

## Support for Older People, Vulnerable Adults and Carers Project Summaries

### **Learn to play flat green bowls - New Herrington WM Bowling Club**

The project will enable vulnerable adults and carers in New Herrington area, as well as the community's older residents, to take part in an outdoor sport, supporting and promoting the long term health and wellbeing of participants through regular physical activity. Residents and carers of the Flighter's Home New Herrington will take part and there is also interest from other homes. The project will cement continuing constructive links within the community. The aim is to teach game rules, bowling technique and protocol in a relaxed friendly environment, making the sport fun, enjoyable, promote fair play and competition. The project will be delivered one or two afternoons per week (depending on demand) from April - September, culminating in a end of season competition for those who have participated. The project will be delivered by existing club members and volunteers to enable the project to be sustainable. Funding will contribute to the purchase of several set of bowls, sports shoes, rubber mats and other essential equipment necessary to play lawn bowls.

The total funding requested is **£3,300**

Recommendation from People Board: **Approve**

### **Last of the Summer Wine on the Allotment – HRCAP (Houghton Racecourse Community Access Point)**

The project is a designed to provide sessions on HRCAP Community Allotment for older people to participate in and enjoy. The funding will allow the employment of a sessional gardener to be on site to open the allotment, supervise the sessions help people accessing the sessions and also to educate users on gardening methods and procedures on site. As well as giving older people the opportunity to get out of the house and learn gardening, the project aims to help them avoid social isolation by meeting new people and develop new friendships. Users will be encouraged to access other activities within the main Access Point building including the computer suite with state of the art computers and bingo sessions. The project will also encourage users to access Easington Lane Community Access Point who also have activities on offer thereby encouraging them to discover any other services available to them. On a physical level the gardening sessions will provide exercise for users and encourage them to use the produce to make more healthy meals with produce they have grown themselves a further benefit to their health and well being. The funding will pay for 72 weeks of sessions (x2 per week). Volunteers will support all activity. Transport and other costs will be funded by the project who will work in partnership with ELCAP, Herrington Burn YMCA, Cherry Tree Gardens and Bramble Hollow.

The total requested is **£5,040**

Recommendation from People Board: **Approve**

### **HOPE Social - Houghton Older People's Enterprise (HOPE)**

The group has 75 members, with approximately 60 attending every week. Meetings are held in Houghton-le-Spring with a total of eleven dedicated, unpaid volunteers. The aim of the project is to improve and deliver social activities which are caring, creative and fun for elderly people. By working in partnership with statutory and voluntary organisations to improve educational, health and social leisure opportunities, the project reduces social isolation and provides stimulating activities. Members receive refreshments, discuss relevant business and celebrate birthdays of members. A speaker or musical entertainment is delivered each week and once every six weeks a social outing is arranged. The project strives to make this meeting a welcoming, friendly and educational environment. Feedback received is that it is fully enjoyed in a caring atmosphere. Most members are over the age of 75, both men and women, and the majority live alone. The project enables members to find friendship, a feeling of belonging, and be uplifted from interesting speakers and excellent entertainers. Members pay £3 per week. The funding will help to support activities for 12 months.

The total requested is **£1,000**

Recommendation from People Board: **Approve**

### **Real Aid Project - Easington Lane Community Access Point (ELCAP)**

The project will coordinate an activity programme that will include some centre based (Gardening Programme, Heritage and Digi Lounge) and some home support (such as those recently discharged from hospital needing temporary support with shopping, transport etc.. and those who do not engage with local services or activities) to residents within the Coalfield area across all wards. Residents supported in their home will be encouraged to try something new to reduce their social isolation. Activities on offer at ELCAP include snooker, gentle exercise, banner group, male voice choir and community learning. The project will work in partnership with existing services to support all who access support e.g. SHARP in the Shiney Row Ward, the Bethany Centre in Houghton and the Hetton Centre. A leaflet will be produced to promote local support and activities and will be distributed to GP surgeries and walk in centres. The project will use its existing good partnership work to develop a clear understanding of what support is on offer. The project will use trained volunteers (14 at present) and work with the New Dawn befriending service. Drop in sessions will be provided once a week to support people to break down barriers and make new choices as well as friendships and learning opportunities. This will be in the Heritage room at ELCAP which has been found to be a great ice breaker as there are so many photographs that get people talking and often the starting point to getting involved. It is anticipated the project can support 40 plus at each session and telephone support will also be offered.

The funding will pay for room hire, resources and co-ordinator time for a period of 12 months. Match funding of £2,000 is identified and funding to sustain the project is being sought. Volunteers and existing staff will support the delivery of the project.

The total requested is **£3,500**

Recommendation from People Board: **Approve**

#### **New Dawn@Central Point - Hetton New Dawn Group**

New Dawn Befrienders provides companionship for isolated people, the chance to develop a new relationship, and opportunities to participate in social activities. The project complements other services delivered by Hetton New Dawn, other community organisations and by statutory services, and is not a substitute for home care or other ongoing support. The befriending clients are mainly older people living across the Coalfield area. The organisation has 38 volunteers in total and 12 volunteers for this particular project. New Dawn is working to develop and expand their services in the Easington Lane area to engage with older people and vulnerable adults in activities to improve their wellbeing. A drop in centre for those living in the area and need a 'helping hand' and provision of a hot meal once a week are currently being developed. More volunteers are being recruited and trained and more partnership working is taking place. Support available includes transport e.g. escorting people to hospital or doctor's appointments or taking them shopping, providing a temporary shopping service for those who are feeling unwell and need basic provisions, supporting the elderly or frail who are unable to get out during spells of bad weather and visiting those who would benefit from some companionship. The aim of the project is to support residents to remain independent within the community.

The funding will enable to project to develop and provide additional services over a 1 year period. £7,100 match funding identified

The total requested is **£5,000**

Recommendation from People Board: **Approve**

### **Houghton Feast Opening Ceremony**

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total SIB requested</b>
£15,971	£6,971 (remaining from 2012)	£9,000

#### **The Project**

Houghton Feast 2013 will begin with an opening ceremony on Friday 4 October. The theme will be 'all the fun of the fair/fayre' and will incorporate events and activities to celebrate the history and traditions of the fairground and local food and drink.

The Friday opening ceremony will build upon the success of last year's event where a musical spectacular saw the reintroduction of the 'tattoo' with local bands, community groups and schools participating in music workshops in the lead up to the 'feast' and all taking part in the ceremony itself.

Community groups and schools will take part in arts workshops where they will design and make fairground related exhibits, or in music workshops where they will learn and rehearse music pieces to play at the opening event.

The remaining budget from the 2012 event will be utilised and a request for £9,000 to add to this is requested. The lead agent for the project will be the Coalfield Area Community Officer, on behalf of the Steering Group. The Area Community Officer is part of the steering group and the programming group and will work closely with the newly formed Sunderland Live events company.

**Recommendation: Approve**

### **Kirklee Field – Access to Mobile Youth Activities**

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total SIB requested</b>
£13,230	£6,221 (SIP)	£7,009

#### **The Project**

The SIB funding will pay for access to and hardstanding at Kirklee Field play site at Houghton Racecours Estate to enable the mobile youth bus and associated equipment to be sited at the location on a regular basis. The access will be improved and a tarmac road 4m x 30m will be installed. Due to the soft surface of the field, the depth of the foundation will need to be sufficient to withstand a vehicle with a width of 10' 4" and length of 28' weighing 7.5 tonnes.

The XL youth team have encountered problems providing this facility in the area due to lack of a suitable area. A variety of locations have been assessed over the last few years and the tarmac will provide a much needed solution to giving young people an opportunity to participate in positive youth activity which is not currently available.

**Recommendation: Approve**

### **Love Where You Live**

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total SIB requested</b>
£10,000	£0	£10,000

#### **The Project**

The SIB funding will enable the successful Love Where You Live campaign to be expanded and delivered in a planned way. To date, the Area Response Manager, Area Community Officer and Area Committee members, officers and partners have arranged and co-ordinated a wide range of events and improvements as part of the Love Where You Live Campaign. During 2011 and 2012 over xx programmes took place with local community groups, schools and partner organisations including stream clearing, litter picking, tree planting, pruning and planting of shrubs, bulb planting and environmental education events. The SIB fund will provide a project fund to allow equipment, materials and horticultural items to be purchased to expand and enhance the scheme.

Educational events for local schools will also be developed including 'a day in the life of ...' to show young people the consequences of fly tipping, littering, graffiti and dog fouling. The creation of this fund will enable larger, more meaningful projects to take place by investing a small amount of funds. The project will be delivered using a partnership approach with the VCS Network, Gentoo, Groundwork, SNCBC and local schools being involved. The project delivery will be the responsibility of the Area Response Manager and will be managed by the Area Community Co-ordinator. Regular updates will be given to both the Place and People Boards to gain their input and suggestions.

Although there is no match funding, the environmental improvements will be carried out in partnership with volunteers and local groups, maximising the funds available by providing in-kind support.

**Recommendation: Approve**