

Name of your Organisation:	Catching Lives
Name of the project TFN funded:	Catching Lives Mental Health Team
Date Funded by TFN:	June 2022
Were you able to undertake your project as planned?	Yes
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>TFN funding enabled Catching Lives' mental health specialists to support people using our day centre who are experiencing homelessness or housing insecurity along with mental health issues. By providing an informal, open access drop-in service the team have been able to engage with people who often do not feel able to attend formal mental health appointments. People speak to a Mental Health Specialist when they feel ready. For some people it might be a general chat about how they're feeling, for others it might involve support to identify triggers and coping strategies, or using techniques such as breath work. They also liaise with the statutory mental health team and with GP services to help people stay on top of their medication and to access clinical support in times of crisis.</p> <p>Some of the feedback we've received from clients about the Mental Health Team:</p> <p>"[AM] wanted to tell me that my talking to her yesterday really helped as she was feeling really low and it made a huge difference to her, today she is feeling much more positive about things and herself."</p> <p>"[BD] was grateful for support to apply for PIP form, said if on his own he would have put the phone down."</p> <p>"[CK] thanked me for the time I spent with him and said I had the best approach he has met so far within the mental health services."</p> <p>As a result of our mental health support, clients have been able to cope with situations that previously resulted in incidents or disengagement, for example because people would have previously become angry or overwhelmed. By meeting with the Mental health Team they have been able to attend appointments, make phone calls and spend time in the Centre in a more calm and positive way. This has helped people to find or sustain housing; to increase feelings of confidence and self-esteem; and to secure additional support such as Personal Independence Payment by being supported to explain how their mental health affects them in their daily life.</p> <p>114 individuals have received one-to-one support during the year's funding from TFN, including 13 crisis interventions. The majority of these people would have nobody to talk to about their</p>

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	mental health if it wasn't for the Mental Health Team being present in the drop-in.
What portion of the project did TFN fund?	0.52
How many direct beneficiaries did the TFN funded project reach?	114
How many indirect beneficiaries did the TFN funded project reach?	457
Were you able to leverage further funding as a result of TFN support?	No
If yes, how much were you able to raise?	
Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?	No
How important was TFN funding in helping you achieve your objectives?	We wouldn't have been able to achieve our objectives without TFN funding
Has the training you received from TFN better prepared you in pitching your organisation to potential funders?	Yes
Has TFN increased your capacity to raise further funds?	Yes
Can you tell us any personal stories to highlight the value of the project?	'Annabelle' was sleeping rough and struggling with both her mental and physical health, including issues with alcohol dependency and past trauma. She has been meeting regularly with the Catching Lives Mental Health Team to talk about how she's feeling and to borrow books on topics such as mindfulness and resilience, as she finds it helpful to explore ways to manage her mental health independently. Catching Lives Project Workers helped Annabelle to access housing, but this didn't work out and she returned to sleeping rough. The ongoing support with her mental health is really important to cope with the stresses of being homeless, while we work with her to find another housing option. Annabelle gave feedback about our Mental Health team: "my talking to her yesterday really helped as she was feeling really low and it made a huge difference to her, today she is feeling much more positive about things and herself"

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Since presenting at TFN, has your organisation undergone any other significant changes?	Catching Lives appointed its first Chief Executive along with a new Chair in December 2022 (previous Chair, Jason, who presented to TFN remains on the Board as Vice-Chair), followed by a new Treasurer in May 2023.
Do you have any other comments or feedback on the experience of the TFN process?	Thank you for your support, it has made a huge difference!