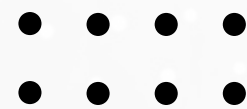


WELLBEING CREATORS

Using creativity, connection and lived
experience to support recovery.

www.lanarkshirelinks.org.uk



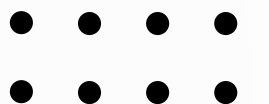
Purpose of this plan

This development plan sets out clearly and systematically how Lanarkshire Links will deliver the Wellbeing Creators project funded from the CMHWBF via VASLAN over the next 12 months.

It outlines the Why, What and How of the work, provides a realistic delivery timetable, and confirms how the awarded funding will be used.

The plan is grounded in our values as a peer-led organisation and reflects our commitment to co-production, participation and lived experience.

This is a practical working document that will guide delivery, monitoring and reporting across the year.



Our rationale

Wellbeing Creators exists because we know that creativity, connection and peer support play a vital role in protecting and sustaining mental wellbeing.

Through two years of piloting this work, members have consistently told us that:

01

The group reduces isolation and loneliness

03

Creative activity helps them manage their mental health

02

The space feels safe, non-judgemental and supportive

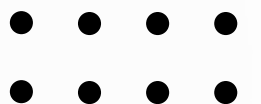
04

Being seen, heard and valued strengthens confidence and hope

Many of the people we work alongside are living with long-term mental health challenges, poverty, trauma, discrimination and social exclusion. Access to creative opportunities is often limited by cost, confidence or lack of provision locally. Without preventative, low-level support, people are more likely to reach crisis and rely more heavily on statutory services.

Our wider organisational purpose is to build a culture of mental wellbeing and prevention across Lanarkshire. Wellbeing Creators directly contributes to this by offering early intervention, strengthening peer networks and keeping people connected within their communities.

This project is not an add-on. It is a continuation and strengthening of work that has already proven its value and impact.



What we will deliver

Over the 12-month period, Wellbeing Creators will deliver:

- Fortnightly peer-led creative wellbeing sessions (approximately 24 sessions per year)
- Each session lasting around 2 hours
- Sessions hosted in accessible community venues across South Lanarkshire
- A focus on different creative approaches that have been planned by our members and include:

Neurographic art

Mandala Pebble work

Positivity Portfolios

Gratitude Lanterns

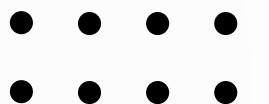
Carving into colour

Kintsugi bowl artwork

Journalling, poetry and storytelling

Each session will:

- Include a creative activity
- Create space for open, supported conversations about mental health
- Encourage peer connection and mutual support
- Provide a light lunch/refreshments
- Offer informal signposting where appropriate



What we will deliver

Participation and Volunteering

01

Participants will be supported to move into informal peer leadership roles

02

Volunteers with lived experience will co-design and co-facilitate sessions

03

The project will actively encourage people to build confidence, skills and ownership

Exhibition and celebration

01

A public exhibition of participants' work (planned for December 2026)

02

This will celebrate recovery, challenge stigma and encourage open conversations about mental health

03

A quarterly members meeting will be used as an additional opportunity to celebrate contributions

Creative outputs and legacy

01

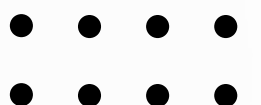
A printed magazine/book featuring artwork, writing and reflections from participants

02

A digital Padlet and website resource showcasing work

03

Opportunities for submissions from people unable to attend sessions (including via Peer Workers in acute wards)



How we will deliver this well

Ways of working

Our approach will be:

Peer-led: lived experience at the heart of planning and delivery

Trauma-informed: recognising safety, choice and empowerment

Co-produced: participants shape themes, activities and direction

Accessible: venues, pace and materials suited to diverse needs

Strengths-based: focusing on creativity, connection and hope

Promotion and engagement

We will promote Wellbeing Creators through:

- Social media (Facebook, Instagram, etc.)
- Lanarkshire Links website
- Flyers in community venues and partner organisations
- Word of mouth through our membership and networks
- Links with HSCP, peer workers and third sector partners

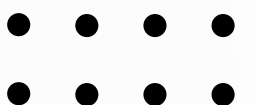
This will ensure we continue to reach people who may be isolated or not currently engaged in support.

Staffing and capacity

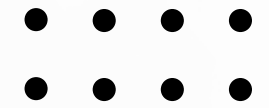
The Development Officer will use the additional 5 hours per week to:

- Coordinate and oversee delivery of the project
- Support volunteers and peer leaders
- Plan session content alongside participants
- Manage venues, materials and logistics
- Promote sessions and encourage engagement
- Provide light-touch one-to-one support where needed
- Gather monitoring and evaluation evidence
- Produce 6-weekly internal updates and contribute to funder reporting

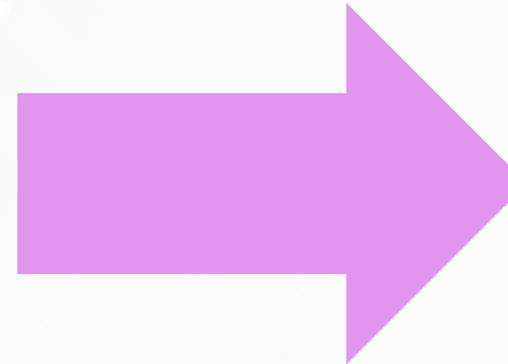
Delivery will be supported by volunteers and members with lived experience, maintaining the peer-led ethos of the work.



Delivery Timeline

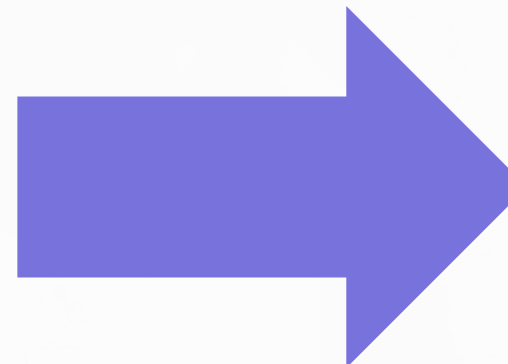


February – March 2026:
Set-up



- Book venues and session dates for the year
- Finalise initial planning of sessions
- Meet with existing volunteers and peer leaders
- Refresh our promotional materials and begin outreach
- Confirm evaluation tools (pre/post questionnaires etc.)
- Begin delivery of fortnightly sessions

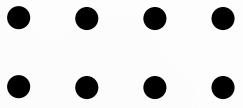
April – June 2026:
Embed delivery



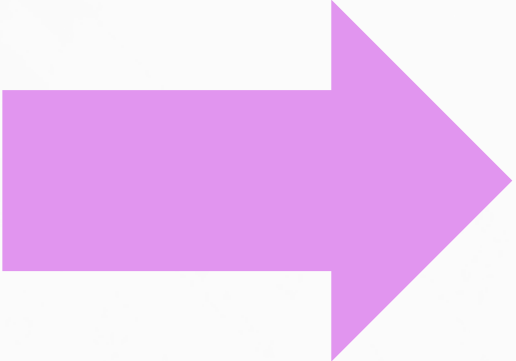
- Ongoing fortnightly sessions
- Continued recruitment of new participants
- Support participants to begin shaping future sessions
- Capture participant feedback and learning
- Identify potential contributors for exhibition and publication



Delivery Timeline

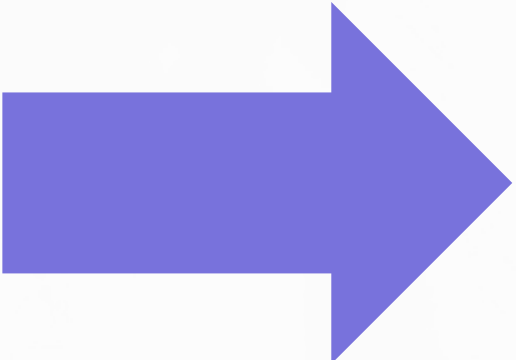


July – September 2026:
Development and
progression



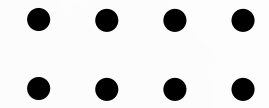
- Ongoing sessions
- Increased peer leadership within sessions
- Begin planning exhibition in more detail (venue, format, promotion)
- Gather artwork and written submissions
- Mid-point review of outcomes and learning

October – November
2026: Exhibition
preparation

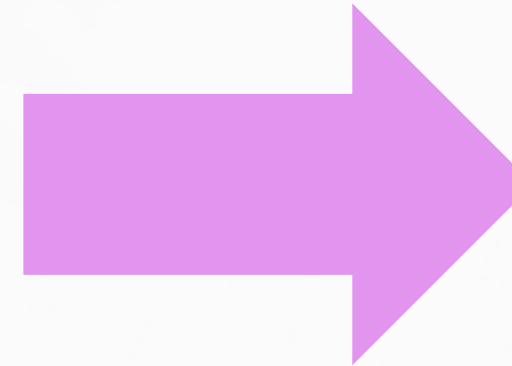


- Finalise exhibition venue and logistics
- Curate artwork with participants
- Design and prepare magazine/book content
- Increase promotion of exhibition to partners and public
- Continue regular sessions

Delivery Timeline



December 2026:
Exhibition and
celebration



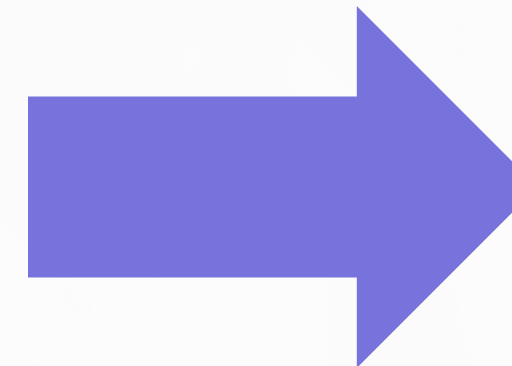
Deliver public exhibition in South Lanarkshire

Host celebratory event with participants

Capture feedback from attendees

Use quarterly members meeting to showcase work

January 2027:
Reflection & evaluation



Complete post-evaluation with participants

Gather final case studies and reflections

Produce internal evaluation report

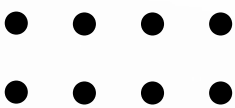
Review sustainability options with participants

Identify next steps and potential future funding opportunities

Outcomes we expect to achieve

These outcomes align directly with both Lanarkshire Link’s purpose and the priorities of the Community Mental Health and Wellbeing Fund.

Through this work we expect that:



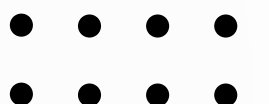
- People will feel less isolated and more connected
- Participants will report improved confidence and wellbeing
- Individuals will feel seen, heard and valued
- Peer relationships and informal support networks will strengthen
- Participants will feel more able to manage their mental health
- Stigma will be challenged through public sharing of lived experience and creativity

Monitoring and evaluation

We will take a proportionate but meaningful approach to evidencing impact, including:

- Pre- and post-engagement questionnaires
- Attendance and participation tracking
- Session notes and reflections
- Participant feedback (quotes, stories, learning)
- Case studies (where individuals consent)
- Social media and engagement data
- Feedback from exhibition attendees

This will allow us to demonstrate both quantitative reach and qualitative impact



Sustainability and next steps

Throughout the year we will actively explore sustainability rather than leaving this to the end. This will include:

01

Ongoing dialogue with participants about what they want next

02

Strengthening peer leadership to reduce reliance on staff input

03

Developing reusable online resources (Padlet, website content)

04

Exploring partnership approaches with local organisations

05

Identifying future funding opportunities where ongoing need is clearly evidenced

Any future development will continue to be co-designed with those who use the project.

Summary

This development plan reflects a project that is already rooted in real need, proven impact and strong relationships. Over the next 12 months, Wellbeing Creators will move confidently into its sustaining phase, offering consistent, meaningful, peer-led creative wellbeing support across South Lanarkshire.

The plan is clear, realistic and deliverable. It is built on lived experience, shaped by participant voice, and focused on making a genuine difference to people's lives.

