

# Hope Haven Initiative (HHI)

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## **Project Plan: Wellbeing Circles – Community Mental Health Sessions**

Duration: August 2025 – November 2025

Location: Stuart House, Peterborough + Online

### **Project Overview**

Wellbeing Circles is a community-based mental health initiative by the Hope Haven Initiative (HHI) designed to offer safe, culturally inclusive, and emotionally intelligent group support spaces. The project will serve residents facing loneliness, anxiety, or emotional trauma—especially those affected by hardship and crisis.

### **Objectives**

- Improve mental health literacy among vulnerable residents
- Reduce emotional isolation and stigma
- Provide practical self-regulation tools and coping strategies
- Build community connection and peer support

### **Key Activities**

- 8 bi-weekly facilitated wellbeing group sessions
- Topics include anxiety, confidence building, loneliness, emotional regulation, mindfulness, grief, and hope.
- Distribution of toolkits and resource materials
- Final reflection and celebration session

### **Expected Impact**

- 60+ direct beneficiaries
- Improved mental health awareness and social bonding
- Better self-confidence and coping skills
- Referral to professional mental health services

### Estimated Budget (£1,100)

Category	Cost (£)
Venue hire & refreshments	£400
Facilitator (stipend/sessions)	£150
Toolkit materials	£100
Volunteer expenses	£250
Marketing & outreach	£100
Monitoring & evaluation materials	£100

### Volunteer Role Descriptions

#### Community Project Coordinator (Volunteer)

- Oversee scheduling, logistics, and communication
- Manage volunteers and facilitator coordination
- Track attendance, feedback, and impact data

#### Mental Health & Wellbeing Support Worker (Volunteer)

- Co-facilitate sessions and offer emotional support
- Support toolkit development and engagement
- Signpost to services and create safe spaces

#### Operations & Grants Officer (Volunteer)

- Track project budgets and spending
- Support grant applications and compliance
- Monitor project progress and reporting

### Organization's Governing Documents

- **Governing Structure:** CIO (Charitable Incorporated Organization)
- **Trustees:**
  - Lead Trustee: Experienced in project and mental health support
  - Trustee 2: Specialist in food distribution & logistics

- Trustee 3: Health & Social Care NVQ Level 3 holder

#### **Key Clauses:**

- Public benefit and community support focus
- No trustee receives remuneration
- Organization cannot take loans; committed to grant-based sustainability
- Food, mental health, and well-being are core areas of delivery

#### **Current Charity Operations Summary (2025)**

- Based on Operations: Stuart House, Peterborough
- Service Areas: Food distribution, mental health education, crisis recovery
- Delivery Format: In-person, online, and at beneficiary homes
- Partnerships: Working with local food banks, health practitioners, and community support groups
- Beneficiary Groups: Low-income families, people in crisis, socially isolated individuals
- Compliance: Voluntary roles only; transparent expense reporting and record-keeping in place

#### **Financial Plan & Grant Strategy**

##### **Income Strategy:**

- Primary source: Grant funding (local councils, mental health charities, trust funds, and public donors)
- Secondary: In-kind donations (space, refreshments, volunteer hours)

##### **Target Grants/Funding Bodies:**

- National Lottery Community Fund
- Cambridgeshire Community Foundation
- Comic Relief Community Fund
- Tesco Stronger Communities Grant
- Peterborough City Council Social Fund

**Financial Controls:**

- All spending reviewed by trustees
- Two-signatory approval for transactions
- Monthly reporting to board
- Annual submission to Charity Commission