

TFN Impact Report

Name of your Organisation:	Mind in Mid Herts
Name of the project TFN funded:	Your Wellbeing in Mind
Date Funded by TFN:	2 nd September 2016
Were you able to undertake your project as planned?	No
If no, please outline how the project has changed.	It has not changed but it has developed. In the proposal we looked at developing and running 4 courses that we thought people may be interested in. We did some market research and a survey and two course titles came from this: 'Mindfulness for Daily Living' and 'Building Resilience and Courage'. These are the courses that we have developed and plan to run.
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>We have given three free taster talks/workshops over lunch periods specifically designed to target working people and they have been very well received. The titles were:</p> <p>Assertiveness; Relationships and Mental Health Awareness.</p> <p>These talks allowed us to begin to build our reputation with people working in St Albans. 36 people attended these talks. We also ran a stall in mental health awareness week, in May, at the St Albans civic centre which enabled us to promote these talks. We also did a monkey survey asking people to say what they were interested in us offering. 200 were circulated and we had about 30 completed.</p> <p>This has given us the evidence to develop the course - Building Resilience and Courage and Mindfulness for Daily Living which we have commissioned a fully qualified Mindfulness practitioner to deliver.</p>
What portion of the project did TFN fund?	100%
How many direct beneficiaries did the TFN funded project reach?	36
How many indirect beneficiaries did the TFN funded project reach?	over 50
Were you able to leverage further funding as a result of TFN support?	No
Did you receive any pro-bono support, volunteer offers or introductions as a result of the	Yes

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event?	
If yes, please can you provide details of the support you received?	<p>We have formed a partnership with the St Albans Council as a member of staff was present at the TFN event.</p> <p>This has led to us being able to promote our services. We have developed a preventative strategy with the 200 council employees..</p>
How important was TFN funding in helping you achieve your objectives?	<p>We would have found it difficult to achieve our objectives without TFN funding</p>
Since presenting at TFN, has your organisation undergone any other significant changes?	<p>We continue to try and target working people in order to prevent people from becoming unwell. It is a continuing battle against stigma and to encourage people to talk about mental health but it is part of our strategic plan to endeavour that everyone gets the help and support they need early before symptoms arise.</p>
Do you have any other comments or feedback on the experience of the TFN process?	<p>This funding has enabled us to spend time researching and offering people taster sessions to build our reputation and to ensure that everyone believes that Mind in Mid Herts is for all.</p>
Can you tell us any personal stories to highlight the value of the project?	<p>We will be running the 2 courses previously mentioned in the evening starting in the next month and I think following this we could offer case examples as to how this has directly benefited individuals who attend the courses. Also we can report on outcomes using our wellbeing evaluation questionnaire.</p>