

## GM Mental Wellbeing Grants - Grants Awarded

Type	Organisation Name	Amount	Brief Project Summary	Delivery Area	Target Group
Micro	Aries UK	£443.95	To create a secure, digital safe space for their participants to access support whilst physical meetings are not possible.	Tameside & Glossop	Adults living with long term physical or mental health conditions, Adults who identify as LGBTQI
Micro	Bloco Ashe Bury Community Samba Group	£463.20	To offer interactive Zoom sessions where participants can make music, sing and dance.	Bury	Adults living with long term physical or mental health conditions, Disabled Adults
Micro	Bury STARS	£500.00	To provide four, varied weekly activity packs to young disabled adults.	Bury	Disabled Adults
Micro	Bury Veterans Hub Cafe	£500.00	To provide equipment and plants to allow participants to safely take part in gardening activities on the land they have adopted.	Bury	Adults living with long term physical or mental health conditions, Disabled Adults, Military Veterans, People who are unemployed
Micro	Community Horizons Global CIC	£500.00	To use 'The 5 Ways to Wellbeing' to improve mental wellbeing by using community organising, community development and street engagement/ethnographic methods to meet people on their doorsteps, in parks, on the street and in other safe spaces.	Rochdale	Adults from BAME communities, People who are unemployed
Micro	Create and Smile	£500.00	To deliver a six week creative project providing remote craft sessions to autistic adults and people with mental health conditions.	Manchester, Trafford, Wigan	Adults living with long term physical or mental health conditions, Disabled adults
Micro	Everything Human Rights	£490.00	To supporting ethnic minority people/families by; signposting, assisting them to access key services, running video call coffee mornings, supporting families with homeschooling,	Bolton, Salford, Wigan	Adults from BAME communities
Micro	Farnworth Baptist Church	£500.00	To run a recovery course for individuals suffering with addiction or compulsive behaviour issues through Zoom.	Bolton	Adults living with long term physical or mental health conditions.
Micro	Friends Of Chat Moss (FoCM)	£500.00	To work alongside veterans from Walking with the Wounded by setting up the delivery of four practical conservation volunteer days.	Bolton, Salford, Wigan	Military Veterans
Micro	Lesbian Immigration Support Group	£485.00	To provide participants with essential clothing and equipment to enable them to run a 'virtual football team' where small groups meet in parks and follow a pre-set training schedule.	Across GM	Adults from BAME communities, Adults who identify as LGBTQI
Micro	RammyMen CIC	£500.00	To move their weekly meditation and mental wellbeing sessions online.	Bury	Adults living with long term physical or mental health conditions, Socially isolated older people

Micro	SoundUp Arts Community Interest Company	£500.00	To provide two care homes with four weeks worth of interactive musical sessions that their staff can deliver to residents living with dementia.	Across GM	Adult carers, Adults living with long term physical or mental health conditions, Disabled Adults, Socially isolated older people
Micro	Starling	£500.00	To deliver six creative online wellbeing workshops for 15 neurodivergent young people aged 18-25.	Across GM	Adults living with long term physical or mental health conditions, Disabled Adults
Micro	String of Hearts CIC	£496.00	To deliver five online music-making workshops.	Manchester, Trafford	Socially isolated older people
Micro	Studio Serenity CIC	£490.00	To provide participants with resources relating to mindfulness, meditation and breathing techniques.	Wigan	Adults living with long term physical or mental health conditions, Disabled Adults
Micro	The Cherry Tree Project	£500.00	To supply ingredients packs to vulnerable people so they can engage in 'Fit and Fed' sessions.	Stockport	Socially isolated older people, People who are unemployed
Micro	Trafford Veterans	£489.60	To provide military veterans with arts and crafts supplies they can use to create and then share with the wider group.	Trafford	Adults living with long term physical or mental health conditions, Military Veterans, Socially isolated older people
Micro	Anambra Welfare Association (AWA)	£500.00	To organise a socially-distanced meeting in an open space to undertake gentle exercise. To redevelop and upgrading their online activities to increase engagement. To run three monthly meetings across September, October & November for members to socialise.	Across GM	Adults from BAME communities
Micro	Breakdown Bolton C.I.C.	£489.00	To provide participants with arts materials they can use at home and then to create an online exhibition of their work.	Bolton	Adult carers, Adults living with long term physical or mental health conditions, Disabled Adults, People who are unemployed, Socially isolated older people
Micro	Brightmet Community Hub	£500.00	To run a project for socially isolated older men in Brightmet to build benches and a lean-to shelter for their community hub.	Bolton	Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Micro	CDI Counselling	£500.00	To counter increased demand for counselling services by providing a series of free sessions to participants.	Manchester, Trafford	Adults living with long term physical or mental health conditions
Micro	Communities For All	£500.00	To provide participants with art materials and deliver six weekly sessions led by a painting instructor.	Manchester	Adults from BAME communities, Socially isolated older people
Micro	De Butterfly CIC	£500.00	To provide participants with art materials and deliver six weekly art therapy sessions online.	Manchester	Adults from BAME communities
Micro	Denton West Community Library	£470.00	To provide participants with crafts packs and run a 12 week crafts project.	Manchester, Stockport, Tameside & Glossop	Adult carers, Socially isolated older people
Micro	Eagles Wing	£460.00	To run ten light exercise dance sessions in a COVID-19 secure venue.	Bury	Adults from BAME communities, People who are unemployed
Micro	Easy Peel Studio CIC	£500.00	To run a print and frame making workshop for adults suffering from chronic illnesses as part of a larger project.	Stockport	Adults living with long term physical or mental health conditions
Micro	Equal Education Chances	£500.00	To consult participants and create a programme of 10 interactive Zoom workshops to be delivered to people who are shielding.	Across GM	Adults from BAME communities, Disabled Adults, Socially isolated older people

Micro	Everything Human Rights	£500.00	To provide mobile internet data to high-risk isolated families to enable them to take part in mental wellbeing workshops, to support participants by addressing language barriers in relation to COVID-19 guidance and assistance, to support ethnic minority single parent homes by running twice weekly 'Coffee Morning' Zoom calls.	Bolton, Salford, Wigan	Adults from BAME communities
Micro	Feelgood Communities CIC	£500.00	To work with African Rainbow Family to design and deliver four interactive mental health and wellbeing webinars for LGBTQI asylum seekers.	Across GM	Adults from BAME communities, Adults who identify as LGBTQI
Micro	Global Arts Manchester CIC	£500.00	To run three art-based workshops for women. To provide technical support, translation, phone data and equipment access where required.	Manchester	Adult carers, Adults from BAME communities, Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Micro	Golden Oldies	£300.00	To provide participants with activity books. To hold regular telephone conversations with participants to discuss their progress with the activities and their mental wellbeing.	Bolton	Socially isolated older people
Micro	Late Bloomers Group	£500.00	To build two raised gardening beds to allow sheltered accomodation residents to take part in a series of gardening sessions.	Bolton	Disabled Adults, Socially isolated older people
Micro	Louise Da-cocodia Education Trust	£500.00	To deliver five IT sessions to BAME parents to enable them to actively engage with their children's online Saturday supplementary schoolwork and be aware of online safeguarding.	Manchester	Adults from BAME communities
Micro	Manchester and Salford Ramblers	£470.00	To work with local carer organisations to deliver a series of short walks for carers, and those they support, in Manchester, Salford and Bury.	Bury, Manchester, Salford	Adult carers, Adults living with long term physical or mental health conditions
Micro	MissPlaces	£500.00	To deliver 20 creative mental wellbeing sessions to their members as they return to their community centre.	Wigan	Adults living with long term physical or mental health conditions
Micro	Nigerian Women's Group Manchester	£500.00	To establish a website to improve communication with current members and to attract new members. To arrange socially distanced walks in September and October. To run two monthly meetings across October & November for members to socialise.	Across GM	Adults from BAME communities
Micro	Out In The City	£495.00	To run nine socially distanced meetings for participants to socialise and discuss the impact of COVID-19 on their mental wellbeing.	Manchester	Adults who identify as LGBTQI
Micro	Pulling Together Asian Women's Group	£500.00	To run a four week project to create a comic book of stories on how BAME women can improve their health and wellbeing.	Trafford	Adults from BAME communities
Micro	Reach Family Project	£500.00	To supply participants with activity packs, cooking ingredients and personal care products. To regularly keep in touch by home visits and telephone calls.	Bolton	Socially isolated older people
Micro	Sangha	£500.00	To run three yoga, meditation and wellbeing workshops.	Across GM	Adults from BAME communities
Micro	Supporting Factors CIC	£480.00	To deliver a 12 week programme of creative coaching sessions.	Bolton	Adult carers, Adults living with long term physical or mental health conditions, People who are unemployed

Micro	Tonge Moor Carers Group	£500.00	To provide 14 carers with a pack containing creative activities, a fitness tracker and a rucksack. To run weekly walking sessions with participants.	Bolton	Adult carers
Micro	Better Things	£475.00	To deliver ten weekly Zumba sessions to disabled adults in an accessible, COVID-19 secure venue.	Manchester	Disabled adults
Micro	Beyond Barriers CIC	£500.00	To deliver five online 'Managing the Impact of COVID-19' workshops.	Manchester, Salford, Trafford	Adult carers, Adults living with long term physical or mental health conditions, People who are unemployed
Micro	Breathworks Foundation	£500.00	To provide an online eight week mindfulness programme.	Across GM	Adults living with long term physical or mental health conditions
Micro	Bury STARS	£499.98	To deliver a four week online art and book club project to 20 disabled adults.	Bury	Disabled adults
Micro	Everything Human Rights	£500.00	To provide mobile internet data to high-risk isolated families to enable them to take part in mental wellbeing workshops, to support participants by addressing language barriers in relation to COVID-19 guidance and assistance, to support ethnic minority single parent homes by running twice weekly 'Coffee Morning' Zoom calls.	Wigan	Adults from BAME communities
Micro	Global Arts Manchester CIC	£500.00	To deliver a weekly dance session in Moss Side Community Park.	Manchester	Adult carers, Adults from BAME communities, Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Micro	Greater Manchester Somali Community Association	£500.00	To connect socially isolated older people in Manchester's Somali community and organise small group walks.	Manchester	Adults from BAME communities, Adults living with long term physical or mental health conditions, Disabled Adults
Micro	Hero Group C.I.C.	£500.00	To deliver the Hero programme to four people in Trafford.	Trafford	Adults living with long term physical or mental health conditions, People who are unemployed
Micro	Relax with Lucy & Co	£500.00	To record eight weekly mindfulness sessions that will be broadcast on Oldham Community Radio.	Oldham	Socially isolated older people
Micro	Special Olympics (Bury)	£500.00	To deliver a 'Return to Boccia' project which will focus on delivering accessible Boccia training sessions to young disabled adults in Bury.	Bury	Disabled adults
Micro	Tonge Moor Carers Group	£418.70	To deliver a weekly Zoom book club session to 14 carers in the Tonge Moor area.	Bolton	Adult carers
Micro	Tonge Moor Men In Sheds	£500.00	To deliver 12 online aerobic exercise sessions to 15 men from the Tonge Moor area of Bolton.	Bolton	Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Micro	Wellness Project CIC	£498.00	To deliver six mindfulness walks, followed by a support group discussion and lunch, with women from BAME communities who have long term health conditions and reside in the Crumpsall area.	Manchester	Adults from BAME communities, Adults living with long term physical or mental health conditions
Small	Anambra Welfare Association (AWA)	£3,000.00	To provide a range of mental wellbeing support to adults from BAME communities in Manchester. This includes Zoom exercise classes, delivering culturally appropriate food parcels, providing digital skills training, developing existing online activities.	Across GM	Adults from BAME communities

Small	Cabasa CIC	£2,190.00	To deliver 'Flags of Hope', a project working with socially isolated people in care homes across Tameside to create visual artwork installations showcasing their experiences, perspectives and ideas.	Tameside & Glossop	Socially isolated older people
Small	Equal Education Chances	£2,605.00	To deliver ten interactive Zoom wellbeing sessions to adults from BAME communities across Greater Manchester. Themes include cooking, arts & crafts, exercise. Participants will receive necessary resources/materials to take part.	Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Trafford	Adults from BAME communities, Adults living with long term physical or mental health conditions, Disabled Adults, People who are unemployed
Small	Feelgood Communities CIC	£3,000.00	To produce 6-8 pre-recorded workshops for use in partnership with Better Things.	Across GM	Adult carers, Disabled Adults
Small	Friends Of Chat Moss (FoCM)	£2,730.00	To deliver 12 nature conservation sessions and provide relevant training opportunities to military veterans in Salford.	Salford	Military Veterans
Small	Global Arts Manchester CIC	£3,000.00	To deliver six monthly arts workshops to Ardwick Longsight Mutual Aid Group volunteers.	Manchester	Adult carers, Adults from BAME communities, Adults living with long term physical or mental health conditions, Adults who identify as LGBTQI, People who are unemployed, Socially isolated older people
Small	Green Thumbs Community Garden	£1,891.60	To deliver six 'meet, grow and eat' sessions in Brinnington.	Stockport	Adult carers, Adults from BAME communities, Adults living with long term physical or mental health conditions, Disabled Adults, Socially isolated older people
Small	Healthy Arts	£2,800.00	To work with the MemorabLEIGH group to create and publicise an immersive audio walk and accompanying map that captures memories and facts about Leigh.	Wigan	Adult carers, Adults living with long term physical or mental health conditions, Disabled Adults, Socially isolated older people
Small	HerArt CIC	£3,000.00	To deliver 12 weekly 'Arts for Wellbeing' workshops in Manchester.	Manchester	Adults from BAME communities, People who are unemployed
Small	HH Community Business Salford	£3,000.00	To deliver a weekly horticultural session, a fortnightly cooking session and a fortnightly woodwork session over a six month period.	Salford	Adults living with long term physical or mental health conditions, Disabled Adults, People who are unemployed, Socially isolated older people
Small	Kaalmo Welfare Trust (kwtrust)	£3,000.00	To deliver 90 hours of one-to-one digital support and training in Bolton.	Bolton	Adults from BAME communities, Socially isolated older people
Small	Leigh Film Society CIC	£3,000.00	To organise six monthly guided sing-a-long film screenings.	Wigan	Adult carers, Socially isolated older people
Small	Manchester and Salford Ramblers	£2,830.00	To deliver a programme of 8-12 walks for adult carers.	Bury, Manchester, Salford	Adult carers, Adults living with long term physical or mental health conditions, Disabled Adults, Socially isolated older people
Small	Multicultural Resource Centre	£2,850.00	To deliver interactive Connect 5-based wellbeing workshops over a six month period.	Oldham, Rochdale, Tameside & Glossop	Adults from BAME communities
Small	Nigerian Women's Group Manchester	£2,999.97	To improve the organisation's online social activities, tackle digital exclusion and deliver ten walks for Nigerian women.	Across GM	Adults from BAME communities
Small	Pulling Together Asian Women's Group	£2,735.00	To deliver 15 online creative wellbeing sessions for women from Asian communities in Trafford.	Trafford	Adults from BAME communities

Small	Starling	£2,995.00	To design and deliver a bespoke sensory toolkit for 50 neurodivergent young people.	Across GM	Adults living with long term physical or mental health conditions, Disabled Adults
Small	String of Hearts CIC	£2,977.00	To deliver a music hotline project over a three month period for 20 socially isolated older people.	Trafford	Socially isolated older people
Small	The Ark International	£2,880.00	To deliver 20 online exercise classes to eight people in supported accommodation who are recovering from drug and/or alcohol addiction.	Bolton	Adult carers, Adults living with long term physical or mental health conditions, Disabled Adults, People who are unemployed
Small	The Centre for Specialist Educational Assistance Ltd. (Binoh of Manchester)	£2,800.00	To work in partnership with The Hershel Weiss Family and Children's Centre to deliver a programme of 26 weekly interactive Zoom sessions to the Jewish community across Greater Manchester.	Across GM	Adult carers, Adults from BAME communities, Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Small	The Flowhesion Foundation	£3,000.00	To deliver 12 'walk and talk' sessions for women from BAME communities in Bolton and Oldham.	Bolton, Oldham	Adults from BAME communities
Small	TLC Art and Drop In Projects	£1,550.00	To deliver 'Plant and Grow – Click and Show', a project where 30 people will receive plant growing kits and receive regular wellbeing telephone conversations.	Manchester	Adults living with long term physical or mental health conditions, Socially isolated older people
Small	Salford Disability Forum	£3,000.00	To deliver a 13-week programme of suitable physical activity sessions to disabled adults and people living long term health conditions in Salford.	Salford	Adults living with long term physical or mental health conditions, Disabled Adults.
Medium	Friends of Victoria Park, Stretford	£8,547.00	To deliver a therapeutic gardening, nature and ecology project for adults with long term health conditions, socially isolated older people and people who are unemployed.	Trafford	Adults living with long term physical or mental health conditions, People who are unemployed, Socially isolated older people
Medium	Happy Smiles Blog CIC	£6,500.00	To deliver an intergenerational digital reading project for socially isolated older people in partnership with care homes and primary schools.	Wigan	Adult carers, Disabled Adults, Socially isolated older people
Medium	Manchester Refugee Support Network (MRSN)	£9,930.46	To deliver a six month "Check In and Chat" peer support programme for refugees and asylum seekers.	Across GM	Adults from BAME communities
Medium	Manchester Urban Diggers CIC	£8,968.00	To deliver a 12 week volunteer gardening programme for 30-40 people who are unemployed.	Manchester	People who are unemployed
Medium	Mossley Makes	£9,490.00	To deliver creative design workshops and business skills development sessions to 20 adults living with long term health conditions and people who are unemployed.	Tameside & Glossop	Adults living with long term physical or mental health conditions, People who are unemployed
Medium	Rochdale AFC Football In The Community Trust	£5,300.00	To deliver a programme of 20 sports sessions, 20 social activity sessions and six mental wellbeing workshops to 50 military veterans.	Rochdale	Military Veterans
Medium	Vintage Worx Community Development Trust	£9,828.04	To increase social engagement for socially isolated older people and adult carers in Rochdale by delivering a community asset improvement project in Falinge Park.	Rochdale	Adult carers, Socially isolated older people