walking groups). An accessible garden area also provides staff working in services a place for respite away from a busy working environment with an opportunity for recovery during the working day. With the relevant literature base in mind, this application proposes the development of a garden green space and picnic area in Whiteabbey Psychological Therapies Service. This space will comprise of a range of seating areas, raised flowerbeds and gravelled areas. It will be designed in conjunction with service users and staff working within the service. The space developed will provide both staff and</p>	<p>Two picnic benches, one wheelchair accessible, were installed close to the Clinical Health Psychology offices on the Holywell site. Five containers were filled with a mix of plants to provide a space for staff, clients and the public to sit and enjoy the surroundings. The plants were chosen for their scent, touch and flowers. Bulbs around the site to give colour at the times of the year when there is less colour. Staff have enjoyed using the benches to meet for coffee and lunch and plans are being made to do a Holywell wide launch of the space, inviting anyone to make use of them. The space could be developed over time, perhaps involving an artist in residence and clients to create artwork which would enhance the area further. Staff enjoyed planning the space together and also picking the plants. Staff had a planting party one afternoon and shared pizza together, a great way to build up the team.</p>

INNOVATION FUND 2021/2022 FULL LIST OF SUPPORTED PROJECTS

Trust	Title of project	Explanation	Outcomes achieved
		<p>service users an area to use for both therapeutic activities and as a place to take time away from a busy clinical working environment.</p>	
	<p>Promoting staff and service user wellbeing through the development of a Garden Green Space and Picnic area for use by service users and staff of the Whiteabbey Psychological Therapy Service, NHSCT</p>	<p>Outdoor spaces offer opportunities for a range of activities that support wellbeing and recovery, including physical activities (e.g. use of physiotherapy classes), creative activities (art, gardening, occupational therapy activities), and meditative activities (e.g. mindful walking groups). An accessible garden area also provides staff working in services a place for respite from a busy working environment to reflect on events of the day, re-gather focus and have an opportunity for restoration and recovery during the working day. With the relevant literature base in mind, this application proposes the development of a garden green space and picnic area in Whiteabbey Psychological Therapies Service. Comprising of a range of seating areas, flowerbeds and gravelled areas. The space developed will provide both staff and service users an accessible green space area to use for both therapeutic activities and as a place to take time away from a busy clinical working environment.</p>	<p>A green space for staff and service users/public to have access to somewhere nice and relaxing to enjoy and to promote well-being and time out from the office to de-stress. Incorporates bespoke artwork to give a sense of calm, uplifting and inspirational creativity to evoke the senses. Something for service users to be a part of and a sense of achievement. This will be ongoing piece of work to bring service users together.</p>
	<p>Outdoor covered space for promote garden group and for use for other therapeutic groups and one to one sessions provided by the Promote team which aim to improve and</p>	<p>Outdoor covered space for promote garden group and for use for other therapeutic groups and one to one sessions provided by the Promote team which aim to improve and maintain service users mental health. This will provide an outdoor covered space for the promote garden group which provides a therapeutic group for clients with mental health</p>	<p>Room was delivered in May 2022. Intention to restart the gardening group and use the outdoor room when running the group.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	maintain service users mental health.	issues alongside their learning disability, the aim is to improve wellbeing, socialisation and purposeful activity within a safe and supported environment.	
	EDMR Equipment - Promote Team	EMDR equipment, specifically light bar and bilateral sound and pulse machines to facilitate face to face EMDR therapy. Many face to face therapies have been on hold during Covid 19, with telephone and zoom not appropriate for provision of therapy for those with the complexity of need our services users have. This would enable the team to return to face to face therapy. NHSCT work with those who have an intellectual disability and additional mental health needs/history of trauma. This equipment would enable the Trust to provide EMDR therapy to a range of individuals, responding to individual needs/tolerances depending on which forms of bilateral stimulation is most appropriate for the person.	Has enabled Trust to recommence EMDR therapies with several service users, in a covid secure way. Early indicators noted in terms of reduction in distress.
	Derriagh relaxation room	Relaxation space for service users.	<p>Has enhanced the relaxation room, making it more conducive for individual and group relaxation. The room is also now used for Chi Me which can reduce the risk of falls in older people. It can also improve muscular strength, balance, co-ordination, flexibility and relaxation. Promotes exercise with many benefits for service users. As the room is designed now for these purposes it encourages participation and those using the room are doing so regularly now, some who did not participate in other physical activity.</p> <p>Delivery of additional chairs which will promote inclusion as different relaxation chairs are suitable for different needs. Some remaining money was used for a New Age Kurling</p>

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Trust	Title of project	Explanation	Outcomes achieved
South Eastern Trust			set which has promoted movement, participation, fun and skill which is benefitting service users with mixed abilities.
	Mobile Video Conferencing Kit – Downshire	This would allow the system to be used in many rooms if a room is in use, also, from a security aspect, it can be locked in when not in use.	VC Mobile unit will be in operation in the coming weeks and various rooms within the Downshire will be holding meetings to support staff and avoid unnecessary travel to different sites. Admin in particular will be able to avail of all the upcoming health and wellbeing zooms that are on offer.
	Staff / SU Wellbeing spaces - outdoor (through Ground works NI) – Downshire Garden	Picnic benches, summer seats, planted garden areas i.e. trees/wildflowers etc. for staff to utilise at break times, to encourage time away from desks, and promote wellness, health and wellbeing; outdoor waiting areas etc.	There will be enhanced seating and outdoor dining areas for staff and patients to utilise during break times/whilst outdoors, to promote their health and wellbeing. The introduction of a greenhouse and raised beds, where staff and patients can become involved in activities to include planting, vegetable gardens etc. is in progress. Garden Project manager has been able to link with Trust Livewell team, to create a plan for staff wellbeing (horticulture and craft) events to be held in the garden. The Trust has linked with the GP federation to provide a 6 week course in horticulture to promote health/wellbeing and a safe space for facilitated groups to attend. Restoration of the Garden bridge and arbour to enhance the appearance of the garden will make for a welcoming space for staff, patients and the local community. Craft supplies and Kiln to increase the opportunities for both staff and patients to become involved in therapeutic sessions on site. Positive feedback to date, and lots of encouraging events planned for over the summer months and beyond.
Recovery College Developments	Recovery College app development; training for staff; promotional materials.	Education & training: The 5x day WRAP Facilitator training scheduled for 14th-18th November 2022; A selection of suicide intervention training courses are timetabled into each of the semester. 1x SafeTALK Training for Trainers course has been	

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Trust	Title of project	Explanation	Outcomes achieved
			<p>completed within the RC team.</p> <p>Feedback from students who have attended the suicide intervention courses suggest that students feel more confident and ready to ask about suicide and feel more ready to help. Feedback has been implemented into OBA reporting structure.</p> <p>Page Tiger app has been developed for RC and launched.</p> <p>Facebook app tool used to track course uptake and course promotion. Online course registration pathway created.</p> <p>CHIME outcome measures are being reviewed and developed to enhance the OBA score card.</p>
	TZS Resources, developments & training	TZS training developments, Pull up stands, flyers and supporting literature.	<p>Hoodies, mugs, bags, notebooks and promotional materials have been ordered and some have also been received. This material will be used to support TZS volunteers and the team throughout the year to promote the project and enhance the connection to the service. The resources will also enhance the team's ability to carry out their roles and also boost morale within the team.</p>
Ecoplastics		To enhance works from 2020 this year the Trust hope to increase outdoor opportunities that increase social interaction, co-operation and social inclusion.	<p>Improved mental health, well-being and social inclusion through the use of age-appropriate, gender neutral meaningful occupations.</p> <p>Increased physical activity.</p> <p>Increased opportunities to spend time in the fresh air in a calm and relaxing environment</p> <p>Increased meaningful activity in a socially distanced manner</p> <p>Increased leisure, social and therapeutic activities.</p> <p>Meaningful, age-appropriate, gender-neutral occupations.</p> <p>Increased Sensory Modulation and emotional regulation.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	Podium for Sport	Specialist equipment for physical activities indoor and outdoor for patients of Ward 27 Downshire.	As above - the 3 projects are linked
	Ice Machine – Ward 27	The purchase of an ice machine for Ward 27.	As above - the 3 projects are linked
	Peer Advocacy	IPad for data collection for volunteers; fleeces; training & promotional materials.	Fleeces, training and promotional materials have been ordered and some have also been received. This material will be used to support volunteers and service users throughout the year to promote the service, update their knowledge and skills and improve their sense of connection to the service.
	Healthcare in Prisons - Equine Facilitated Psychotherapy Training	Proven benefits of Equine Facilitated Psychotherapy are increased trust, reduced anxiety and feelings of depression and isolation, and increased self-esteem, self-acceptance and social skills. Better impulse control, increased problem solving skills and improved communication skills, including non-verbal. Equine Facilitated Psychotherapy can be used to treat those with mental health and addiction related issues.	Two Round Pens are currently being built, these will then be delivered to the sites and staff have been allocated places on the x2 Equine Courses- Equine Facilitated Learning and Equine Facilitated Psychotherapy, courses are due to commence Autumn 22.
	Healthcare in Prisons - Equine Facilitated Learning Training	To provide these therapies and create alternative ethical, safe, healing client experiences for those within our care in prison, The procurement of Professional and regulated training in Equine Facilitated Psychotherapy and Equine Facilitated Learning to become qualified practitioners.	As above
	Healthcare in Prisons - Portable Horse Round Pen & Delivery (HMP Magilligan)	To provide these therapies and create alternative ethical, safe, healing client experiences for those within our care in prison, we hope to gain high quality, professional and regulated training in	To improve engagement with those in our care, improve accessibility of services to those in our care, improve practitioners capacity, provide unique innovative therapies for those suffering from trauma and mental health and

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Trust	Title of project	Explanation	Outcomes achieved
		Equine Facilitated Psychotherapy and Equine Facilitated Learning to become qualified practitioners.	addiction related issues, motivate change in mind-set, reduction of offending behaviours – prevent return to custody and reduction in the use of medications
	Healthcare in Prisons - HP Booklets	Application, seeks funding to provide materials for those within the Prison Setting in an accessible way. The funding will go towards providing essential Mental Health materials, in a language format that all in Prison can access. If these materials can turn away one person in prison, who is vulnerable away from attempting self-harm or attempting suicide it will be a significant victory for those who attempt to support those in the care of the Trust.	Enhanced supports for people recently committed to prison and for those living in prison. Opportunities to support people experiencing emotional distress whose first language is not English; opportunities for NIPS and SET staff to meaningfully engage with people living in prison.
	Expansion of WRN	To expand the Wellness Recovery Network across the Trust so that information can be disseminated regarding personal recovery through peer support group meetings.	From the innovation funding the wellness recovery network was able to purchase flyers and merchandise to promote our service. This is instrumental in helping the Trust in getting the word out about their service to the public so that more people can access our wellness support groups. The impact is to reduce social isolation and promote an environment in mental health that is stigma and judgement free and that promote wellness, connection and recovery.
	The Family Connections Course	3 sessions are envisaged, spanning Crisis and Recovery staff, with follow up evaluation conducted by the WHSCT's Service User Consultant.	Regrettably the course was not delivered due to no facilitator
	2 x iPads and cases (One for Erne House and one for the Aisling Centre)	Since the onset of the Covid 19 pandemic the Adult Psychological Therapy Service has been keen to continue to offer services to clients in line with the mental health strategy 2021-2031. The development of online therapy via Pexip has facilitated this.	The development of online therapy via PEXIP has been facilitated in continuing to offer psychotherapy services to clients in line with mental health strategy 2021-31. The tablets have allowed staff to meet client's needs without putting undue risk to clients or staff given current Covid-19 restrictions.

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Trust	Title of project	Explanation	Outcomes achieved
Western Trust	2 Wireless EMDR Kits PLUS 2 carrying bags (1 kit for Erne House and 1 for the Aisling Centre, Enniskillen)	The Trust, over recent years have invested in training in EMDR including master classes from De Jong which has had a positive impacts on client outcomes particularly with those suffering from symptoms consistent with PTSD.	APTS received equipment to support delivery of the treatment EMDR (Eye Movement and Desensitisation Reprocessing). As a team we are using this equipment which has enhanced our practice and has enabled clients a choice in how the therapy is delivered.
	2 x iPads and cases	Since the onset of the Covid 19 pandemic the Adult Psychological Therapy Service has been keen to continue to offer services to clients in line with the mental health strategy 2021-2031. The development of online therapy via Pexip has facilitated this.	The development of online therapy via PEXIP has been facilitated in continuing to offer psychotherapy services to clients in line with mental health strategy 2021-31.
	1 Wireless EMDR Kit PLUS carrying bag	The Trust, over recent years have invested in training in EMDR including master classes from De Jong which has had a positive impacts on client outcomes particularly with those suffering from symptoms consistent with PTSD.	APTS received equipment to support delivery of the treatment EMDR (Eye Movement and Desensitisation Reprocessing). Staff are using this equipment which has enhanced our practice and has enabled clients a choice in how the therapy is delivered.
	Adult Eating Disorder Service-Waiting List initiative: Self Help for Bulimia Nervosa for 51 online codes. 30 x Self-help books	The aim of this project is to offer self-help as an alternative to face-to-face therapy, whilst clients are awaiting assessment and treatment.	There are multiple barriers to accessing Eating Disorder Care, some of which are patient-related and attached to the stigma and secrecy of their eating difficulties, whereas others are service-related, such as availability or accessibility of specialist treatments and lengthy waiting lists. Self-help interventions have the potential for overcoming these barriers, by giving people effected by eating disorders, timely access to low-cost specialist interventions and empowering them to take charge of their own recovery in the process. Funding from the innovation fund has enabled the Adult Eating Disorder Service to purchase self-help books with the aim of providing a means of self-help, as an alternative to face-to-face therapy whilst clients are awaiting assessment and treatment. Research indicates that self-help, delivered in book or technology-

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Trust	Title of project	Explanation	Outcomes achieved
			based form, are superior in improving Eating Disorder symptoms in Bulimia Nervosa populations at post treatment. The project has just commenced and outcome measures will be recorded pre and post self-help guidance, to ascertain if there has been an improvement/cessation in eating disorder symptoms. Feedback from service users and staff to date, has been positive.
	4 service users availing of bespoke gym sessions and mentorship for 4 weeks, this will run x4 times in the year, provided by personal trainer.	Will promote physical and mental health wellbeing, services users identified bespoke gym sessions to help with introduction to community Gym facility which in turn will enable them to continue with gym once introduced.	The clients in the unit engaged in the delivery of holistic therapies. These treatments provided self-care and enhanced treatment outcomes for recovery focus and wellbeing. Clients have also suggested that these treatments could enhance treatment options in Asha in the future. In relation to Gym sessions this is ongoing and clients are benefiting greatly from the sessions and have noted overall wellbeing both mental and physical and have went on to join the gym after this service was offered.
	2 round picnic tables for staff courtyard.	Picnic tables for staff to improve the environment for meal times and down time, to provide a quiet relaxing space for staff which will promote and maintain self-care and overall wellbeing, enhancing productivity and effectiveness in Therapists, resulting in better outcomes for Mental Health/Addiction Service Users.	Staff have been afforded the opportunity to avail of two picnic tables to eat outside {weather permitting} Staff have welcomed this respite during working day.
	Garden set of table + 6 chairs + Gazebo + weights to hold down parasol + base for Woodlea	It is evident that people with addiction issues, maintaining abstinence is perhaps the most difficult part of the journey. Often these clients. Who are statistically more socially isolated, giving up substances often means breaking the connections with social circles that are likely to lead to	Garden furniture provides clients something to look forward to on good days, for some relaxation in a pleasant environment.

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Trust	Title of project	Explanation	Outcomes achieved
		temptation and relapse. Support and engagement is vital at this stage to maintain improvement.	
	Yoga Mats x 10 from Bishop Sports Yoga Instructor x 10 Sessions. Paints, Canvasses, other art + craft materials – Series of workshops for mural for the wall - Woodlea	To aid support, engagement and creating connections.	The Service users of Woodlea have been able to access several activities from the innovation fund including Yoga, Aromatherapy, and Arts and Social farming. This was offered for a block of 6 weeks and users have benefited from being able to access these in a familiar environment. Many of our clients struggle to engage with community based activities but this will make that next step on the path to recovery easier.
	Sessions in Aromatherapy, Massage, Indian Head Massage, Facial for the Service Users at Woodlea. Creative writing materials and sessions with creative writer in residence.	To aid support, engagement and creating connections	As above
	Dancing Sessions by Dancer in Residence days for Clients including transport. Social Farming Sessions – Taster session of 10 days for four clients including transport.	To aid support, engagement and creating connections	As Above
	Holistic treatments for self-care improving mental health Yoga Aromatherapy Indian head massage reflexology Omagh Independent	A range of holistic therapies will help promote wellness among clients, self-care and enhance treatment outcomes and enhance recovery.	The clients engaged in the delivery of yoga sessions and aromatherapy. These treatments provided self-care and enhanced treatment outcomes for recovery focus and wellbeing. Regrettably the Indian head massage reflexology proposal did not go ahead due to inability to deliver same.

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Trust	Title of project	Explanation	Outcomes achieved
	Advise Centre money management – Omagh Recovery		
	Wellness sessions in ARC. 1 Ipad & cover Garden furniture.	It is hoped that this shed will be utilised in a variety of ways for patients who are part of the Forensic Service, including having reviews in an outside space as rooms in Dawson House are small. It can also be used for gardening or exercise activities or to store equipment that may be needed.	Garden furniture was purchased in replace of the garden shed. The furniture has allowed service use to use the relaxed tranquil garden space to sit in and have a coffee after their review. Given that this building is on Gransha grounds, this patient waits for his family member to come and collect him. He has taken to sitting out here regularly and of course it does depend on the Northern Ireland weather. Service user is availing of ARC Fitness, he attends weekly for exercise and mentor health support and mentorship for addiction needs.
	4 x Holistic Therapies and Wellness Workshops, Holistic retreats including Mileage : Enniskillen Recovery Team	Holistic Therapies Workshop will promote wellness and fitness among the clients.	3 sessions of our wellbeing workshop and retreats have been completed with a total of 30 clients benefiting from these. The planning of the remaining 4 workshops delayed until the summer months as there does not tend to be a lot on offer for our client group during this time. A maximum of 10 individuals would be able to attend each of these sessions.
	Bicycles for approved fitness and mental health from Halfords for a selection of bikes, helmets, hi vis jackets etc.	Exercise equipment will promote wellness and fitness among the clients.	The Innovation fund money has been used to purchase 8 bikes and associated safety equipment. This has afforded clients the opportunity to engage in a meaningful and sociable physical activity group. Staff have collaborated with local council, and met with the Leisure, Recreation and Sports Officer to plan and implement a cycling programme to improve confidence and skill in cycling, and to do this in a safe environment with cycling expertise. The group will be run over the summer months and the Trust aim to

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Trust	Title of project	Explanation	Outcomes achieved
			implement a rolling group thereafter to enable a large number of clients the opportunity to engage.
	Fermanagh Mental Health Wellness and Physical Vitality Foundation for 5 service-users to have 8 sessions with specialised fitness trainers to promote positive mental health in terms of support, prevention and intervention through exercise, nutrition and mindfulness.	For service-users who lack motivation to engage with healthy eating and exercise. This will provide an opportunity for them to have specialist advice in nutrition and exercise, encourage social inclusion and to provide a supporting environment for them to reach their goals regarding their own health.	Positive feedback has been gained from service-users regarding Be Well and Beyond mini retreats. One of these sessions was used for team building also. Yoga is held for staff on Wednesday mornings via Zoom, recorded for other staff to avail of this when the time does not suit them. I have a questionnaire attached to the Yoga and plan to review in 6 months for outcome measures. SMART gym will be running over the summer due to reduced staffing with the team and a group are being established to utilise the funding for the Hydro bikes when the weather picks up.
	Wellness Workshops x 3. Fermanagh House rental of a room to facilitate group work. Hydro bikes experience.	As Above	As Above
	40 morning Yoga Sessions for staff.	As Above	As Above
	2 x Patient Focused Groups Project 1 + project 2	Active engagement in client centred occupation fosters and helps to re-establish positive mental health. OT and other health professionals to led on assisting individuals to re-establish daily functioning.	Recovery Through Activity - An Occupational Therapy lead group focusing on service users that are very socially isolated with the aim to assist re-establish daily functioning, improve feelings of emotional well-being, improve ability to cope with daily life challenges and help develop interpersonal relationships. The group has been very successful with consistent attendance from the service users and evidence of benefits through completion of outcome measures and questionnaire. One service user stated 'it (the group) has helped me to join in and overcome anxiety in social events. Music Matters - WHSCT have a population of young adults within Strabane

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Trust	Title of project	Explanation	Outcomes achieved
			<p>who are living with severe and enduring mental illness and have very limited participation in meaningful occupations or social interaction. The Occupational Therapist along with a nursing assistant took a lead on establishing a group intervention working collaboratively with Strabane Arts Academy. The Trust aim to utilise the service user's interest in music to nurture their motivation to engage in meaningful activity. This group is continuing to be very successful with young male service users attending on a regular basis who never actively engaged in group intervention previously. Engaging in the group is sparking their interest in music again and improving their confidence and ability to interact with others. Service users completed questionnaire recently and one male wrote 'It (the group) has let me meet new people and improve my mental health' another person wrote 'I'm enjoying it, learning the guitar is something that is therapeutic. It gets me out of the house and doing something I enjoy'.</p>
	<p>Petal Pals Project - purchase of four mountain bikes (2 male, 2 female), four helmets, four waterproof coats, four puncture repair kits and a bike hut with four universal bike stands - Limavady Recovery</p>	<p>Purchase of bikes to participate in Pedal Pals Project. The Petal Pals Project assess and improve patient's metabolic outcomes and engage in a meaningful exercise activity with staff and peers. WHSCT hope to have this project co-facilitated. This is to support patients who have been isolated or gained weight over the period of the pandemic.</p>	<p>Limavady Recovery used innovation funding for 'pedal pals' and purchased mountain bikes which has been promoting meaningful activities for service users.</p>
	<p>Team project - Improving team welfare to improve patient outcomes - team day with Hope matters in the workplace 4 hour</p>	<p>This project aims to provide a motivational guest speaker to provide psychological support to staff who have worked throughout the pandemic period, the workshop introduces the concept of hope, explores the evidence and how hope is linked to</p>	<p>Hope Matters ran a workshop for staff in the team which has helped with team building and providing staff with a more positive approach to service users' lives and their own personal lives.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	interactive workshop at by RESILIO and team lunch	supporting recovery of trauma, explores the evidence and how hope is linked to building resilience, introduces strategies for HOPE, Creating a workplace that promotes hope and resilience for all.	
	A collaborative project between service users and Recovery team to redesign the waiting area – Rosssdowney Art supplies for Mural and canvases Plants & Pots 32 inch Smart Television Fire retardant level 5- 2 seater leather sofa.	Design project has been developed following feedback from service users reporting the waiting area is not private enough and would like a more calming and therapeutic environment using plants, relaxed seating area and television to show recovery resources/ information on a 'wellness wall'. There will also be a recovery mural commissioned by an art facilitator with lived experience.	For the Rosssdowney Team, funding was received for doing up the waiting room area which has been used to get a new sofa, a TV, a new plant/plant pot and art materials to create an art piece for the wall in the waiting area. Below is some feedback from the service users involved in the project: <i>"The art project is going very well and I have enjoyed the discussion groups about the waiting room design"</i> <i>"After 2 years of lockdown it has been great to get out of the house and meet people, I am enjoying the art project"</i> <i>"I've really enjoyed doing this art project and enjoyed working with everyone and meeting new friends. I can't wait to see the project finished"</i> <i>"I have been enjoying greatly my participation in this group. Art is very therapeutic and particularly, to engage in a project for the foyer restoration which will benefit all service users and staff"</i>
	1 Garden shed	Garden Shed will provide a space for group work / gardening, art projects.	The initial proposal was for a garden shed to provide a space for group work and garden / art projects. However, capital works funding was required to provide a concrete base for the shed and electric. No capital funding was available for this request.
	1 garden folding table and 4 garden armchairs	Garden furniture will provide an outdoor relaxing space for clients to carry out different projects.	As a result additional garden furniture was purchased and provided an outdoor relaxing space for clients to carry out different projects. The staff wellness programme improved

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Trust	Title of project	Explanation	Outcomes achieved
	Staff Wellness day - Rosstowney		the overall well-being of staff working through the pandemic.
	<p>4 x ½ day cooking sessions for younger people using AMH Services - budget friendly, healthy and easy cooking – Orchard Acre Farm</p> <p>6 x ½ day drama and performance sessions - B Well & Beyond</p> <p>4 x ½ day holistic retreats – for specific groups: carers, those accessing respite services, men, and the EPIC (Psychosis Early Intervention) group – B Well & Beyond 4)</p> <p>10 week horticultural therapy course</p> <p>6 week course - 1½ hour sessions Joys of Journaling.</p>	<p>Drama and Performance Sessions and Holistic retreats - Learn stress reduction techniques, communication skills, enhance personal development, increase awareness and acceptance of mental health issues.</p> <p>How to use journaling as a wellness tool - how to choose and use prompts, mindfulness teachings and guided visualizations.</p>	<p>The students of the Recovery College have greatly enjoyed participating in the ‘Mindfulness and Well-being Retreats’ provided by B-Well and Beyond which were purchased by monies provided by the Innovation Fund. This offered the opportunity to safely and confidently take part in activities that patients might not have considered for themselves. Be-well and Beyond, surpassed all expectation’s and offered a person-centred, holistic professional service.</p> <p>Students have greatly appreciated the diverse activities available due to the monies received by the Innovation Fund, with all intended outcomes being met. Some students also enjoyed attending a ‘Journaling course’ facilitated by Mind Body and Soul.</p>
	<p>EMDR Equipment - Complete Kits x 3</p> <p>Video Conference Equipment TV Screen & bracket Video Conferencing maintenance kit.</p>	<p>The purchase of EMDR equipment is to be used with clients suffering with PTSD. It would facilitate good practice and meet client’s needs without putting undue risk to clients or staff given current Covid restrictions 2 & 3. Utilise meeting rooms with equipment.</p>	<p>EMDR equipment for use with clients in the treatment of PTSD. TV and video conferencing equipment which is used on a weekly basis for teaching/training/group work and will be critical going forward due to a RCT with QUB & Oxford university in the treatment of PTSD</p> <p>All of the above have been a brilliant addition to services in delivering services for people with trauma and PTSD.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	Flower arranging workshop with music.	To promote social interaction and relieve social isolation by providing outlets for social and educational opportunities.	Flower arranging classes and also musical entertainment evenings were purchased. The flower arranging class started on Tuesday 7th June running on a fortnightly basis from 7pm – 9pm.
	3 x quotations for karaoke set:- a) Party active Karaoke set @ b) Groove 294027 Karaoke Boom box with cd player) Daewoo Bluetooth Karaoke Machine	To promote social interaction and relieve social isolation by providing outlets for social and educational opportunities	Respite Care Services were able to purchase a barbeque and a karaoke machine. The Trust also received monies for flower arranging classes and also musical entertainment evenings. Musical entertainment evenings are scheduled to start in the Autumn – on a weekly basis from September.
	Outback Spectrum 3 Burner Gas BBQ + rental of cylinder and gas + delivery	To promote social interaction and relieve social isolation by providing outlets for social and educational opportunities.	A barbeque and karaoke evening held on Thursday 7h July.
	Entertainment and gaming equipment for social interactions.	Entertainment and gaming equipment will aid the increase in social interactions.	The purchase of Service User Entertainment and gaming packages has encourage education, fun and therapeutic intervention. It also contributed to the Take 5 Model i.e. connect, keep learning, be active, take notice and give. The purchase of the garden shed enabled storage of bikes and garden tools.
	-Yardmaster Shed 1013CZT 13'x10' - Building Materials for Shed Base. Service user project - KOA Gyms - Exercise Bands and Dumbbells	Purchase of garden shed will store bikes and garden tools etc. needed for Service User Exercise and gardening Activity.	The purchase of the garden shed enabled storage of bikes and garden tools, which are used to help service user's mental health through exercise and positive interaction.
	Gas Hybrid 3 burner BBQ (SKU 529764) from Homebase 3m Wall Gazebo with retractable	Outdoor furniture, accessories, murals, BBQ.	Outdoor furniture, accessories, murals and BBQ encouraged clients to interact socially in a safe, pleasant outdoor space.

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Trust	Title of project	Explanation	Outcomes achieved
	roof (SKU496586) from Homebase.		
	16 classes (8 weeks) of Tai Chi by Refresh Health & Wellness 10 sessions of outdoor Yogo by Cathy Brogan Yogo 6 full body massages' and 6 back, neck & head massage's by R&R.	Therapy sessions, Tai Chi and Yoga.	Tai Chi and Yoga improved mood, reduce anxiety, increase self-esteem and enhance overall psychological wellbeing and fitness.
	1 grey cottage arbour, 2 grey arbour pots, 1 concrete bench, 2 large RHS lead pots, 2 large Buxus Balls, 2 large Buxus cones from Bearney Nurseries Several Murals for the walls in the garden	Pots, bench, Outdoor furniture and Murals.	Therapy sessions promoted client's mental health wellbeing.
	3 x Apple iPads.	The Residents can use the I-pad for on-line shopping and FaceTime calls with their families.	The Residents were able to use the I-pad for on-line shopping and FaceTime calls with their families.
	Round table Jack & Jill seat table & chairs Planter fence panel table & chairs.	The outdoor furniture and garden items will create a space where residents can sit and promote social interaction with each other.	The outdoor furniture and garden items created a space where residents can sit and promote social interaction with each other.
	Lap top Large pull down screen/ projector package.	Laptop will allow residents to watch webcam mass and church services. The pull down screen/projector will allow clients to watch movies/films.	IT equipment not procured due to inadequate Wi-Fi

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Trust	Title of project	Explanation	Outcomes achieved
	Garden furniture- table and 6 chairs x 2 sets with parasol (cast iron)	This will allow residents to utilise the garden and will increase social interaction.	Garden shed not procured due to inability to deliver before end of financial year.
	Taurus Indoor Cycle IC50 Pro exercise bike from Powerhouse Fitness.	Indoor cycle to encourage clients to exercise.	Received exercise bike. Exercise equipment has encouraged healthier lifestyle for clients and combat obesity.
	6 tins of Al fresco 750ml Paint tins to repaint existing outdoor pots/ flower boxes Selection of plants and compost to fills existing empty pots Gardening tools for residents who have requested to attend to the communal planted areas Shed for gardening equipment.	Garden furniture will encourage outdoor socialising. Exercise equipment will encourage healthier lifestyle for clients and combat obesity. Garden shed, gardening equipment, plants and pot paints. Gardening will improve client's mood and help with anxiety as well as improving overall fitness and wellbeing.	Received garden furniture. Garden furniture has encouraged outdoor socialising particularly in light of Covid19 social distancing. Gardening equipment, plants and pot paints. Gardening improved client's mood and helped with anxiety as well as improving overall fitness and wellbeing.
	Two 3-seater sofas	Three seater sofas will allow clients to relax comfortably in a quiet space.	Three-seater sofas not purchased as eproc team advised in March that it did not meet the fire safety regulations, therefore, leaving no time to source alternative sofa.
	Laptop for residents' use and bag.	These items are to help with social interactions with clients and improve their mental health and wellbeing.	IT Equipment not procured due to inadequate Wi-Fi.
	Outdoor garden table and 6 chairs with parasol – cast iron from Garden Fresh	Garden furniture will encourage outdoor socialising. Exercise equipment will encourage healthier lifestyle for clients and combat obesity.	Garden furniture has encouraged outdoor socialising particularly in light of Covid19 social distancing.
	1 x Taurus Indoor Cycle IC50 Pro indoor Exercise bike SQU 119960 from Powerhouse Fitness	Indoor cycle to encourage clients to exercise.	Received garden furniture and exercise bike. Exercise equipment has encouraged healthier lifestyle for clients and combat obesity.

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Trust	Title of project	Explanation	Outcomes achieved
	Jack & Jill seat 6 seater table & chairs round picnic table	Outdoor Furniture.	Outdoor furniture – has provided further seating outside and ample separate areas to also facility family visits where appropriate ensuring privacy at these times. Residents have provided positive feedback about the new furniture and report it has enabled them more relaxation to enjoy the local nature. Residents have also enjoyed outdoor meals when weather has allowed, with BBQs and further outdoor gatherings planned in warmer weather.
	3 x TV'S	To encourage socialisation leading to improved mental health.	Bigger TV's were purchased for communal areas which has enabled residents better quality of viewing and has also promoted more socialising in the communal areas as residents can sit comfortable spaced out yet have an enjoyable viewing experience.
	Indoor Exercise Bike Treadmill	Exercise equipment.	Gym Equipment – will help support and encourage some health lifestyle choices within the facility for those who have increased anxieties and lack of confidence to attend a Gym, also was hopeful to aid in health promotion.
	1 Pool table supplied and installed by North West Snooker & Pool Services	Pool table	The pool table has enticed tenants that have been previously difficult to engage into the common room and helped staff build a rapport.
	2 x Alexander Rose Cornis Broadfield Bench 3 x Alexander Rose Pine Picnic Table 3x Parasols	Garden furniture	The benefits of all the projects provided through the Innovation Fund have been beneficial in a variety of different ways with all service users gaining access and seeing the benefits to their mental health. Hollylane staff and tenants have enjoyed BBQs in the sunshine under the new parasols. The tenants find the new seating area very comfortable and enjoyable to have chats with friends and with staff. The improved seating areas outside have increased the socialising between tenants

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Trust	Title of project	Explanation	Outcomes achieved
			and helped people forge new friendships in a non-threatening way.
	Garden Furniture and plants from Altnagelvin Garden Centre BBQ from Homebase.	Purchase of Garden furniture and a BBQ.	Garden centre – the house is more welcoming with the beautiful house plants which were chosen by residents. The outdoor plants give the back garden a homely feel for the BBQ fun day on 10th June.
	10 Massage treatments at the Gate Lodge 20 Self Care Packs by B & CO Care = 3 x cut & blow dry, 3 x blow dry and 6x gel nails Beauty Package	Massage treatments and self-care packs.	Residents of Carnhill Supported Living received 'self – care' boxes – residents were supported putting eye masks and fast masks on – this created a good environment for relaxation. There was also lovely different types of fancy tea to help aid sleep and energy. The favourite item in the box was the chocolate! The word searches however were too difficult though. The vouchers for hair / nails/ massages are a welcomed treat for clients and enhance patient's wellbeing, self-care awareness and feel good mentally and physically.
	Equine Therapy	Equine Therapy	The Equine Therapy was held for 6 weeks – residents got involved in grooming, washing, feeding and walking the horses. After each session clients and staff went for meals either to The White Horse Hotel or McDonalds! There was great disappointment when the sessions ended. Two residents are looking to continue this on either twice weekly or monthly basis. The horses really helped with emotional stress and helped break the cycle of impulse decision making – the residents were able to problem solve when learning new skills of how to get the horses walking and how to praise and reward as a means of motivating. The Equine Therapy helped with motivation and creating new social interactions with the girls who were teaching.

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Trust	Title of project	Explanation	Outcomes achieved
			Residents report this something they would love to do again.
	BBQ from Homebase £180 New request for New sofa from Glenkeen for residents living area Request for folding pool table submitted. This item was unable to be sourced. Industrial Tumble dryer	Purchase of BBQ equipment	Residents from Ballyclose were to enjoy social evenings outside in the garden and host BBQ nights with singing and this encouraged better social interaction between all the residents in the flats and hostel. Purchased industrial dryer to promote independent living and self-care through their recovery process and rehabilitation. Purchased indoor furniture for communal area to encourage social interaction.
	3 seater leather sofa 2 seater leather sofa for the snug area from Glenkeen	The purchase of sofas	The residents in Avoca Lodge are very appreciative of the new leather settees. Residents report finding them very comfortable and enjoy sitting in them to chat to other residents. This comfortable environment aids social interaction.
	1 x gym standard exercise bike (Matrix U1X Upright Cycle) for Rathview House. One interactive whiteboard and accessories 1 PC hard drive 4 x Apple I Pads	Purchase of exercise bike, interactive whiteboard, accessories, Apple iPads, art supplies, , matts, arts & crafts, board games and sensory activities	Exercise bike promotes physical exercise during the patient's inpatient stay and enhances physical and mental wellbeing. Interactive Whiteboard, accessories and Apple I pads encourage/promote client uptake of mindfulness sessions and physical exercise activities.
	Garden Furniture - table + chairs	Purchase of Garden Furniture - table + chairs	Garden Furniture improves patient's comfort within the outside garden area and enhance socialisation skills. It also aids daily structure and connecting with nature in an outside environment.

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Trust	Title of project	Explanation	Outcomes achieved
	Arts & Crafts & board games for inpatients to use while on the wards and a range of sensory/ fidget toys and stress balls.	Purchase of Arts Supplies / sensory items for stress relief.	Purchase of Arts Supplies encourage uptake of art therapy for clients and alleviate stress. Arts & crafts and board games increase activity and social interaction while on the wards. Sensory accessories will reduce patient's stress whilst on the ward.
	Yoga mats and yoga sessions.	Yoga mats + sessions.	Yoga sessions and mats not procured. A staff member was trained in a yoga course and delivered sessions to Crisis Services.
	<p>1).One interactive whiteboard and accessories PC hard drive</p> <p>2). 4 x Apple I Pads with Wi-Fi Access.</p>	Purchase of interactive whiteboard and iPads.	The addition of the SMART board in CRHTT has allowed the team to have a central system for all its documentation, it has allowed it to develop team meetings with the agenda being visible for all, allowed for in office training with power point, pexip meetings, it has replaced the hand written patient board which displays current patient group making it neater and clearer with appropriate security for GDPR and in general allowing the team to work more efficiently with good information sharing and communication.
	<p>24 Yogo sessions by Orba yoga Retreat and Spa</p> <p>2 x gym standard exercise bikes (Matrix U1X Upoight Cycle) for Elm and Lime wards</p>	Purchase of 24 yoga sessions, exercise bikes.	Yoga Sessions promoted physical exercise and enhanced patient wellbeing. Exercise equipment enables patients to maintain their physical health during their stay and relieve client stress and frustration on the wards. Exercise improves mental health by alleviating symptoms such as low self-esteem and social withdrawal.
	Arts & Crafts & board games for inpatients to use while on the wards	Arts & crafts and board games have been shown to increase activity and social interaction while on the wards.	Arts & crafts and board games have increased patient activity and social interaction while on the wards, leading to improved mental health and greater engagement.
	2 x 55inch Smart Ultra HD TV's	Purchase of Smart TVs	Smart TVs will help apply social interaction

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Trust	Title of project	Explanation	Outcomes achieved
	Sensory needs and stress relief	Purchase of sensory equipment and stress relief items.	Purchase of sensory equipment will help and create a calming sensory environment when clients are anxious
	1).One interactive whiteboard and accessories PC Hard drive 2). 4 x Apple I Pads	Interactive whiteboard, accessories, iPads,	The addition of the SMART board in CRHTT has allowed the team to have a central system for all documentation, it has allowed the team to develop team meetings with the agenda being visible for all, allowed for in office training with power point, pexip meetings, it has replaced hand written patient board which displays the current patient group making it neater and clearer with appropriate security for GDPR and in general allow us to work more efficiently with good information sharing and communication in the team.
	Canine assistance therapy dog intervention program (10 week program).	10 week canine assistance therapy dog programme.	Canine Therapy sessions were planned for over the summer months.
	Yoga Teacher Training Course.	Yoga training course.	Member of Trust staff to uptake yoga teacher training course to deliver yoga sessions to clients within CRHT – it is believed this will provide a holistic approach to recovery from mental health crisis and aid in staff wellbeing. Yoga has been shown to lower stress hormones while also increasing beneficial chemicals like endorphins which increase ones mood and lower anxiety.
	24 Yogo sessions by Orba Yogo Retreat and Spa Shiatsu back and shoulder massager chair from Homedics Ocean Wave Projector x 2.	Yoga sessions, Shiatsu back and shoulder massage, ocean wave projectors.	Yoga Sessions promoted physical exercise and enhanced patient wellbeing. Exercise equipment enables patients to maintain their physical health during their stay and relieve client stress and frustration on the wards. Exercise improves mental health by alleviating symptoms such as low self-esteem and social withdrawal.

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Trust	Title of project	Explanation	Outcomes achieved
	Arts & Crafts & board games and sensory/stress relief items for inpatients to use while on the wards	Arts & crafts, board games and sensory accessor	Arts & crafts and board games will increase activity and social interaction while on the wards. Massage chair not available to procure.
	Polycarbonate Greenhouse Trust Wide Green Therapy projects from Muckers Therapy monthly events.	This project will allow Recovery clients to participate in a series of garden visits, trips and workshops from Autumn 2021 to Spring 2022. This will promote Social connection, motivation and can be delivered virtually in the event of a further lockdown. This will include the cost of travel and meals on day's trips etc.	Green Muckers south sector We have purchased and arranged a series of group sessions in the local outdoor adventure centre for young adults with severe and enduring mental illness. This includes a variety of activities such as archery, climbing, zip line, etc. with a common theme of supporting wellness in nature.
	Art Mural for Banagher Garden	20 service users will participate in an art project with established artist, to create a large scale ceramic mural for Banagher Garden.	Feedback was excellent and service users will be invited to view the murals when they are installed in hospitals. The workshops have been fun, creative, confidence building and affirming. Participants achieved the satisfaction of creating a legacy in Grangewood which all service users will enjoy. The empty wall in Banagher has long been identified for an artistic piece. This piece will enhance the environment for service users for many years.
	Polycarbonate Greenhouse. Green Therapy projects from Muckers Green Therapy + 2 Apple IPAD's & covers 7Kg Weighted Sensory Blanket	Greenhouse, Green Therapy projects	The purchase of the Polycarbonate Greenhouses - Green therapy and all things horticultural are well evidenced as being beneficial for Mental wellbeing. Installation of a greenhouse will extend the range of therapeutic Green activities for Inpatients and Outpatients

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Trust	Title of project	Explanation	Outcomes achieved
Belfast Trust	CAMHS, Community Step 2 and Step 3 Team, Creative and Sensory Therapy Approaches	Over the past three years there has been a rise in referral to CAMHS with children and young people with significant mental health issues. Many of these young people also have a diagnosis of ASD/ ADHD. In order to meet these needs there have been a range of pilot creative approaches such as utilising play therapy with young children, Sensory Attachment interventions such as the Just Right State Programme, Mentalisation Based Therapy and group work. These have been very effective, and supported families with finding creative techniques to support child. Following COVID-19, many young people are presenting with significant mental health difficulties, and would benefit from the practical, creative techniques that can be replicated at home and in the school environment. In order to develop this work, equipment is required in the clinics	Resources have only arrived in the last month due to delays with ordering and delivery. The resources have been distributed across the teams and will be utilised in sessions, particularly in planned group work over the summer months. With these materials the JRS group will hold their first face to face sessions since the pandemic began. Training is planned with a Play Therapist to train staff on best use of materials during CAMHS sessions.
	Screens to facilitate group work, CAMHS – Shannon Clinic	Group work is a key intervention at CAMHS, promoting recovery and reducing isolation. Computer screens for presentations and interactive materials will enhance work directly with young people, and with their parents. IMPACT CAMHS is a youth led service user group that has formed to support other young people experiencing mental health. Screens will allow for out of hours social activities such as movie nights. The group have regularly been invited to play, songs they have written, at virtual events such as conferences so the equipment will facilitate this.	Items have not been received yet. Outcome to follow when equipment is delivered.

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Trust	Title of project	Explanation	Outcomes achieved
	Shannon Clinic Personal Training	<p>There has been a pilot project of personal training with the service users in Shannon Secure Clinic, which has been highly successful seeing improvements in levels of activity for service users. There is ongoing evaluation of this through the use of health measures. It is well documented that improvements in physical activity can have positive impacts on mental health. Personal training allows for service users to learn how to tailor their workouts to meet individual needs. Within the pilot there has been 18 sessions per week offered, and these have been fully utilised. The objective is to increase this to 25 sessions per week, and to measure health based outcomes for the project.</p>	<p>Having a particular person to refer to is hugely helpful. I have spoken to many patients and feedback has been good throughout.</p> <ul style="list-style-type: none"> - A dedicated person not pulled in other directions and having no other relationship with patients apart from activity and fitness seems to give a clear message to patients - An increase in the confidence of patients to increase their activity has been noted, often from an extremely low baseline. This comes from the PA confidence in their field and her ability to work with patients starting from a very low baseline. - General debility, extremely low baseline activity levels, deconditioning and lack of motivation combined with the necessary restrictions in Shannon all contribute to the physical health problems that people worry about most i.e CV disease secondary to obesity and inactivity and my understanding is that evidence always backs up increased activity in any form - Feedback from many nurses agrees that a dedicated person has been able to build relationships and confidence with protected time in ways a nurse cannot due to the many constraints on their time and overlapping priorities/tasks.
	iPads to Support Visual Appointments - Shannon Clinic	<p>Due to COVID-19 many of the service user appointments are now digital, including health, court, appointments with solicitors. It has been difficult to facilitate these within Shannon Clinic. The provision of 2 iPads per ward will ensure that service users are able to attend their necessary appointments. iPads are not available through IT Capital scheme.</p>	<p>This has been limited due to the lack of Wi-Fi on the KBHCP site, However following the purchase of the IPADS the BHSCT IT team have prioritized the installation of WIFI hubs in Shannon Clinic. With a functioning WIFI the benefits will be endless as we live in a digital age.</p>

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Trust	Title of project	Explanation	Outcomes achieved
	Woodstock Bank Bike Scheme	The provision of 4 bikes (1 electric and 3 non electric) will support service users to increase their physical activity which has positive impacts on mental health. Additionally it will allow them to attend appointments independently and to develop community links.	Bikes purchased and are being used on a regular basis. This has facilitated residents to cycle to appointments, go out on trips in local area and beyond. A bike carrier was purchased also. This is improving fitness and independence.
	Woodstock Bank Games Materials	To promote shared time together, and community support within Woodstock Bank, board games will help facilitate this.	A range of games were purchased which has facilitated games nights. These have enabled residents to grow in confidence and support each other as a community. The feedback has been very positive.
	Woodstock Bank Days Out	Within supported living accommodation, the opportunity for recreation for service users and staff can support the recovery mental health journey. 4 trips per year, will support the development of the community within the Bank.	A range of days have been organised as well as smaller group activities to garden centres and places of interest. The residents have really enjoyed these activities and it has reduced social isolation and encouraged residents to organise activities together for themselves.
	Woodstock Bank Commissioned Artwork	To help make the surroundings more welcoming, funding is being sought to commission a previous service user that is a professional artist to design art work for the facility that will show the recovery journey.	A wonderful art piece has been created by a Service User who is an artist. This was done in partnership with the resident group. There are plans to do an unveiling celebration and would love The Mental Health Lead within SPPG to attend and unveil the art piece and perhaps fund a celebration event to do this. The art piece depicts the recovery journey of the people in the Bank.
	Recovery College Strategy - Digital Mental Health Education Innovation Project for Service Users and Carers	Specific criteria / guidance from the IPT Bid relating to technology provides examples for service users to help with passing time / therapeutic interventions. This proposal sets out a structured programme of well-being education provision that aims to tackle social isolation and digital deprivation and access to mental health and well-being educational services. The programme will	The provision of IT equipment was ordered for the College and on arrival programmes will be implemented.

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Trust	Title of project	Explanation	Outcomes achieved
		also provide both access and training for service users and carers to use the technology – IT for the Terrified.	
	Recovery College Strategy - Paranoia, Psychosis, Living with & Making Sense of Voices	The Recovery College would like to provide a new programme for peer staff, service users, carers and staff who are working directly with clients / patients. The course will provide new up to date education, interventions for service users experiencing these conditions. This is a new and innovative programme, which will be a first in N. Ireland	Unable to be delivered due to staff shortages but the Trust would be able to implement if monies are able to be carried forward.
	Recovery College Strategy - Mindfulness & Compassion Program for Young People	As described in title	Project did not proceed as would not have been possible to deliver by end of financial year.
	Recovery College Strategy - Communication, Outreach & Engagement Materials	Sessional Peer / Learning Mentors to carry out engagement sessions with service users and carers particularly in hard to reach areas of social deprivation as part of the Recovery College Diversity, Communications and Engagement Strategy. Included are areas where the College is under-represented namely: male service users / students, carers and young people / students / older people. It is intended to implement a Young Persons 16+ College, School and University Programme to raise awareness of Recovery college Services and Taster Programmes (Discover the Recovery College for Young People). Figures to support this proposal are set out in the appendices	A wide range services in the community were able to develop wellness plans and have greater access to WRAP. This has got great feedback.

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Trust	Title of project	Explanation	Outcomes achieved
	Recovery College Strategy - Specialist WRAP Facilitator Programmes	This programme contributes significantly to the implementation of the Community and Staff Well-Being Strategy through the delivery of 5 day WRAP to support Peer Mentors / Educators to deliver Well-Being Plans to groups of service users / students in Mental Health / Recovery College.	Project did not proceed as would not have been possible to deliver by end of financial year.
	Recovery College Strategy - Provision on Complimentary Therapies for Peers/Staff Recovery College	The IPT Guidance provides for access to complementary therapies for service users and staff. A peer team within the Belfast Recovery College met the demands placed upon them in the COVID-19 environment. In going the extra mile, the team implemented and trained others in Microsoft Teams including the corporate centres to delivery training interventions to staff, service users and the community. Existing tried and tested contracts exist in the Trust. It has been confirmed with the Carers Service that could be added as an addendum to the existing contract to access a lower cost.	Not able to be delivered due to staff shortages.
	Recovery College Strategy - Intro to Mindfulness web (8 programmes x 4 sessions)	A pilot of the Mindfulness and Compassion programme was delivered in Year 1 of the Recovery College Strategy. Funded through the IPT in 2020/2021, the Mindfulness programmes were completely over-subscribed by service users, carers, the C & V sector and HSC staff. Evidence of the demand and the stresses during COVID'19, further programmes are required to meet the need in the community.	Not able to be achieved in financial year and not currently committed.
	Recovery College Strategy - Specialist Recovery College Co-	A sustainability project is required to train Recover College Peer Mentors and Educators in a specialist recovery focused Co Facilitator Qualification to an	Not able to be achieved due to staff shortages.

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Trust	Title of project	Explanation	Outcomes achieved
	Facilitator Qualification for Peer Educators / Mentors	accredited national standard. This will provide the Peer Career Pathways and Workforce Planning Strategy to continue to provide Recovery College Well-Being Curriculum to embed co-production and co-delivery.	
	Recovery College Strategy - Specialist Group Facilitation skills for Peer and Professional Staff	This specialist programme will skills up peer /staff to co facilitate groups for service users and carers within Mental Health.	The provider was unable to deliver in financial year.
	Recovery College Strategy - Sexual Orientation and Gender Awareness Training for Peers, Carers (with The Rainbow Project)	This training programme is part of the Diversity and Inclusion Training for Peer Mentor / Service Users and Carers. It aims to equip Sessional Peers to be confident in supporting LGBTQ+ people. The net result will be to better implement the Engagement Project and facilitate groups. The programme is also to encourage more service users from the LGBT community to engage with the Recovery College.	Same as above
	Recovery College Strategy - Cultural Diversity Awareness Programme for Peer Mentors /Educators	The aim of this course is to provide the education and tools to expand the knowledge of other cultures. There is a focus on cross-cultural awareness and intercultural communication training. This training will enhance communication and engagement with diverse groups and the quality of service delivery. Diversity refers to difference and the training promotes the acknowledgment, appreciation, and valuing of differences. Cultural awareness refers to the knowledge of cultures	Same as above

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Trust	Title of project	Explanation	Outcomes achieved
	Recovery College Strategy - Peer Mentor/ Education Sessional Costs for Recovery College Strategy	Service users and carers will be involved in the co-production and co-delivery of the Digital and Face to Face Delivery.	A suite of mental health recovery college sessions were delivered by Peer Educators.
	Recovery College Strategy - Induction Programme Costs for Sessional Peer Mentors / Educators	Service users and carers will be involved in the co-production and co-delivery of the Digital and Face to Face Delivery.	Due to delays, staff have only now been appointed June 22.
	Recovery College Strategy - Peer Sessional Delivery Costs for Discover Recovery College for Young People Innovation Project	Finance, Belfast HSC Trust provided the following costings for Sessional Peer Mentors / Educators as at 23.8.2021 (Band 4 Hourly Rate – 40 hours per month over 6 months	Project did not proceed as would not have been possible to deliver by end of financial year.
	Recovery College Strategy - Communication, Diversity and Engagement Outreach Sessional Costs	Sessional Peer and Carers are required to assist the College in delivery of Outreach and Engagement Sessions:	Same as above
	Recovery College Strategy - Social Value and Social Return on Investment Outcomes Based Model Innovation Project for the Belfast Recovery College On-Line Social Value and SROI (Social Return on Investment) Practitioner Training x 2	As described in title	Same as above
	Recovery College Strategy - On-line Introduction to Social Value and SROI	As described in title	Same as above

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Trust	Title of project	Explanation	Outcomes achieved
	Creating regulating spaces for inpatient garden area	Bid applied for is £9,730 for 3 units, Admissions, Treatment and PICU, Purpose is to transform all 3 units outside spaces into areas of regulation. This includes equipment, safety ground work, furniture etc. no issues.	2 new pods swing areas and one pod swing was replaced to enable access for patients on all three wards to the large swings. There is a high use of the swings and the regulating effect of movements has been promoted. This is part of an ongoing project including use of green gym sports equipment.