

# Covid-19 Response Grants 2020

## Falkirk and District Association for Mental Health (FDAMH)



### Who are Falkirk and District Association for Mental Health?

FDAMH is an independent mental health charity serving Falkirk and District. It was established in 1981 and has grown considerably since then. Their mission is to promote mental wellbeing by providing a range of services and create a supportive environment for individuals to recover from mental ill health. They also provide further support in education and training related to mental health for carers and local communities.



### How was the grant used?

- FDAMH were very grateful for the grant they received which assisted their work to support to the community during the Covid-19 Pandemic. Whilst FDAMH adapted all services, the grant was specifically used to assist with costs relating to the remote delivery of Seasons for Growth.
- The grant supported the purchase of course training materials and the associated postage and packaging costs of sending the materials to delegates.

### What had to change due to Covid-19?

- Due to the current pandemic, Seasons for Growth Courses were suspended by course developers. Seasons for Growth is a loss and grief programme which supports people to process, understand and manage the painful realities of loss and change. FDAMH sought, and was given permission to run courses via a video-conferencing platform, with this service commencing in August 2020.



## What difference has the grant made?

- To date, six people have completed the course, with a further 20 people in the process of completion. The course had a positive impact on the lives of those who attended, helping them to process grief, loss and change and to feel less isolated. Attendees reported enjoying being part of a group and gained a lot from the social aspects of this. The organisation commented that 'the Health Promotion Service has provided us with a very valuable additional resource in which to better understand the various services available within the community. Additionally, it encourages all organisations to work together to support those in need.'

'I wasn't sure in the beginning about joining in online, but I have found it useful. I now know I am not alone in what I am feeling and know there are things I can do to help me work through my grief. Thank you.'

'There are times in life when you do something and afterwards you just know that you did it at the right time. I can't thank you enough. I have learned about myself and others and now have a plan that will help me move forward in my life.'

'I enjoyed the company each week and feeling that I was in a safe space. Being part of a group especially at this time has helped me feel less isolated. I didn't think I would have taken so much from it.'

'The sharing, laughter and sad moments have all helped me cope with my loss. Thank you so much for giving your time to help.'

