

## Summary of Projects awarded FFF Small Grants – January 2024

	<b>Project</b>	<b>Project outline</b>	<b>Beneficiaries</b>
1.	Solihull Moors Foundation	New Women's Health & Support Group, for 36 weeks over 12 months. Weekly sessions will include a wide variety of women's issues and activities to improve physical and mental health.	Women in North Solihull
2.	Inclusive Sports Academy	Weekly Youth club at a local special school in Solihull aimed at children 11-16 years old with SEND.	Young people in Smiths Wood
3.	Solihull Parent Carers Voice CIC	Delivery of Healthy Parent Carers Course to enhance emotional wellbeing of parent carers of CYP with SEND.	Parent carers in Solihull
4.	Arden Active CIC	Activity programme for older people who are inactive due to impaired physical and/or mental health, disability and isolation. Activities include bowls, archery, tennis, table tennis, golf, boccia, orienteering and gentle yoga	People aged 60 year and over
5.	Menopause Knowledge CIC	Support to people facing inequalities due to menopause. Includes information, lifestyle surgeries, awareness talks, meetups/drop-ins, group and one-to-one support and collaboration with local GP practices.	Women in Solihull
6.	Re-imagine Me CIC	Suicide Intervention Project delivering workshops, drop ins and phone support to inform and educate people who currently have suicide ideation or self-harm behaviours. Will also provide signposting to additional support.	Solihull residents over the age of 18
7.	Art at the Heart CIC	Type 2 diabetes prevention through community workshops, conversations and exhibitions	Adults from BAME communities
8.	Edgbaston Foundation	Confidence-building project to support girls to access sports and physical exercise classes, focusing on those who are inactive and are on waiting lists for wellbeing services. Will also focus on sports training for local people.	Girls aged 11-16 in Balsall Common and Meriden
9.	Everyone 4 Sport	Sports sessions for young people accessing Child and Adolescent Mental Health Services (CHAMS) to improve confidence and self-esteem.	Young people in North Solihull
10.	Aesops Arts and Society	Delivering 'Dance to Health' (D2H), engaging with minority-ethnic/under-represented communities to reduce risk of falls and improve confidence and mental wellbeing.	People aged 55 and over in St Alphege Ward
11.	Shine Youth	Supporting the mental health of young people including Youth Wellbeing Hub in Shirley, and the development of a Children and Young People's Social Prescribing Service (CYPSPS) to improve signposting to mental health support.	Young people in the Shirley
12.	Solihull and District Hebrew Congregation	Luncheon Club and Drop in Centre for older people to reduce social isolation, increase access to local services and improve physical and mental health.	People aged 55 and over
13.	FITCAP (Fitness in the Community Active Play)	Physical activity and mentoring for children and parents to support their mental and physical health and improve access to services.	Children and families in North Solihull
14.	Bethel Health and Healing Network	A peri and post-natal mental health service offered through a Senior Doula Listener Champion (SDLC), for women at risk of developing pre/postnatal depression. Will raise awareness of	Young mothers or those with experience of

		importance of diet and exercise, offer mentoring and information, advice and guidance to improve self-management and parent/child bonding.	being in care and those from African/African Caribbean communities.
15.	Xpress-Yourself Dance CIC	Expansion of "Keep Dancing" classes to older people to improve physical and mental health and reduce social isolation including befriending element.	Older people in Bentley Heath
16.	Oasis Mental Health Support	Women's only support group and focusing on domestic violence, sexual harassment and abuse. Will also provide creative activities and low level mental health support.	Women in Solihull
17.	Strike 9T	Supporting vulnerable girls with sports and physical exercise classes to boost their wellbeing and self-esteem, including one to one mentoring support to enable access to wider opportunities.	Girls aged 11-16 in North Solihull