

## Rainbow Heron Small Grants Fund

Who What and Why – Projects Funded	When and Where	Outputs	Main Outcomes	Lesson Learning
<p><b>Hannah Chutzpah</b> To take her show <b>CONFIDENCE TRICKS</b> on the road to a range of venues and audiences <i>£5000 grant plus £500 for book printing</i></p>	<p>2016-2017 Countrywide [Edinburgh, Liverpool, Isle of Wight, Brighton, Oxford, London, Sheffield, Glasgow...]</p>	<p>Stand-up poetry at festivals / pubs / schools and colleges to raise mental health issues</p> <p><b>Sign my Citalopram website and Facebook Page</b></p> <p>Poetry book : <b>SIGN MY CITALOPRAM</b> published under the <i>Rainbow Heron imprint</i></p>	<p>Engagement of a range of audiences and venues in mental health issues, reflections and discussions.</p> <p>Including ground-breaking work with adolescent groups (sixth forms and youth groups)</p>	<p><i>Our flagship project raised awareness about mental health across the country.</i></p> <p><i>It highlighted the difficulty of getting in sizeable audiences to one-off public events on this topic.</i></p> <p><i>Also the need for more regular support for the artist herself during her ambitious schedule</i></p>
<p><b>THERE IS NO HAPPY LOVE</b> Art film involving ballet, poetry, music and nature, with professional input from <b>Steinvor Pallsen</b> (choreographer) Debbie Watson, Helena Pallsen, Louis Normand and Tom Daniel (dancers) plus a group of Dora's close friends (poetry reading) Film produced by <b>Rad Miller (Pocket Projects)</b> <i>£5500</i></p>	<p>June to September 2016</p> <p>Edinburgh / Sheffield/ online</p>	<p>Film based on the poem of the same title by Louis Aragon and the music version by Georges Brassens, one of Dora's favourites, available to view on the website.</p> <p>Was shown twice in Sheffield, at Studio Theatre (see below) and at Sheffield Hallam in November 2016</p>	<p>One of the outcomes was the discovery of the "lost" final verse of the original poem, which asserts that "<i>there is no happy love but there IS love, for both of us</i>" and this underpinned the therapeutic nature of the experience for those who took part</p>	<p><i>We had hoped (in vain) the film would be picked up by one of the film festivals.</i></p> <p><i>It is available on the website, but we didn't manage to maximise its exposure and impact.</i></p> <p><i>Perhaps in the end it was more of personal journey than a public project</i></p>
<p><b>TIME TO TALK FESTIVAL 1<sup>st</sup> to 5<sup>th</sup> 2017</b> <b>Sara Hill</b> / Opus Independents / provided <b>poetry events</b> at Theatre Delicatessen and in the Winter Gardens.</p> <p>Also <b>Chill Out zones</b> organised by <b>Charly Calpin</b> at 2 of <b>Sheffield's night clubs</b> <b>£4500 total</b></p>	<p>February 2017 Sheffield</p>	<p>Local poets highlighting mental health issues in accessible public spaces / events.</p> <p>A safe space for self-expression and winding down in the short term, for young people</p>	<p>Helping to open up public dialogue / engagement with mental health issues in a no-stigma environment.</p> <p>Good feedback from, and good interaction with, nightclub security staff, recognising the value of this kind of support. <b>A useful model to duplicate</b></p>	<p><i>A similar event was held at Theatre Delicatessen for World Mental Health Day Oct 2019</i></p> <p><i>We would like to see the night club project replicated / developed but have not been able to identify a nightclub with suitable space</i></p>

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<p><b>RAINBOW HERON LATE NIGHT ART CAFÉ</b></p> <p>Our flagship project received small grants over 3 years primarily to pay for the project development and management work carried out by our <i>Project Coordinator Charly Calpin</i></p> <p><i>Year 1 £8,250</i>  <i>Year 2 £3,500</i>  <i>Year 3 £6,250</i>  <i>In Years 2 and 3 this included a monthly fee for our Deputy Project Worker</i></p>	<p>April 2017 to April 2020, Sheffield , originally at REGATHER, then at Sheffield MIND (from Sept 2017)</p>	<p><b>The café</b> ran for 3 years, initially weekly (for 6 months) then monthly, on Sunday evenings.</p> <p>Providing a safe, warm and creative space for regular and occasional guests, members of the volunteer team and visiting guest artists.</p> <p>12 trained volunteers and 15+ local creative artists providing one-off workshops.</p> <p><b>Social media:</b> Facebook, Instagram and Wordpress sites active over 3 years.</p> <p>Including a monthly blog by a university student volunteer</p> <p><b>Networking:</b> with a range of individuals and organisations</p> <p><b>Activism:</b> The Sheffield Mental Health Activism Group (HUURD) developed from this project in 2019 and is ongoing (see separate entry below)</p>	<p>*We developed a particular model which was found to be effective (and cost-effective) as an alternative to more mainstream forms of support.</p> <p>*Provided valuable professional experience and personal development for student volunteers, including bloggers, as well as for our coordinator and deputy coordinator</p> <p>*Attracted interest, support and emulation from a range of organisations/projects in social and statutory sectors.</p> <p>*Our coordinator was invited to contribute to city-wide events including the <b>Lord Mayor’s Suicide Awareness Conference</b> (2018)</p> <p>*Invited to take part in <b>Sheffield Festival of Debate</b> to run a multi-organisational sharing and learning event (2018) and to highlight mental activism (2019) (see below)</p>	<p>In April 2020 we gifted this project to <b>Sheffield MIND</b> ( who were very happy to take it over) after 3 years’ operation (plus 1 year in the preparation). This validated our approach, commitment and vision.</p> <p>As our ongoing flagship project, we put enormous personal effort, as well as time and funding, into this project. There may have been an easier way to achieve what we did? (for example, running it under the umbrella of another organisation from the beginning)</p> <p>The small group of trustees , meeting 4 times a year, was key to providing moral and practical support to the project and monitoring its development</p> <p>Choosing the right person to coordinate and develop the project was key to success.</p> <p>The need to provide outside professional support for the coordinator in this demanding role, was identified and actioned</p>

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<p><b>THE STORYBOOK CAFÉ</b> Grant of £5k to <b>Amy Metcalf</b> to continue this project , originally set up with support from the Prince’s Trust, providing a safe space for young people to come together and provide mutual support.</p>	<p>Sept 2017 to Sept 2018 Sheffield</p>	<p>Art and craft activities; book reading and discussions; letter-writing on behalf of Amnesty International. Also, support for one visitor for (successful) PIP application</p>	<p>Later developed as an online space, promoting mental health through sharing books, blogs and self-care packages</p>	<p><i>The project leader’s experience highlighted the challenges in providing safe physical spaces for others, which may impact on one’s own mental health and safety</i></p>
<p><b>STREET ART FOR SANCTUARY</b> “Sanctuary” was created by <b>John Dowswell</b> for <b>City of Sanctuary Sheffield</b>. It aimed to make links between physical and emotional safety and support, themes based on art workshops carried out by <b>Annie Anthony Mayes</b> with young asylum seekers. £5k</p>	<p>April 2018 to June 2018 Sheffield</p>	<p>The mural A short film of the mural being painted in situ Artwork by young refugees Workshop report Postcards of the mural  [see the Spirit of the Rainbow Heron website]</p>	<p>The workshops were of value to the mental health of the young people participating, with the opportunity to share / work through painful memories, as well as develop friendships and reflect on positive aspects of their new home</p>	<p><i>The work was installed outside The Art House, Backfields (Sheffield) but unfortunately was vandalised and had to be removed. Happily it lives on in the video and postcards</i></p>
<p><b>BE FREE AND DANCE</b> Grant of £5k to <b>Nisha Lall</b> (Director of <i>Aim to Dance and Create</i> and Chair of <i>South Yorkshire Dance</i>) to develop and promote dancing for mental health in the workplace and elsewhere</p>	<p>2018-19 Sheffield</p>	<p>Collaborative development of dance routines / approaches with local dance teachers; Dance sessions at local businesses, social projects and city-wide events and festivals; Promoting dance through social media</p>	<p>The focus and experience in well-being approaches, along with £1k cash (match funding) from the RH grant, was used in a successful bid to the Arts Council to develop related work with the <b>South Yorkshire Youth Dance Company</b> for the next 2 years [2020-2022]</p>	<p><i>“These sessions were inspiring and energising for the participants in such a positive way both mentally and physically, it was such an amazing feeling to have been part of creating this effect for participants and also on us as practitioners.”</i> Julia, dance leader</p>

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<p><b>RAINBOW HERON ONLINE CHATROOM</b> Grant of £3,500 to Charly Calpin (RH Café Coordinator) for this pilot project to test the viability of a different means of providing social engagement and peer support in between the monthly café event, open to anyone (whether attending the café or not) and so potentially extending our social reach</p>	<p>2018-9 Sheffield/ online</p>	<p><b>Chatroom events over 1 year (?)</b> Originally weekly, then monthly (to alternate fortnightly with the café ) and trying out different chat platforms , formats (text only or video) topics and locations (eg the park, the kitchen) <b>Regular reports</b> (oral and written): on activities; interpersonal as well as technical issues; and <b>trustee discussion on developments</b></p>	<p>While we liked the activity and learned a lot from it ourselves, the uptake was low, with the result that we decided to suspend it after the pilot period. Reports of our experience are available for other interested groups.</p>	<p>What could we have done to make this more viable?  <i>UPDATE: With other activities suspended by the coronavirus, an opportunity to use our online experience to keep in touch with café users and other visitors, through a monthly online café early Sunday evening, where we played games and shared artwork, providing a low-key environment for sharing day to day difficulties and achievements</i></p>
<p><b>WORK IN PROGRESS</b> Grant of £5,000 to Jess Gibson to take her autobiographical show <b>Work in Progress</b> on the road to smaller alternative arts venues</p>	<p>2018-2019 Sheffield London[Camden] Halifax, Oldham, Birmingham, Doncaster, Barnsley</p>	<p>Paid work for Jess, her director and her technician;  9 Performances across 8 venues  Feedback forms from audience members on the night, indicating the positive personal impact of the show.  Networking with venues and health organisations</p>	<p>New relationships with venues and services Interest from health and education professionals in the show and the issues, in relation to their own work, clients, students etc Her show is listed on a university English reading list on Autobiography Confidence for Jess to continue developing her work</p>	<p>Jess was invited (and paid!) to perform her show at a <b>staff development event for Sheffield Health and Social Care Trust in 2019</b> While Jess had her team with her on the road, this was still a challenging experience and she appreciated contact and catch up chats</p>

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<p><b>SHEFFIELD MENTAL HEALTH ACTIVISM GROUP (now HUURD)</b></p> <p>A focus developing from the <b>RH Late Night Café</b>, with a day school organised in May 2018 with <b>Rosie Huzzard of Boot Camp</b> this new project took on an identity and purpose of its own, with an additional <b>£6,250</b> to Charly Calpin to develop the initiative</p>	<p>2019-2020 Sheffield</p>	<p>Small group of committed members developed</p> <p>A <b>Manifesto</b> developed and shared widely Regular meetings Free space for meetings gifted by Sheffield Fourish</p> <p><b>Social media – Facebook + Wordpress</b></p>	<p>Invited to pitch for support at <b>Sheffield Soup Dec 2018</b> and gifted £225 by other pitchers Invited to run an event under <b>2019 Sheffield Festival of Debate</b> (at the Art House)</p> <p>HUURD was intended to develop and continue independently in 2020-2021 but activities were suspended during lockdown</p>	<p><i>Love, patience and perseverance in the development of a new project with vulnerable members, developing group identity, purpose, cohesion.</i></p> <p><i>The time it takes for development.</i></p> <p><b>Flexibility and commitment from partners</b> (Bootcamp allowed a smaller group than usual to be included in their training programme)</p>
<p><b>YORKSHIRE SCULPTURE PARK</b></p> <p>Grant of <b>£7500</b> to the Education Centre at YSP to develop and deliver an engagement programme for young people connected to the Summer of Love Festival at YSP, exploring human relationships, understanding and love through creativity as a way to support wellbeing and expression of identity.</p>	<p>Feb – Sept 2022 Wakefield</p>	<p>Creative Workshops, Discussions, Students’ Work and Events featured in the YSP Summer Of Love.</p> <p>Participation of 3 community groups: Barnardos Positive Identities Group for young LGBTQIA+ people based in Calderdale, DEX for young deaf and hard of hearing people based in Leeds, and the Refugee Advisory Group supporting refugee families from Afghanistan, based in Leeds</p>	<p><b>International reach</b> of our work, via the YSP website and its many visitors from all over the world.</p> <p>Major impact on how YSP engage with young people in the future.</p>	<p>A relatively small grant with few strings attached can have a big impact in a large organisation.</p>

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### Additional Activities/ Products funded by the Rainbow Heron Small Grants Fund 2016-2021 to support and promote its work and spirit

Who What and Why – Activities Supported	When and Where	Outputs	Main Outcomes	Lesson Learning
<p><b>DORA'S BIRTHDAY GIG</b> Dora's friends Wez and Nel and their bands <b>Unkillable Clerics</b> and <b>Dyonisis</b>. To mark first anniversary of Dora's passing</p>	<p>12<sup>th</sup> February 2016 <i>The Shakespeare Pub, Sheffield</i></p>	<p>Great time was had by all. Rainbow Heron T-shirts and leaflets produced Money raised for one of Dora's favourite charities, Ben's Centre (supporting those suffering drug and alcohol problems)</p>	<p>The development of this event set the ethos and style of future work, including the public face of the Rainbow Heron activities, logos, leaflets and other merchandise, as well as its emphasis on transcendence and hope</p>	
<p><b>SPIRIT OF THE RAINBOW HERON.com</b> Website developed and maintained by <b>Hannah Morgan (Cognitive Dissonance)</b> as public record of our work Edited / managed by Patricia Daniel [Trustee] <b>£700</b> for webhosting till 2031</p>	<p>Summer 2016 <i>Ongoing online</i></p>	<p><a href="http://www.spirit-of-the-rainbow-heron.com">www.spirit-of-the-rainbow-heron.com</a>  The website has been a project in itself, underpinning all the other grants work</p>	<p>Annual stats show that the website is viewed by circa 3500 different visitors per year, from across the world.  <b><i>In February 2018 our website was archived by the British Library as an outstanding example of social sector work</i></b></p>	<p>Our work will be available for others to learn from in future.  From Jan 2021 managed and maintained by Tom Daniel</p>
<p><b>FIGHTING A HARD BATTLE</b> theatre production in commemoration of Dora; with a number Dora's close friends taking part; in collaboration with annual event <i>Sheffield Mental Health Week</i> and <i>Sheffield's Festival of Words</i>  Costs included fee for professional technical support</p>	<p>15<sup>th</sup> October 2016 <i>Studio Theatre, University of Sheffield</i></p>	<p>Very moving experience for all who took part / attended.  Original script drawing on Dora's life, work and writings, and including tributes from friends.  Event programme booklet with information about mental health as well as pieces from the show (design by Digiprint)</p>	<p>This event established Rainbow Heron as a recognised public entity in Sheffield Also established a process of collaboration with other organisations and events in Sheffield to help highlight and strengthen our work One journalism student who attended the show wrote about it in her blog and also based her final dissertation around the origin of the charity</p>	

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Design and printing costs to Digiprint for impact report for <b>Rainbow Heron Late Night Cafe</b>	April 2018 Sheffield	Document available online and is part of the RH imprint	Evidence of our approach, and lesson learning, available for other groups / organisations	
Design and printing of mutual support postcards to sell, share and send	?? Sheffield	<i>I/ You deserve support / care /love</i>	Trial to raise interest and support through simple merchandise. The cards were very popular	
Design and printing costs to Digiprint for postcards commemorating the City of Sanctuary mural project	2019 Sheffield	Postcards	Our way of keeping alive the artwork and sharing it more widely	
Donation to cover fees for local poets performing at Theatre Delicatessen for World Mental Health Day <b>£250</b>	October 2019	Local performances, opportunity to support local poets	Local voices as part of an evening which included a main performer from London: <i>“having local poets really helped open it up to people in the audience”</i>	
Support for printing costs for small poetry collection produced and written by CJ Delous <b>WORDS FOR GHOSTS</b> With artwork by D Archer Designed by A Grainger <b>£250</b>	December 2019 Sheffield	250 copies of the book to be sold or donated [online version also available via the author at <a href="http://www.wordsforghosts.com">www.wordsforghosts.com</a> ] Also registered with an ISBN via <i>Spirit of the Rainbow Heron</i> imprint	Just nice to have the opportunity to provide help with publication and publicity of artistic work related to our own mission	

### Additional Reference / Outputs

<https://rainbowheroncafe.wordpress.com/>

<https://hannahchutzpah.com/confidencetricks/>