

OBAN COMMON GOOD FUND GRANT - END OF PROJECT MONITORING REPORT

The Common Good Fund needs to account for all funding allocated, and therefore request that you complete all sections of this form.

Please note: Financial details pertaining to the grant awarded must be submitted with the End of Project Monitoring Report. If this information is not provided the grant may be reclaimed by the Fund.

Name of Organisation: Martyn's Monday Club

Contact Details: Lorraine King, lorraine@martynsmondayclub.org.uk

Project Funded: Start up costs

Grant Allocation: £6000

1 Finance (Please provide a full breakdown of all costs)

Description (from original grant application form)	Projected Costs	Actual Costs
Rent for 6 months	£8600	£4752
Utilities for 6 months	£4000	£1148
Start up equipment – kettles x2, mugs, cutlery, dishes	£100	£100

2 Match Funding (Please provide details of any match funding received)

Grant Scheme	Description	Amount

3 Did you meet the aims of the project – please give details? (The main facts and figures about actual activities, for example the number of people the organisation or project worked with and the main activities undertaken)

We did meet the aims of our project. Despite the world being gripped by a global pandemic for the past 11 months we were able to start up in our new premises with the support from the Oban Common Good Fund. We were awarded the Grant in March 2020 however due to Covid and lockdown we did not begin to use the funds until June 2020. We received the keys to our premises in March 2020 just as lockdown broke and although we were unable to start our refurbishment work straight away, we were still liable for rent and utilities so the Grant allowed us to have one less thing to worry about as we entered into a time of local and global uncertainty.

As soon as lockdown restrictions began to ease however, we were able to get on with the refurbishment piece by piece whilst strictly following Government guidelines. We opened our premises in August 2020 with a soft opening Open Day and on that day, we welcomed 38 people through our doors. In preparation for our Open Day we also used some of the funding to purchase kettles, mugs, plates and cutlery as we had requested in our application. Everyone who came to see the premises that day was amazed at the transformation we had made to this former hairdressing salon into this calm, welcoming space. When our groups started back up in our premises our members spoke about how comfortable they felt and how safe it felt having our own space.

Since August we have held many activities in our premises as restrictions allowed so we have made the most of getting use out of it.

Our weekly peer support meetings for men and women started back in August using a strict Risk Assessment we wrote in collaboration with our local Environmental Health officer Ian.

We held an inhouse training day on 10.10 for 9 of our volunteers where we covered premises induction, First Aid procedures, Covid Risk Assessment (written in partnership with our local Environmental Health officer), Suicide Intervention and Facilitators practice led by our co-ordinators.

On 16.11 we held computer training on Microsoft Office for 3 of our Board members and our two co-ordinators led by Matrix Computers in Oban who supplied our computers.

On 28.11 we held a First Aid at Work full day training for 6 of our volunteers led by Argyll Emergency Training.

On 18.12 we held a pre-Christmas Get Together (COVID SAFE) event in our premises for all our volunteers to reflect on the past year of MMC and we also showed everyone our Impact Report we had been working on.

In August we also started a Young Persons Group on Wednesday evenings however numbers were low so we have paused this for the time being. In November we met with Oban High School staff and devised together an 8-week programme for young people from the school to come to our premises weekly for a variety of activities aimed at improving their mental health. This was due to start in January 2021 however with the schools remaining closed the activity programme we had planned in partnership with the high school has been put on hold for the time being.

We have also organised several wellness activities for our members in our premises. These include Men's Yoga, Vision Board Workshops, Pyrography workshops and Afternoon Teas. We also held an author talk with the author Graham Morgan on zoom and 16 members in the premises were his audience. We've set up a wellbeing lending library for members and hosted a visit from Santa (safely) at Christmas time.

We have also doubled our weekly groups to help people cope with the stress caused by the changing restrictions that Covid continues to make to all our lives and the effect it is having on their mental health.

Our plan is to have all our volunteers trained in Mental Health First Aid and as soon as restrictions are eased re. training from Public Health Scotland this is top of our list to get on with. This will take place in our premises.

As you can see, we have made the most of having our premises open since August and the Common Good Fund Grant was pivotal in enabling us to make all this happen.

We have widely publicised your support on our website www.martynsmondayclub.org.uk, on our Facebook pages Martyn's Monday Club and MMC Ladies Group and in articles in the Oban Times and the Press and Journal.

4 What difference did your project make? (This section should also include examples of how individual participants/services users experienced the project/activity -case studies/quotes can be used)

Our project has made a huge difference to people's lives. Some of our members have told us we have saved their lives. One such example of this is Zara (not her real name). Zara had been attending our group since before lockdown. She was struggling with some very painful personal issues which were affecting her relationships, her studies and her job. Over the summer we ran for 18 weeks on zoom and Zara did not join us on zoom. Zara came back to the group when we restarted face to face meetings in August. She has visually thrived at the meetings, supporting other women and sharing her own mental health struggles and her coping strategies to help others. In November we asked Zara to become a volunteer facilitator and she was delighted to be asked. Since then she has done 2 of our training sessions and she now leads our groups every week with the support of other facilitators. Recently Zara told the rest of the group about her struggles when she first attended MMC and how she had sought support from other statutory and voluntary services. Zara stated that coming to MMC was the turning point in her recovery. Having a safe space to talk and be listened to without judgement has really helped her to take back control of her life. She loves being a facilitator and has recently applied to go onto to further higher studies.

Since August we have held 58 weekly men's group meetings and 58 weekly women's group meetings. At each meeting we get between 10-15 members. That is a lot of local people and families experiencing the benefit of attending or their loved one attending our groups. We welcome new members regularly as well as people hear about the benefits MMC can bring to people's lives.

5 Key Learning Points Please detail any unexpected outcomes (positive and negative) including anything that would be done differently in the future.

Of course, no-one could have predicted the global pandemic that all our lives would be affected by in March 2020. However, despite this we remained positive and focused on getting our premises ready for opening as soon as we were able to. We also became a Registered SCIO in April 2020. During lockdown we ran zoom meetings for 18 weeks for our members and we became increasingly aware of the deterioration in people's mental health as the restrictions went on and we knew that our service would be never more needed. Thankfully, we are one of the few local Third Sector organisations who have been allowed to operate under strict guidelines and our members are very grateful that we are able to provide this vital service to them when they most need it. The Common Good funding came at the perfect time for us and enabled us to get set up and be ready for what lay and lies ahead. We have made the best use of our premises and continue to do so, next week we are starting a new monthly mental health support group for our local LGBT+ community in partnership with Oban Pride. In less than 7 months of opening we have found that our premises have become a vital new addition to the local bank of services available to support the Oban community. We believe we have also saved lives during this time and that has been one of the main aims of Martyn's Monday Club since its inception.

6 Do you have any comments to help us improve the grant process?

Signature	Lorraine King
Print name:	LORRAINE KING
Position held in organisation:	Co-ordinator/Facilitator
Date:	23.02.2021

Please note: The Common Good Fund reserves the right to request copies of all receipts for expenditure.

PLEASE GIVE BREAKDOWN IN TERMS OF AGE AND GENDER

	MALE	FEMALE	0-4	5-9	10-16	17-24	25-64	65+
HOW MANY PEOPLE BENEFITED FROM THE GRANT?	100	100				8 6 females and 2 males	80 40male and 40 female	20 12 male and 8 female

PLEASE RETURN THE COMPLETED FORM TO:

Oban Common Good Fund – Melissa Stewart, Area Governance Officer, Argyll and Bute Council, Kilmory, Lochgilphead, PA31 8RT. Email: commongoodfunds@argyll-bute.gov.uk.