

**Impact Report for £10,000 donation to
START in Salford raised by the
Dr Michael Josephson MBE charity ball
2022**

START

In April 2023, START in Salford was the fortunate recipient of a generous £10,000 donation, raised during the 2022 Dr. Michael Josephson MBE charity ball. This funding played a significant role in furthering the charity's mission to enhance the quality of life, health, and wellbeing of individuals within our community, particularly those vulnerable to mental health challenges or social isolation.



Background

'START' is a charity that has been delivering mental health recovery and prevention programmes in Salford for over 30 years. We use creativity, connection and recovery interventions to help improve people's lives.

Our programmes focus on personalised, strengths-based approaches to help beneficiaries to build confidence, resilience and self-esteem. We reconnect and integrate people with their communities, providing onward pathways into training, employment, volunteering and leisure pursuits.

We are passionate about providing the very best support for the people in our community who we are lucky enough to meet through our work.

Our work falls into a number of overarching programmes, details of which can be found on our website: www.startinspiringminds.org.uk

START
inspiring minds



Impact on the Community:

In the 2023-2024 period when the donation was received, START provided direct support to over 3,000 individuals, enhancing their mental health and well-being through our diverse programs.

While the £10,000 donation was not given for a specific project, the funds played a vital role in contributing to the charity's core operating budget, enabling us to maintain safe, welcoming and inclusive spaces from our base at Brunswick House and in various community locations across Salford from which to deliver our innovative services.

START



Inspiring Minds

405 adults were supported for up to 12 months via weekly creative workshops delivered by our expert tutors alongside mentor support sessions, all designed to build confidence and resilience, based in our beautiful art, woodwork, pottery, craft studios and garden at Brunswick House

Living Well

Our dedicated team of START Recovery Workers delivered 3482 appointments with Living Well clients, with each Recovery Worker holding an average caseload of 33 people at any one time

Wellbeing Matters

Our fantastic team of START Community Connections worked with people referred to us by their GP on a 1-2-1 basis over a number of sessions to establish 'what matters to them' and to then connect them into relevant local non-medical wellbeing and social support within their neighbourhood to improve their wellbeing and decrease social isolation

Reach Out; START to End Suicide

Throughout the year, we successfully launched a wave of innovative projects and engaged the community in mental health support and suicide prevention activities. From rhythmic drumming and creative arts workshops to proactive outreach efforts, these initiatives—such as the 'Everyday Mental Health Hero' program or the annual Vigil event—highlight our ongoing dedication to compassion and resilience building

Wings

Our 5 Ways to Wellbeing support group received 87 referrals into the service and delivered 82 groups throughout the year. Upon completion of the programme 21 people accessed pathways into further education, employment, volunteering or leisure pursuits.

"Before coming to START I was very isolated from the outside world due to my physical and mental health. Coming here has helped me build my confidence. START is a place where everyone is welcome."

"Mentally I have definitely changed and my intrusive thoughts are way more under control than for a long time. I find START an amazing sanctuary in this way too busy world."

"START is just amazing and I would recommend it to anyone who is trying to recover. I wasn't sure what to expect but I was instantly made to feel welcome and more important, safe and secure."



Looking Ahead:

The generous £10,000 donation from the Dr. Michael Josephson MBE charity ball empowers us to respond and adapt to emerging needs while also investing in our long-term recovery pathways.

This contribution is not just a financial gift; it represents a profound support and belief in our mission to improve lives, for which we are immensely grateful.

Long Term Plans

In 2023 START have provided a leading strategic voice within the design and implementation of a new VCSE led Crisis Alternative offer, which provides an open access Listening Lounge to support those in a self-defined mental health crisis. Led by staff from START, the Listening Lounge will provide people with an alternative place to go to instead of A&E during times of need, delivered in partnership with peer support workers from Mind in Salford and clinical support provided by staff from GMMH when necessary.

Listening Lounge
Salford Hear for you



In 2023 we have also further enhanced our offer to include a pilot for Children and Young People. We were able to co-design and deliver an Arts on Prescription programme tailored to support children and young people to improve their mental health and address low mood.

START aims to continue developing this service for children and young people as a new beneficiary group, as well as offer activities and events that our members and wider community can enjoy with their own children and families.



On behalf of all our members, clients, service users, volunteers, community, and staff, we extend our heartfelt gratitude to everyone who donated so generously at the 2022 charity ball. We also appreciate all those who worked so hard to make this impactful event a success.

Thank You!