**SALTCOATS MINDFUL MAKERS JULY 2023**

**PROGRESS TO DATE**

|  |  |
| --- | --- |
| **MEETINGS AND WORKSHOPS** |  |
| **Year 1** | In the first year we held 12 sessions in Saltcoats library, with approximately 120 participants, provided free of charge.  We provided 4 outreach weekly events for a period of 6 weeks each. This amounted to 48 hours of tuition, 24 hrs of which were provided free of charge. This allowed us to introduce Mindful Makers to the community in the Argyll Centre and CLASP in Stevenston.  The remaining 24 hours of tuition was Provided to CLASP at cost price.  This contact in the community allowed us to link with others and carry out other volunteering duties e.g., assisting with bus tours. |
| **Mental Health Week/Mindfulness** | During Mental Health Week we provided a full day event in Saltcoats Library. This event lasted 5 hours with a 1-hour lunch break in between. There were 10 participants on this day and the event was provided free of charge.  All activities are planned in a mindful way to allow us to cater for all ranges of abilities. |
| **Participants** | The age range of our participants varies from participants in their 20’s to participants in their 70’s. Recent new members have attended along with their carers who have also participated in the sessions. |
| **Reduce, Reuse and Recycle.** | We have embraced this slogan in our craft and in some of the sessions we have used old clothing and fabrics from charity shops. |
| **Reducing Isolation** | This was one of our main aims and we have been delighted with the forming of friendships throughout the group. The level of trust within the group is demonstrated by members offering support to each other in a variety of ways and people feel safe to share their stories. |
| **Equipment** | Over the year we have been careful with our purchases looking for the best deals available. This has allowed us to carry a small stock of equipment forward into our next year. |
| **Finance** | Throughout the year we have been extremely prudent with our finances.  We started the year with:   * £400 grant * Donation of £60 in materials * Donation of £100 from a private company * Income of £90 from outreach work.   At the end of the year, we had **£80 remaining.** |

|  |  |
| --- | --- |
| The Way Forward | The success of Mindful Makers in the community has led us to develop a drop-in weekly session in Saltcoats Library at the request of participants.  This would not be possible without the supportive library staff. Saltcoats library is a very welcoming place with staff who go out of their way to assist us in holding our sessions and events. We are extremely thankful for their support.  Mindful Makers was born out of Saltcoats Book Group and we have now a crossover between the two groups with us encouraging more people to join us in our 4 weekly book group. This encourages reading and discussion of a wide range of topics, some of which are very lively.  We are working with CLASP and the HOPE project to hold an autumn event where we will have a table to sell our crafts at reasonable prices within the local community. This will hopefully allow us to boost our funds as well as an opportunity to celebrate the learning of all participants.  We are also hoping to hold a field trip to one of our local woods to participate in “Forest Bathing,” a mindful experience. This will be provided at a nominal charge.  We recently attended a community meeting held in the Harbour Arts Centre for a mental health event in October. We intend to hold two events during this time, a full day event of mindful crafting and a book group session that will look at positive mental health.  The next stage will be to offer a session to Ardrossan library but we feel this may happen in 2024.  As a group we are delighted at the successes we have had and even more delighted to be awarded a further £400 grant for this year. |