



YOUNG CAMDEN FOUNDATION

**Heads Up
Mental Health
Fund Round 3
2022**

About

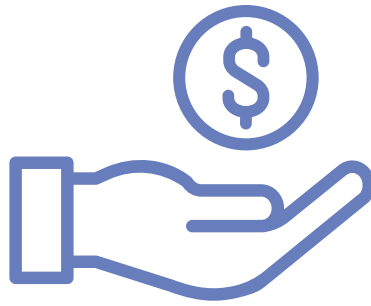
We are delighted to share the outcomes of Round 3 of the Heads Up Mental Health Fund, which took place in 2022. This critical initiative was developed to address the mental health crisis among children and young people, offering much-needed support during and after the challenges posed by the COVID-19 lockdowns and the cost-of-living crisis.

Throughout this round, the Heads Up Mental Health Fund played a significant role in improving the well-being of young people in Camden. By providing essential resources and support, we ensured that mental health assistance was accessible to all, regardless of their background or circumstances.

We are proud to have supported a diverse range of projects, including art therapy sessions, healthy relationship workshops, and other innovative approaches to promoting positive mental well-being.

Special thanks go to Shaftesbury Capital and John Lyon's Charity for their generous contributions, which made Round 3 of the Heads Up Mental Health Fund possible. Your commitment to the well-being of Camden's youth has made a significant and positive impact on the lives of many.



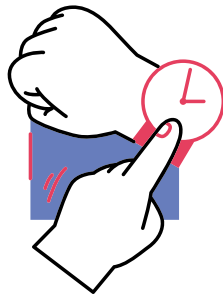


£37,644 distributed to
8 organisations

YCF Funding Supported



284 young people
to access
opportunities during
the holidays

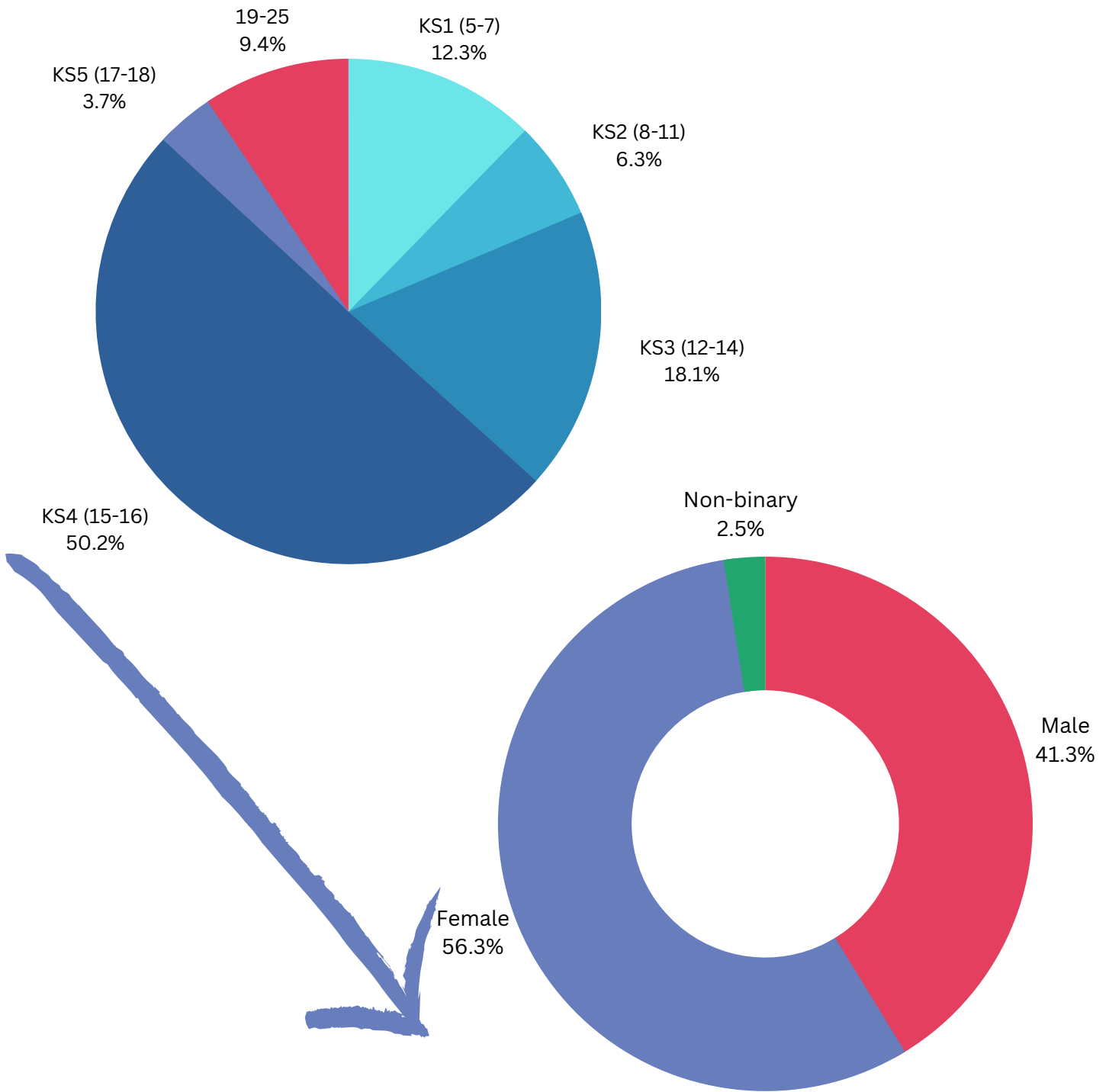


An average of **23 hours** of provision
per young person



635 hours of
delivery across

Metrics





78 (28.5%) of participants were FSM eligible

57 (20.1%) of beneficiaries had SEND needs



131 (46.1%) young people lived in social housing



Projects

BeLifted Now ran weekly mother and daughter workshops to **empower and motivate survivors of domestic abuse**, equipping children aged 5-11 to be more confident and resilient.



Let Me Know extended their programme of free **healthy relationship workshops** to One Housing's Camden Young Mother and Baby Unit at Artemis House.

PACE used the funding for their Rebuilding Bridges project, working with 24 vulnerable children who were **excluded from school or at risk of exclusion**.





Holborn Community Association ran a 12-week programme getting local young people aged 13-25 to work alongside professional artists learning **techniques in clay sculpture** to produce artwork for their own **‘Wellbeing Art Trail’**.

St Mary’s Community Centre Trust applied their existing 6-week mental health project to the local **Pupil Referral Unit**.



Urban Outdoors ran their ‘Out and About’ project, providing children with the opportunity to take part in a **forest school-inspired, nature-based programme** to strengthen their mental wellbeing

Maiden Lane Community Centre extended provision for their GLOW cohort, using the **power of creativity** to enable girls to explore a number of mental health-related topics.



Wac Arts offered a variety of participatory workshops, including an inclusive dance and theatre making session led by a **neurodiverse artist-company**.



Not all photos included are from these specific HU!MHF programmes. Photos are for illustrative purposes, and all are from previous YCF funded programmes



Organisation	Awarded (£)	Camden ward
BeLifted Now	2,500	Camden Town
Holborn Community Association	7,228	Holborn & Covent Garden
Let Me Know	3,884	Camden Town
Maiden Lane Community Centre	3,882	Camden Square
PACE	8,000	Regent's Park
St Mary's Community Centre Trust	1,440	Primrose Hill
Urban Outdoors	4,820	Kentish Town South
Wac Arts	5,890	Belsize

100% of grantees reported that they would not have been able to run their programme without funding from Heads Up Mental Health Fund

We asked grantees what the highlight of their project was. Here's what they said...

*'Watching the young people become **more confident, bond as a group and build relationships** which have carried on after the life of the project. Also seeing the pride in the young people when they went around the final art trail.'*

Holborn Community Association

The *takeaways from the young people* we worked with. For example: “That emotional abuse can have just as damaging effects on someone’s well-being as physical abuse” “The differences between being possessive and protective” “That healthy relationships don’t necessarily have to be exactly equal, just balanced enough so that the power dynamic shifts from person to person equally.”

Let Me Know

Seeing the *young people gain in confidence and their mental health improve*. Also seeing the young people learn new skills meet new people, such as the Deputy Mayor of Camden. Also seeing the parents grow in confidence and learn about new skills and take charge of their families. We also provide food parcels to the families to help during the cost-of-living crisis.

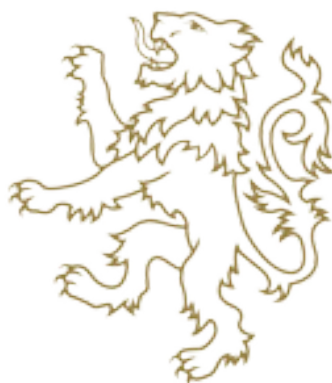
BeLifted Now



With the support of:



**SHAFTESBURY
CAPITAL**



**JOHN LYON'S
CHARITY**



**YOUNG
CAMDEN
FOUNDATION**

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