



Good Life Service- Muslim communities

Chai & Chat Project



September 2021 – August 2022





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Project overview

Background

CPSL Mind www.cpslmind.org.uk was one of nine local Minds across England to have successfully secured funding from Pears Foundation and the Department for Digital, Culture, Media & Sport (DCMS). This grant was awarded as part of Mind's Racial Equity Fund to go directly on the delivery of tailored mental health support to local people affected by mental health problems who are from racially minoritised communities.

This piece of funding was successfully secured in partnership with The Lantern Initiative (TLI). <https://www.thelanterninitiative.co.uk/> The Lantern Initiative is a Muslim-run grassroots Community Interest Company currently based in Peterborough. TLI are run mainly by volunteers. Objectives are to educate and raise awareness of mental health issues in the Muslim community, to help break down the associated stigma and to empower communities in seeking and accessing relevant support with their mental health and wellbeing.

Projects began in September 2021 running initially until May 2022 but extended to August 2022 and involved working in partnership with people with lived experience of mental health problems. Learnings from this project will help build national Mind's evidence base on effective mental health interventions for people from different racialised communities, helping make the case for more funding for culturally appropriate mental health services going forward.

Project Proposal

The Good Life Service Muslim communities project was focused on Muslim women living in the Peterborough area.

The original project brief proposed delivering weekly Good Mood Cafes and Calm spaces for Muslim women in local Peterborough venues. The sessions were planned to be facilitated in person by a CPSL Mind Facilitator and staff from TLI.

Good Mood Cafes and Calm spaces are established community-based wellbeing sessions offered by CPSL Mind's wider Good Life Service.

<https://www.cpslmind.org.uk/how-we-help/good-life-service/>

A key part of our proposal included the recruitment of Peer Designers to support with a piece of service design for the project using elements of the national Mind Service Design Toolkit. <https://www.mind.org.uk/workplace/influence-and-participation-toolkit/how/methods/service-design/>

Initial aims and outcomes of the project as set out in the proposal

The expected aims and outcomes of the Project were to:

- Recruit a group of Peer Designers from the Muslim community to co-produce and pilot ‘women only’ adaptations of the existing Good Life Service Good mood cafes and Calm spaces geographically located to meet the needs of Peterborough’s Muslim population.
- To expand on our existing Good Life Service to meet the needs of the Muslim community more effectively.
- To reach 30 unique individuals within the project lifespan.
- To provide a space to encourage positive mental health, wellbeing and empowerment including; reducing isolation and loneliness, providing peer support, increasing community and individual resilience, supporting prevention of mental health challenges and provide coping skills.
- For local Muslim women to feel more connected with local mental health services, increasing access to CPSL Mind and improve mental health awareness and wellbeing within the community.
- To take on board learnings from the project and share across the wider organisation and partners to help shape services going forward.
- To create a model which is sustainable within the community once the funding comes to an end.

Project Key Moments

As part of the project implementation and development, we completed the following:

Date	Task/Action	Outcome
September 21	Recruited 8 Peer Designers from the Muslim community.	Peer Designers recruited using our existing contacts within the Starting Well Project.
September 21	CPSL Mind and the Lantern Initiative completed a piece of scoping work to secure potential venues in Peterborough.	After approaching 5 different venues to discuss the project- Heavenly Desserts in the City centre was identified as the most appropriate.
October 21	Delivered workshop 1- a Good Mood café in existing format for Peer designers.	Took place at Heavenly Desserts- post session the Rapid Feedback tool from National Mind Service Design toolkit was used. - See appendix 1
November 21	Delivered workshop 2- a Calm Space in existing format for Peer designers.	Took place at the Eco Innovation centre- post session the Rapid Feedback tool from National Mind Service Design toolkit was used.
November 21	Delivered workshop 3- a reflective session for Peer Designers to bring all feedback and	Took place at the Eco Innovation centre- post session the Prototype Analysis tool from National Mind

	observations together in order to direct next steps	Service Design toolkit was used. – See Appendix 2 The feedback determined that a Calm Space was not necessarily needed and may not have high uptake but a weekly drop in café offering a chance for local Muslim women to make positive connections would be more relevant to the needs of the community.
November 21	Key staff facilitators were recruited from existing CPSL Mind and TLI staff teams to support project delivery.	Due to the tight turn around on this project, we did not have time to recruit externally.
November 21	Suggestions for project name were gathered from our Peer Designers which were then put out to a poll on The Lantern Initiative Facebook page for the Muslim community to determine the project name.	Chai & Chat- 9 votes Tea & Talk- 2 votes Good Mood café- 1 vote
November 21	Creative Brief was created for the communications team to support the launch of the project.	Key messages: 1. We are launching a new group in Peterborough for Muslim women in partnership with Lantern initiative- Chai & Chat 2. It is Mondays 1pm-2.30pm at Heavenly desserts in Peterborough, individuals can just show up no need to book. 3. Provides a warm and informal space for Muslim women to stay connected. A social space where it is ok not to be ok but after attending we hope they feel more part of a connected community.
November 21	Poster and digital assets were finalised.	See Appendix 3
November 21	Drinks discount agreed with the venue	20% discount on all drinks and menu items agreed with the venue.
November 21	Chai & Chat was launched	First group launched 15 th November and was facilitated by CPSL Mind and The Lantern Initiative staff.
December 21	Story telling templates used to collect feedback from attendees.	See Appendix 4
January 22	Using the project underspend, we agreed to pay for attendees first drink at every session to reduce barriers of attendance due to financial hardship. The venue also added a further discount to support the project.	25% discount on all drinks and menu items agreed with the venue as well as attendees first drinks at each session being paid for. Numbers started to steadily rise from this point onwards.
January 22	Advert promotion on Salaam radio along with Starting Well project.	One 60 second advert Running for 1-month 24/7 every 3 hours minimum.

March 22	Story telling templates used to collect feedback from attendees.	See Appendix 4
March 22	Training for group attendees was booked via the CPSL Mind training team.	The aim of the training is to support the group with ongoing delivery once the project has ended and invest in sustainability of the project.
April 22	Change in delivery due to Ramadan and Eid	After obtaining feedback from attendees 2 sessions were cancelled and 2 sessions were moved to a private space at the Eco Innovation centre in Peterborough to ensure that the group was held away from food and drink.
May 22	Story telling templates used to collect feedback from attendees.	See Appendix 4
May 22	Project extended to August 22 due to later start on the project- underspend of project was utilised.	This allowed us more time to discuss future of the group post funding- Our Good Life Fund staff came along to a session to introduce the group to the fund and how to apply.
June 22	Mental Health Awareness training was delivered to group attendees by the CPSL Mind training team.	6 individuals attended
July 22	Positive conversations training was delivered to group attendees by the CPSL Mind training team.	10 individuals attended
August 22	Final Project steering group met to plan next steps.	
August 22	Agreement put in place with Heavenly desserts for the group to continue running their group with the discount in place.	CPSL Mind/ TLI to fund an additional 3 months of drinks using the budget underspend giving time for the group to apply for the Good Life Fund if they wish.
August 22	Last Chai & Chat session was facilitated by CPSL Mind and TLI- sessions will now be run independently by the group.	
September 22	A Reflective Practice session was delivered to group attendees by the CPSL Mind training team.	3 individuals attended- feedback suggested that the attendees gained a lot from the training and were keen to continue with Chai & Chat as well as exploring setting up an additional group.

Key Project Outputs and Outcomes

Total number of Chai & Chat sessions held:

37

Total hours of support delivered:

55.5 hrs

Total number of unique individuals supported through Chai & Chat:

70

Total number of attendances:

254

Of 15 individual Story Telling Templates completed:

Attendees described the sessions as making them feel:

Happy Relaxed Good Supported Connected Positive Energetic
Welcomed Uplifted Comfortable Safe Peaceful.

100% would recommend Chai & Chat to others

75% wouldn't change anything about the sessions

Evaluation & Impact

Challenges of delivery:

- The project took longer to set up than anticipated so this put us back by 1 month. Due to the short turn around, we were unable to recruit externally so needed to pull on existing resources for staffing.
- Attendance figures went through peaks and dips- feedback indicates that this could have been due to an increase in local Covid cases at the end of 2021- we have also experienced staff members having to self-isolate due to Covid 19. During April we also ceased the sessions during Ramadan which saw numbers dip for this month.
- Our facilitator from CPSL Mind left her post during this period and had already built-up positive relationships with both our partners and the attendees. Due to the short-term nature of the project, we could not recruit externally so pulled resources from existing services in order to cause the least amount of disruption to the project.
- Due to the 'drop in' nature of the project- impact stories were sometimes difficult to collect depending on the presentation of attendees that day.
- Through our sessions early on we learned that the offering may not be inclusive of those experiencing financial hardship and therefore would not be able to buy a drink so have been able to use our budget to pay for attendees first drinks at the session. The venue has been incredibly supportive and have also given attendees a discount.
- The number of attendees booked on the training and the turnout were lower than expected. We had space for 15 individuals on each training session. There were 2 ladies interested in committing to supporting with Chai & Chat or applying for Good Life funding to extend the project. This indicated lower levels of commitment to the sustainability of the project than anticipated.

Positive outcomes:

- Facilitators have really enjoyed the delivery of this project and it has been a meaningful piece of partnership work which has exceeded our initial planned reach.
- Within the café setting we were surprised at how open and supportive the ladies were of each other and many attendees bought family/friends with them who they felt might also benefit. The attendees were also thinking about the project longer term and once the project comes to an end they are keen to apply to our Good Life Fund in order to keep the group sustainable longer term in the community as well as setting up an additional group.
- Our partnership with The Lantern Initiative has been very successful with both organisations consistently co facilitating sessions together. The speed at which CPSL Mind and the Lantern Initiative worked together has been incredibly positive and were able to set up this project so quickly using internal resources from both organisations.

- The Heavenly Desserts venue has worked very well. It was found to be a clean and inviting space, and all situated on ground level which was great for buggies. Seating space allocated to Chai & Chat every week was at the back of the cafe and set back from the front entrance which added a layer of privacy.
- The promotion for the project has been successful including 2 radio segments on Salaam radio, internal and external communication and investment from local NHS staff and Healthwatch to help promote us.
- Our target was to reach 30 unique beneficiaries and as of 31st August 2022 we have reached 70 unique beneficiaries.
- The group have attended 3 training sessions to help upskill and give confidence to continue the group independently.
- With support from our peer designers, the project was able to take a different shape from the proposed plan. The peer designers were able to offer their knowledge and lived experience to help us provide something that was genuinely needed within the Muslim community.
- We used feedback from the attendees to help continue to shape the project including a target specifically on financial poverty and ensuring that this was not a barrier to access. To ensure that individuals were not financially excluded; we used the budget to pay for individuals first drink with support from the café who also offered a 20% discount on top of this.
- The support we had from local NHS and voluntary sector colleagues also exceeded our expectations and we had contact from local primary care mental health staff wanting to join for them to help promote more widely.
- Longer term friendships and support networks have been built through this project.
- The project has enabled Muslim women in Peterborough to connect with others face to face throughout the pandemic. This has reduced isolation, increased positive social connectivity, and enabled us to learn as an organisation more about our Muslim community in Peterborough and how we might adapt existing services e.g., ensuring that a prayer space is available.
- The funding for this project was incredibly valuable and although the project had a short turn around, the option to extend for three months was given. This three-month extension allowed us to offer training to attendees, put them in touch with other funding streams and support them to continue running this group independently for the foreseeable future.

Key Learnings:

- It was fed back in the design stage that a café type space where Muslim women can come together and connect without it being a specific mental health space would be incredibly valuable. This should be a safe space, non-judgemental, a place of acceptance, connecting the community, about empowerment and sisterhood. This should be open to Muslim women across adult generations and may need targeted promotion to reach younger women in the community. Specific 'mental health language' should also be avoided to keep the space more informal and reduce barriers to access.

- It was feedback that a more structured session introducing techniques to be calm and present in the moment could be beneficial but perhaps not as well attended as a café space. We learned that a conversational element may be helpful as well as introducing Islamic content such as prayer. A space where individuals can sit on the floor may be more appealing so the purchase of additional materials such as yoga mats would be essential. The group felt that the calm space needs more thought and input from ladies attending but is not a priority for this project.
- The Lantern initiative put out the name of the café as a poll on social media with 3 options- the public voted for Chai & Chat as the name of the sessions. We learned that asking for the public opinion to help name these sessions directly from the Muslim community may have helped in making the space more accessible.
- The café format worked well, no specific structure but conversation starters can help to bring the focus back if needed. Leaflets on the table such as information about the Good Life Fund also created conversations about potential to apply. Peer designers brought friends to the workshop, so we had a wider reach. Engagement levels were quite low to begin with - there were several sessions where we had 1-3 ladies and a couple of sessions where nobody attended.
- Individuals told us that a regular space to be able to come and talk to other women in a confidential, non-judgemental space was really what they valued most.
- We have learned that cost of drinks may be a barrier- although we initially secured a 20% discount with the venue, we were able to support with a tab so that individuals can get their first drink free. This may have decreased financial barriers to access.
- As the project was short term and delayed starting, we were not able to recruit externally due to time pressures. This meant using existing staffing resources. Our CPSL Mind facilitator also left her post early on and again we needed to pull on existing resources. A key learning is to ensure that all preparation time/ recruitment time is factored in prior to project delivery date.
- Our approach around the co-production of sessions and support from peer designers has proved invaluable and as a result are able to offer something that meets the community need.
- The use of Peer Designers/ service design model is something we should aim to embed in all new projects.
- We learned that we needed to factor in key celebrations and planned a different delivery around the month of April and Ramadhan. The learnings we took from the Lantern Initiative were incredibly valuable around this time to support delivery in a respectful and inclusive way. Feedback from attendees also informed our plans during this month and we hired private spaces which do not offer food and drink to support those who are fasting. This has also informed us of how our other activity may need to be readdressed during this month across different services.
- Promotion within the Muslim community both formal, informal/ word of mouth has been important. Many hear about the session via others in the community and this is a key learning we can take forward regarding wider promotion of

services. Trust is vital so promotional materials are not enough and ideally, we need to be going out into the community to promote face to face. Using existing events in the community has been helpful but word of mouth has been most powerful.

- Posters created by The Lantern Initiative for the Chai & Chat sessions were shared consistently across local social media pages such as Peterborough Women's Association, Community First, Muslims of Peterborough, and TLI social media platforms such as Facebook and Instagram.
- Conversation Prompts were not always used as the team did not feel they were needed at each session. The session facilitators approached attendees directly at each session, initiating conversation and welcoming new attendees. This friendly personalised approach served to benefit the attendees in several ways as evidenced in the feedback.
- Impact stories have been more difficult to collect in an informal setting so what may be helpful looking at similar projects is the option to contact individuals outside of sessions with their consent to capture more detailed impact stories.
- We learned that we could have used a different method of promoting the training sessions, maybe also promoting outside of the Chai & Chat sessions.

Overall reach:

Within the lifespan of the project, we reached **70 unique individuals** within the Muslim community in Peterborough. Our initial target was 30. We also saw individuals travelling from other districts across Cambridgeshire which showed there were gaps and potential need in those localities.

Co-production:

We believe that this project was so successful due to the Co-Produced elements with women in the Muslim Community. This involved the support in shaping of sessions from the Peer Designers, the collaborative approach of CPSL Mind and the Lantern Initiative and continuing to shape and inform session delivery with the input of group attendees.

Timing of project:

This project was very short term, and the funding did not give time for the Service design as a separate piece of work which then had to factor into the delivery time period. With all future funded work, having a designated time for planning and design would be extremely beneficial. The project was given a 3-month extension by the funders which then allowed us to complete the project fully and more effectively support the sustainability of the project longer term.

Attendance rate:

The attendance rate exceeded expectations most weeks. We did notice some dips in attendance between late November 2021 and early January 2022 where locally we experienced a rise in Covid-19 Omicron variant cases. The other dip in numbers came in April 2022 in line with Ramadan and Eid which we expected and prepared for with support from attendees.

Across the lifespan of the project, the average attendance per session was 7 individuals and in July 2022 we experienced the highest number of attendees with **30 individuals** attending a single session.

Regular attendees:

From the very beginning of the project, we had a cohort of regular attendees, some of whom were from our initial group of Peer Designers.

Each session we had an average of 5 regular attendees and 2 new attendees.

We experienced that our regular attendees often introduced the group to friends/ family members which helped increase numbers of attendees.

Engagement from external agencies and partners:

Throughout the project we continued to promote through external agencies and partners. We had several staff from external agencies who came to visit the sessions to better inform their colleagues and individuals they were supporting about the Chai & Chat project.

These included Peterborough Primary Care Mental Health workers, Local GP, Healthwatch, Cambridge rape crisis workers and NCT staff and volunteers.

Sustainability:

One of our key aims within this project due to its short term nature was to ensure that the project could be sustainable without CPSL Mind and The Lantern Initiative long term.

Over the project lifespan we have completed the following to support sustainability:

- The project was Co-produced with individuals in the Muslim Community to ensure that it met the needs of the population.
- Built a positive relationship with the venue Heavenly Desserts whose values aligned with our own. This meant that we could offer low-cost drinks to attendees and bring in business for the café. The success has meant that the venue are happy to continue offering a discount to the group after the project end.
- Used some of the budget to offer 3 training sessions to individuals attending the group including Mental Health Awareness, Positive conversations, and a Reflective Practice session. This has enabled us to better equip attendees for the longer term running of the group as an independent group.
- Introduced the Good Life Fund during the group sessions including a visit from a member of the Good Life team who spoke in depth to attendees about the fund, how to apply, what to expect and how the group would be supported through the application.
- We used some of the budget underspend to fund a free drink per attendee each session from September 2022 to November 2023 to allow for the group to apply for the Good Life Fund.

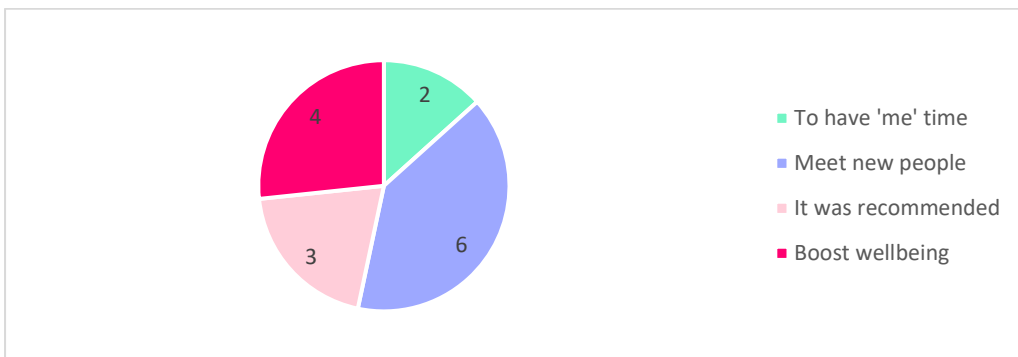
- CPSL Mind and The Lantern Initiative continue to have close links with the group and both organisations can support with longer term signposting to the group from other internal projects.

Feedback

Feedback was collected on a quarterly basis via the National Mind Story Telling Template. These are open text forms completed anonymously encouraging individuals to give open and honest feedback about their experience accessing the service. These could either be completed during the session or taken away to complete in their own time.

The results were as follows:

1) Why did you come to Chai & Chat?



2) What do you like about Chai & Chat?

Main themes taken from survey answers:

- The sessions are informal
- Interesting and different discussions every session
- The opportunity to meet new people
- Supportive environment
- Relaxed atmosphere
- Sharing experience in a safe environment
- Can be myself

3) How does Chai & Chat make you feel?

Main themes taken from survey answers:

- Happy
- Relaxed
- Good
- Supported
- Connected
- Positive
- Energetic
- Welcomed
- Uplifted

- Comfortable
- Safe
- Peaceful

4) Would you recommend Chai & Chat to someone else?

100% stated Yes, they would recommend Chai & Chat. Here are some of the reasons why:

- It makes you feel not alone
- It makes you feel happy
- There are not many places for us Muslim women like this
- Great atmosphere
- Very welcoming
- You can make new friends
- It's a safe space
- It's a supportive group
- Connecting with other Muslim women
- Helps women to discuss their mental health in non-judgemental environment

5) Is there anything you would change about the Chai & Chat sessions?

Main themes taken from survey answers:

- Place for parking
- Creche facilities provided
- Outdoor sessions in the summer
- Specific topics for discussion
- Option of earlier sessions

“I have only come to my first session but feeling relaxed and at ease and enjoyed passing on my life experiences”

“The ladies are lovely and it's nice to meet new people. It makes me feel like I can get up and have some adult conversations.”

“I like that I can meet other mums and I can talk to people about my struggles and just generally socialising helps my mental health.”

“It's well attended and always enjoyable company and conversation. I always feel welcomed”

Attendee Feedback



“There is a need for a space like this for women in the community!”

“I would definitely recommend and have been doing so to my friends”

“I feel fresh and very positive after attending. I feel full of energy and the rest of the day goes smoothly.”

Feedback from delivery team and Partners

“We have absolutely loved working with CPSL Mind and our local community on this project. It has been beautiful to see the group of attendees grow in number over the past year and to observe the impact of this tailor-made service.

It is vital to plan services which take faith and cultural needs into account, and we hope to use the learnings from Chai & Chat to help us plan for many more community projects in the future.

A massive thank you to all of our delivery partners, our local community and especially to Heavenly Desserts for supporting a much-needed project!🙏

Safura Houghton- The Lantern Initiative (Managing Director)

“The ability to host these sessions has meant we can in a small but some way contribute to the community achieving good mental health.

I hope the sessions have given the participants an opportunity to start conversations, build relationships and improve well-being.

We are happy to extend an exclusive 25% discount for drinks for any other community group

We remain open to any future partnership with CPSL Mind and the Lantern Initiative.🙏

Imran Ali- Heavenly Desserts Peterborough

“I have thoroughly enjoyed playing a part in the evolution of this project.

The funding via the Pears Foundation and the Department for Digital, Culture, Media & Sport (DCMS)/ National Mind has enabled us to set up a truly unique project with our partners at the Lantern Initiative.

This has enabled us to Co-Produce and ‘test out’ a service for the Peterborough Muslim community and has proved to be a real success which we can now take the learnings from and implement into other areas of the work we do in order to better serve our population across Cambridgeshire, Peterborough and South Lincolnshire.

The staff facilitators have been key in the success of this project and have approached each session in a values led way.🙏

Chloe Humphrey- CPSL Mind (Deputy Head of Services)

“What a privilege it has been to work with these welcoming, caring and inspirational women and also with the Lantern Initiative as a great organisation. Thank you so much for giving me this opportunity to get to know the women who are part of the Chai & Chat group, to learn about their faith and how it shapes their lives and to work with them.”

Anne Streather- CPSL Mind (Trainer)

“I have loved being able to help facilitate Chai & Chat sessions, it's been such a pleasure to witness how the sessions became very much self-sustaining and building rapport with the other women has been so helpful to my own wellbeing as well.”

Zainab Ahmed- The Lantern Initiative (Chai & Chat Facilitator)

“I have loved being a co-facilitator of Chai & Chat. The sessions allowed me to be part of a service that provides a space for Muslim ladies of all ages to connect, build relationships and have conversations about improving and maintaining wellbeing. Many of the ladies who attended Chai & Chat hadn't previously given time to themselves and the sessions gave them an opportunity to practice a little self-care, which in turn (many said) energised them for the coming days.

Special thanks to Imran and all of the staff at Heavenly Desserts who have always been welcoming, friendly and supportive, to the extent that they even would rearrange furniture for us to accommodate our ever-increasing numbers!

I'll miss being a part of Chai & Chat going forward but am so proud to have been a part of this successful project and wish the ladies under whom the service is continuing all the best in taking it forward and making it even better than before!”

Mumtaz Rajabali- CPSL Mind (Chai & Chat Facilitator)

“Chai and chat has been a wonderful experience. Being able to be part of such a communal space where people came together purely to support each other and connect has been enriching. I've learnt so much in the time I've been supporting Chai and Chat and have really seen it blossom.”

Sam Morris- CPSL Mind (Chai & Chat Facilitator)

Conclusions

The Chai & Chat Project has been a 12 month project developed and delivered by CPSL Mind in partnership with The Lantern Initiative achieved with funding from Pears Foundation and the Department for Digital, Culture, Media & Sport (DCMS).

This grant was awarded as part of Mind’s Racial Equity Fund to go directly on the delivery of tailored mental health support to local people affected by mental health problems who are from racially minoritised communities.

The aims of the project were to increase connectivity and wellbeing for women within the Peterborough Muslim community taking inspiration from our existing Good Life Service.

The key outcomes for the Chai & Chat Project have been met successfully (see table below), with learnings for us to take forward and embed within existing services and new projects. The impact of the project has been demonstrated through the feedback from attendees and the project team as well as project outputs and outcomes.

Outcome	Met	Evidence
Recruit a group of Peer designers from the Muslim community to co-produce and pilot ‘women only’ adaptations of the existing Good Life Service Good mood cafes and Calm spaces geographically located to meet the needs of Peterborough’s Muslim population.	✓	Piece of service design completed with 8 Peer designers from the Muslim community. Rapid Feedback and Prototype analysis used to capture feedback and shape the project.
To reach 30 unique individuals within the project lifespan.	✓	Exceeded- 70 unique individuals reached. Captured by recorded log of attendance of repeat attendees and unique attendees at each session.
To provide a space to encourage positive mental health, wellbeing and empowerment including; reducing isolation and loneliness, providing peer support, increasing community and individual resilience, supporting prevention of mental health challenges and provide coping skills.	✓	Qualitative evidence in the form of attendee feedback shows that this outcome has been met.
For local Muslim women to feel more connected with local mental health services, increasing access to CPSL Mind/ TLI and improve mental health awareness and wellbeing within the community.	✓	Qualitative evidence in the form of attendee feedback shows that this outcome has been met along with mental health awareness training completed by attendees.
To take on board learnings from the project and share across the wider organisation and partners to help shape services going forward.	✓	The evaluation shall be shared, and learnings have already been implemented within our Starting Well project which also ran in partnership with The Lantern Initiative. We shall be capturing ED & I snapshot data within our Good Life Service Good Mood cafes to better understand

		which communities we are currently reaching and expand on that.
To create a model which is sustainable within the community once the funding comes to an end.	✓	Group is continuing to run post project end and will be applying to the Good Life Fund to continue the group and also set up an additional group around bereavement for the Muslim community.

The Chai & Chat Project experienced a high number of attendees from the Muslim Community as well as attracting attention from other local providers wishing to find out more and signpost to the group

Feedback from attendees indicated an increase in wellbeing, the building of positive connections within the community and highlighted the need for this group.

A strong partnership between The Lantern Initiative and CPSL Mind has been built on as a result of this project, leading to a clear commitment from both organisations to develop our other partnership projects and implement our learning from Chai & Chat going forward.

Appendix 1

Rapid Feedback form used in workshops 1 and 2:

What you like about the idea?	
What you don't like about the idea?	
How would you suggest improving the idea?	

Appendix 2

Prototype analysis tool used in workshop 3:

Prototype Name: Good Life Service- Muslim Communities	
What have we learned?	
What worked?	
What didn't work?	
What questions were answered?	
What surprised us?	
What did Participants Value the most?	
What do we need to learn now?	
What new questions did this bring up?	
What other aspects of the idea still need to be tested?	

Appendix 3

Chai & Chat Poster also used as digital asset




LANTERN

Chai & Chat

Stay connected with other Muslim women and look after your wellbeing. Share interests, skills and boost your mood!

Join us at Heavenly Desserts Peterborough for these warm and informal get-togethers over a cuppa

No booking required, just turn up!

Every Monday 1-2:30pm
with exception of bank holidays

(One free drink each per session)

For more information email
salam@thelanterninitiative.co.uk

 mind CPSL

*Please note these sessions will run up until the end of August 2022

Appendix 4

Story Telling template to capture feedback from attendees



Story template: Chai & Chat

Please talk to CPSL Mind/ The Lantern Initiative staff before you complete this, as they'll need to tell you more about what it is and how it will be used. Completing this is voluntary, and your answers will be anonymous.

Why did you come to Chai & Chat?
What do you like about Chai & Chat?
How does Chai & Chat make you feel?
Would you recommend Chai & Chat to someone else? Why?
Is there anything you would change about Chai & Chat sessions?

Thank you. Please give this back to CPSL Mind or The Lantern Initiative staff.

End-