

We are currently a Lincolnshire Coop Community Champion. In Spring 2021 we were successful with our bid to support mental well-being within the local community.

With the money received, in July 2021, we will expand our work to support the wider community, through photography. We are currently creating a programme, using photography as a tool to support the wider community, including individual support packages for people who may be struggling due to mental well-being issues.

The NHS identifies 5 aspects to good mental health:

Connect Be Active Take Notice Learn Give

By encouraging individuals to take photographs (camera, phone, or tablet) and then share and discuss them with others we feel we can address all the 5 aspects. No prior experience of photography is necessary.

Initially we will use Zoom meetings with individuals and groups while continuing our regular club programme. When conditions allow, this will be expanded into physical group meetings, exhibitions, visits, and photography mentoring for individuals to develop their skills.

For the 2021-22 Season we will be running various activities within the local area.

If you know anyone who would benefit from this type of support, we can be reached by emailing:

Email: axholmecchealth@gmail.com

Facebook: <https://www.facebook.com/groups/796297371291944/>