

**EAST SUNDERLAND AREA COMMITTEE  
16 MARCH 2015  
EXECUTIVE SUMMARY SHEET – PART I**

**Title of Report:** Area Budgets Report

**Author(s):** Chief Executive

**Purpose of Report:**

This report requests Area Committee consideration of proposals for the allocation Strategic Initiative Budget (SIB) and note allocations awarded Community Chest grant.

**Description of Decision:**

The Area Committee is requested to note and approve the following:-

- (a) Note the financial statements, as set out in sections 2.1 and 3.2.
- (b) There is £177,996 SIB 2014 / 2015 in the budget. Project proposals (**Annex 1**) total £177,149. If recommendations are endorsed it will leave a balance of £847.

Funding Approval Request for 2014 / 2015 budget:-

- (i) Approve £10,667 to deliver a range of services and support to adults with mild to moderate signs of dementia and their carers.
- (ii) Approve £16,471 to deliver campaigns and events between April and May in the lead up to Mental Health Awareness Week 11-17 May 2015.
- (iii) Approve £55,011 to deliver a series of community clean up and community grow projects across the East.
- (iv) Approve £20,000 to match with £20,000 external funding from the Clinic Commissioning Group, to deliver health priorities in 2015 / 2016.
- (v) Approve £50,000 to match with £290,000 external funding from the Big Lottery and The Community Foundation, to deliver The Fourteen Programme.

SIB Funding Alignment Requests for 2014 / 2015 budget

- (i) Align £25,000 to establish a steering group, involving young people, to investigate the feasibility of developing a temporary provision in the city centre.
- (c) Note the 13 approved Community Chest applications from 2014 / 2015. (**Annex 2**)

Is the decision consistent with the Budget/Policy Framework?

Yes

**Suggested reason(s) for Decision:**

The Area Committee has been allocated Strategic Initiatives Budget to promote action on key priorities identified in the relevant Local Area Work Plan and to attract other funding into the area.

**Alternative options to be considered and recommended to be rejected:**

The circumstances are such that there are no realistic alternatives that could be considered.

Is this a "Key Decision" as defined in the Constitution? No

Relevant Scrutiny Committees:  
HHAS Scrutiny Panel

Is it included in the Forward Plan? No	
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16 MARCH 2015

## REPORT OF THE CHIEF EXECUTIVE

## East Sunderland Area Budgets Report

## 1 Purpose of Report

1.1 Area Committee has delegated budgets to allocate to specific strategic area priorities identified in the Area Work Plan, with the overall aim to benefit the wider community and to attract external funding into the area. The report provides a financial statement as an update position on progress in relation to allocating SIB and Community Chest and presents proposals for further funding requests.

## 2 Strategic Initiatives Budget (S.I.B.) Financial Position

2.1 In April 2014, East Sunderland Area Committee was allocated with £307,282 grant funding to award against project proposals which complement the Area Work Plan. The table below provides Committee with a list of approved projects since April 2014.

Financial Breakdown for 2014 / 2015				
Project Name	Committee Date	Match Funding	SIB Approvals	SIB Balance
			Budget:	£307,282
<i>Aligned: Reducing NEETs in the East (Rolled over from 2013 / 2014)</i>	<i>07.04.14</i>		£90,000	£397,282
Passing Points	7.04.14		£17,334	£379,948
Sunderland Cemetery				
Young Mums (NEETs)	23.06.14		£2,650	£377,298
Work Ready Programme (NEETs)	23.06.14		£67,753	£309,545
Top Up Grants (NEETs)	23.06.14		£16,500	£293,045
Partnership in Practice	23.06.14	£20,000	£20,000	£273,045
Green Adventure	23.06.14	£20,000	£20,000	£253,045
Community Leaders	20.10.14	-	£36,000	£217,045
Safety on our Street	20.10.14	-	£6,600	£210,445
Achieving Everyone's Potential	20.10.14	-	£22,449	£187,996
Full Marks	15.12.14		£10,000	£177,996
<b>SIB 2014 / 2015 Totals</b>		<b>£40,000</b>	<b>£219,286</b>	<b>£177,996</b>

Table 1: financial breakdown of approved SIB projects 2014 / 2015

### 3. S.I.B. Recommendations for Approval

- 3.1 Following on the December 2014 Area Committee there is £177,996 remaining to allocate from the 2014 / 2015 SIB budget.
- 3.2 In December 2014, Sunderland East Area Committee invited local Voluntary and Community Sector (VCS) groups, public and statutory providers, including council services, to submit funding ideas and projects against three area priorities. The outcome of the three call for projects carried out are shown in table 2. **Annex 1** provides further information on the 'Call for Projects'.

**Table 2: Outcome of SIB Call for Projects carried out December 2014 – January 2015**

Area Priority	SIB Aligned (in Dec. 14)	SIB Recommended for approval
<b>Partnership in Practice</b> Brief: Deliver services to adults with early signs of dementia and their carers.	£20,000 <i>NB: approved June 2014</i>	£10,667
<b>Improving resident's emotional wellbeing</b> Brief: Deliver services which promote awareness of support and services available in the area.	£20,000	£16,471
<b>Clean and Grow</b> Brief: Deliver community clean ups and community grow projects.	£50,000	£55,011
<b>Total</b>	£90,000	£82,092

- 3.3 As referred to in the Place Board report, the council's XL Youth Team carried out consultation with young people who congregate in and around Sunniside, Mowbray Park, Civic Centre and Park Lane area. The most popular proposal was option three – skate / recreation area. It is proposed to align £25,000 SIB to the project, with the intention to allocate the funds to develop a temporary provision on the site in the near future by carrying out further consultation with a wider group of young people via local providers and collate feedback and present a further report.

### 4. Attracting External Funding into East Sunderland

- 4.1 Elected Members are already working alongside their communities to both develop and deliver Local Area Plans and in doing so support the development of the Area VCS Networks. This mechanism provides the potential to achieve much greater impact through the utilisation of additional resources from partners. Matching their funding streams with existing SIB resources to develop projects that will build additional capacity in the voluntary sector.

- 4.2 To this end, the Clinical Commissioning Group has committed a further £20,000 funding to each Area Committee to spend on health priorities during 2015 / 2016. It is proposed, as part of the conditions attached to receiving the funding, that the Area Committee provides match funding, committing £20,000 SIB to make a total of £40,000 available for allocation to projects delivered by voluntary organisations. This is subject to approval at a future Area Committee when appropriate projects have been identified in the new municipal year.
- 4.3 A new funding programme to benefit residents in Hendon and Ryhope will soon be launched. The Fourteen Programme, established by the Big Lottery Fund as part of the Olympics legacy. The national aim of the funding is to increase participation in social action and volunteering, grassroots sport and physical activity, cultural activity and the arts of youth leadership and personal development.
- 4.4 Over a period of three years, £200,000 will be aligned to the wards, with an additional £90,000 that has been matched from other funders in the area. Area Committee are requested to approve £50,000 SIB to contribute towards securing the £290,000 of external funding into the area.

**Table 3: External funding attracted into the East**

External Funder	Match Funding	SIB
Clinic Commissioning Group	£20,000	£20,000
The Fourteen Programme	£290,000	£50,000
<b>Total</b>	<b>£310,000</b>	<b>£70,000</b>

- 4.5 The total of SIB, as set out in section 3 and 4, seeking approval totals £177,149, if approved it will leave a balance of £847 SIB 2014 / 2015.

## 5. Community Chest

- 5.1 The table below details the starting balances for 2014 / 2015. **Annex 2** shows the approvals between December 2014 to February 2015.

Ward	Start Balance	Approvals since April 2014	Returned Grants	Balance
Doxford	£19,631.20	£13,336.00		£6,295.20
Hendon	£10,471.61	£9,484.70		£986.91
Millfield	£15,572.87	£5,230.98		£10,341.89
Ryhope	£12,335.63	£10,542.00	£400.00	£2,193.63
St Michaels	£10,317.10	£7,710.00		£2,607.10
<b>Total</b>	<b>£68,328.41</b>	<b>£46,303.68</b>	<b>£400.00</b>	<b>£22,424.73</b>

## 6. Recommendations

Members are requested to:-

- (a) Note the financial statements, as set out in sections 2.1 and 3.2.
- (b) Approve £10,667 to deliver a range of services and support to adults with mild to moderate signs of dementia and their carers, against the area priority, 'Partnership in Practice'. (Annex 1)
- (c) Approve £16,471 to deliver campaigns and events between April and May in the lead up to Mental Health Awareness Week 11-17 May 2015, against the area priority, 'Improving resident's emotional wellbeing'. (Annex 1)
- (d) Approve £55,011 to deliver a series of community clean up and community grow projects across the East, against the area priority, 'Clean and Grow'. (Annex 1)
- (e) Approve £20,000 to match with £20,000 external funding from the Clinic Commissioning Group, to deliver health priorities in 2015 / 2016, against the new work plan for 2015 / 2016.
- (f) Approve £50,000 to match with £290,000 external funding from the Big Lottery and The Community Foundation, to deliver The Fourteen Programme in Hendon and Ryhope wards. (Annex 1)
- (g) Align £25,000 to establish a steering group, involving young people, to investigate the feasibility of developing a temporary provision in the city centre.
- (h) Note the 13 approved Community Chest applications from 2014 / 2015. (Annex 2)

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Annex 1: SIB Executive Summaries

Annex 2: Community Chest: Financial Statement December 2014 – February 2015

### Background Papers

Call for Projects Adverts to the East VCS Area Networks

Notes from the mental health tour 20.01.15

Correspondence from the CCG

SIB Full Applications

Notes from two Clean and Grow workshops

Feedback from the SIB consultation exercise

Results of the evaluation matrix against each application

Community Chest Full Applications and feedback from virtual panel meetings

The Fourteen Programme: Big Lottery letter address to the Leader of the Council, subsequent correspondence and workshop held 3 March 2015

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**SIB EXECUTIVE SUMMARY: CALL FOR PROJECT****PARTNERSHIP IN PRACTICE****Project Advert sent via East VCS Area Network: December 2014**

*“Use existing or develop new cafes or events for adults with early signs of dementia and their carers, i.e. memory sessions on music, films, historical events through the decades, using the opportunity to raise awareness of services, such as:- Sunderland Care and Support, Inclusion Housing, Sunderland Alzheimer’s Society, Action on Dementia Sunderland, Age UK Sunderland and Sunderland Carers Centre. (List not inclusive) The project may charge a small fee to sustain the project and beneficiaries must live in East Sunderland area. Working in partnership with existing dementia service specialist is required.”*

Budget aligned: £20,000

Total Recommended for Approval: £10,667

**Summary of small grants**

<b>1. Age UK Sunderland</b>	<b>SIB Requested: £750</b>	<b>Match Funding: £815</b>
	<b>Start: March 2015</b>	<b>End: March 2017</b>

Age UK Sunderland have received two years revenue funding to paid for staff to deliver outreach sessions across the East area. They would like to provide their staff with and iPad Air. The request is to purchase an iPad Air to provide leisure and learning opportunities for people with dementia in East Sunderland to support their wellbeing. It will focus on using ICT to capture their imagination, interests and activities. This will be achieved by providing practical and creative help for people with dementia in using iPads to explore their interests. Letting people know they are simple to use and able to access an unlimited amount of content which is useful for a variety of activities such as art, pottery, music making, reminiscence activities, etc.

<b>2. B' Active 'n' B' Fit</b>	<b>SIB Requested: £2,000</b>	<b>Match Funding: £nil</b>
	<b>Start: March 2015</b>	<b>End: August 2015</b>

The project Social Holistic Activity Mentor [SHAM] will address the East area priority around Dementia and health and wellbeing, through delivering four tailored packages of therapeutic exercise and activities, reminiscing, singing and memory games over a 15 week period.

Exercise and social interaction plays a great part of helping to reduce the early onset of Dementia, using a holistic approach to each individual, creating social integration and reducing social isolation.

Working with small groups it enables them to achieve the maximum benefit from the activities. These activities include:

- Memory Stimulation via Reminiscence Sessions
- Music and Movement exercise with Sit 'N'B' Fit using a variety of equipment and apparatus including colourful hoops, pompoms and maracas)
- Local History discussions
- Memory and Sensory Boxes
- Music and Singing Groups
- A variety of games some based on former television shows e.g. Play Your Cards Right using oversized playing cards.

<b>3. Living History North East</b>	<b>SIB Requested: £2,000</b>	<b>Match Funding: £250</b>
	<b>Start: April 2015</b>	<b>End: September 2015</b>

The project activity will develop sessions within the community for those living with people with dementia (Including carers, sufferers and others). LHNE is ran by volunteers. The volunteers will be encouraged to become Dementia Friends, and promote the develop Dementia Champions. The knowledge gained from the training will enable the centre to run reminiscence session, on an outreach basis, linking into existing establishments including care home settings, or on site at The Donnison School, and where feasible make the Donnison School more dementia friendly, i.e. improve signage.

LHNE will be able to use many of their existing resources to develop this outreach. It will develop additional resources for use in the community, including memory boxes. The project will develop an increased awareness of the issues facing sufferers of dementia and Alzheimer's.

<b>4. Monumental Music</b>	<b>SIB Requested £1,500</b>	<b>Match Funding: £1,100</b>
	<b>Start: March 2015</b>	<b>End: May 2015</b>

The project is a series of 6 music workshops aimed at people living with dementia. The workshops will allow those living with dementia to enjoy and participate in a variety of music-related activities. The project will encourage dementia patients, their carers, family and friends to enjoy the therapeutic aspect that music offers and allow them to talk freely about the music they like to listen to and why. This is known to aid the treatment of people living with dementia, as they can access their memories in relation to songs and particular moments in their lives.

By opening up the sessions to invite friends, families and carers along we are encouraging more people from the wider community to participate in creative music activities in a safe and friendly environment, as well as encouraging communities to learn new skills such as playing instruments, which could enrich their lives.

By building relationships with care facilities and those who run them, we will be able to further engage with them to plan other music activities for the residents, patients or attendees. We will document the workshops by using photographs, videos and aim to record some of the music or singing that is produced during the sessions. This in turn could be used (with consent) as promotional material for the workshops, encouraging yet more people to be involved.



<b>5. Ryhope Community Association</b>	<b>SIB Requested: £1,612</b>	<b>Match Funding: £1,262</b>
	<b>Start: April 2015</b>	<b>End: November 2015</b>

Ryhope Community Association aims to establish a Memory Café in partnership with Gentoo and the Essence project. The café (coffee morning) will be delivered as a drop in service where elderly residence who are experiencing social isolation or early signs of dementia can come along for a social morning. The café will vary each week bringing in support from various VCS organisation and partners such as Ryhope Heritage Group, Age UK Sunderland and Sunderland Carers Centre, to highlight Services provided. The café will include afternoon tea with music from the 40's 50's and 60's, old films and slide shows of Sunderland through the ages, and old movie sessions.

Gentoo will help to identify residence who may benefit from the session and will provide free advertising through there news letters

<b>6. Housing and Care 21</b>	<b>SIB Requested: £1,370</b>	<b>Match Funding: £1,050</b>
	<b>Start: March 2015</b>	<b>End: May 2015</b>

The project will fund The Bunker, a community music group, running a programme of six one-hour music workshops at Seafarers Way, a dementia specialist service in Hendon, Sunderland. The workshops will involve various activities from listening and speaking about music, watching old footage of live performances, music games (e.g. musical bingo, music quiz) to interactive activities such as having a sing along. Some sessions will be themed to include a musical era or icon, such as Elvis or Sinatra; others will include percussion work and song writing. The Bunker piloted a music workshop in December 2014 for the residents at Seafarers Way, who visibly enjoyed themselves and gained a lot from the session. Due to the popularity and success of the pilot we hope to start the project as soon as funding is secured. Seafarers Way opened in September 2014 and has 38 apartments which are currently occupied by 23 residents, all of whom could benefit from the music project.

The project would provide stimulation for the residents as well as an opportunity for social inclusion. Research has shown that music therapy improves emotional wellbeing and the reminiscence that will take place in the workshops will also help residents to recall memories and emotions. The community at Seafarers Way will therefore clearly benefit its residents. Friends, families and carers will be invited along to the music workshops and we will encourage more people from the wider community to participate in the music activities, in a safe and friendly environment, as well as encouraging communities to learn new skills such as playing instruments which could also enrich their lives. Involving the local community like this will raise the profile of dementia support available in the community.

7. Sunderland Carer's  
Centre

SIB Requested: £1,435

Match Funding: £192

Start: May 2015

End: July 2015

'This is Me' project will be a six week programme for carers and the person they care for with early signs of dementia. The themed sessions are focused around reminiscence, social interaction and information sharing. Each session the attendees will have an opportunity to create and build upon their personal 'this is me' folder which will include memories, photography's, life events, family members, or whatever they think should be included to enhance their personal memories. The six sessions are:-

- i) What's in a name
- ii) My family
- iii) Childhood memories / school days
- iv) Young adult / working life
- v) Family / marriage / relationships
- vi) Here and now

All those attending will have use of craft materials, project file, printing, etc. to enable them to create a personal journal. The sessions will take place in Bede Tower where free car parking is available and regular bus services operate. Transport will be made available for those who need it to reduce barriers to engagement.

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**SIB EXECUTIVE SUMMARY: CALL FOR PROJECT  
IMPROVING RESIDENT'S EMOTIONAL WELLBEING**

**Project Advert sent via East VCS Area Network: December 2014**

*“The project proposals should focus on innovative events, campaigns and activities which will promote awareness of “no health without mental health”, services and support that is available to East residents. Projects should take place between 1 April and 17 May 2015 to complement Mental Health Awareness Week (11–17 May 2015). The activities should be available at no charge and beneficiaries must live in East Sunderland area.”*

Budget aligned: £20,000

Total SIB Requested: £16,471

**Summary of Small Grants**

**NB:- all activities will be delivered between April – May 2015**

<b>1. North East Community Solutions</b>	<b>SIB Requested: £1,572</b>	<b>Match Funding: £120</b>
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Focusing on BME people living in the East of Sunderland (especially the newer communities – such as migrants), we will organise a 6 events to engage the project beneficiaries in improving their own resilience. These will be sports and mental health awareness sessions to support local community members to be active and connect with other people. The sessions will be participant– driven to ensure good and sustained attendance levels – we will involve the participants in designing the sessions and deciding about type of activities and times. Each session will consist of sport activities with provision of information about mental health and wellbeing – e.g., we will invite local providers to talk about their service or display relevant information and facilitate engagement. Local partners such as Sunderland Counselling Service will be provided with an opportunity to attend the session and we will facilitate contact with the beneficiaries and final session will include a *Mindfulness Session* from this service.

We will also run an online awareness campaign in different languages, underlining the importance of accessing services, while also promoting self – help (e.g. utilising the Sunderland Wellness Guide and the Wellbeing Directory and the key principles such as *notice or give*).

The campaign will also help to promote *Active Sunderland* activities and link into the current work in the East Area undertaken under *Green Adventure* funding and participants will be encouraged to take part in local activities.

We will utilise local volunteers in design and delivery of campaign to increase project sustainability and accurately reflect local experiences in order to tailor our message to our target group. The volunteers will be able to benefit from relevant in-house and external training (e.g. campaigning workshops, Sunderland Health Champions).

## **2. Fushia**

**SIB Requested: £1,278**

**Match Funding: £625**

FUSHIA will work with vulnerable adults suffering from low level mental ill health, especially anxiety and depression. We will engage and work with 12 clients who are already accessing NHS health services via a GP or CPN and are experiencing any one or more of the following issues that are having a negative effect upon their mental wellbeing, such as: Debt Crisis; Isolation; Struggling caring role. We will provide an alternative way of addressing anxiety and depression including:

Anxiety Management – In a group setting to encourage the client to take ownership of their anxiety and depression and discover what is needed to alleviate the resulting negative thinking patterns and behaviours. The group sessions encourage positive communication, improved self-awareness and identification of internal cues, enabling clients to change the way they think and reduce stress and anxiety levels by adopting new techniques. The group setting encourages the formation of supportive friendships and allows the client to express themselves in a safe setting, with others who understand how they are feeling.

Each client will design and decorate a Journal/Expressive Diary using a variety of crafting methods, they will then use it to log and monitor their feelings or express their emotions. This is especially beneficial if the client is feeling overwhelmed and/or turning to unhealthy lifestyle choices as a coping mechanism. This gives them both a creative and emotional way of expression.

Tea and Talk sessions – regular drop n's to encourage the formation of supportive friendships and reduce social isolation and encourage additional activities to support mental well-being.

The benefits will include a reduction on a clients need to access GP/CPN services. Reduced isolation for the client and improved family relationships.

## **3. Ryhope Community Association**

**SIB Requested: £1,189**

**Match Funding: £nil**

Deliver a day of taster sessions to promote emotional wellbeing.

The day will include taster session which release stress and promote relaxation. The session will include Indian Head Massage, Hand Massage, Tia Chi, Pilates, and Yoga and mindfulness exercises. The day will be completed by information from organisations promoting access to existing mental health services in the city. Sunderland Mind will be present throughout the day to offer information and support.

During the day the community development worker will carry out brief consultation to establish the need for outreach services and feed this back via the area network, to

complementary activities to improve the emotional wellbeing of the residence of Ryhope and the surrounding areas.

**4. B' Active 'n' B' Fit      SIB Requested: £2,000      Match Funding: £nil**

The project will aim to meet the priority of the East area addressing 'no health without mental health'. By engaging with four organisations who work closely with those who are effected with mental health, providing one 'happy hour' each for 16 weeks. These are:

- i) Sunderland MIND: will refer 15 individuals into the happy hour programme.
- ii) Headlight: will refer 15 individuals into the happy hour programme.
- iii) Salvation Army: will refer 40 individuals into the happy hour programme.
- iv) Connect [NECA]: will refer 8 individuals into the happy hour programme.

The project 'Happy Hour' will provide activities such as therapeutic exercise, laughter yoga and relaxation using music and equipment in each venue. All have a proven effect to reduce stress, depression. 'Happy Hour' will make a 'positive community' which will create a greater social cohesion

**5. Sunderland MIND      SIB Requested: £1,275      Match Funding: £847**

Within the period 1 April – 17 May 2015 Sunderland Mind will hold an Opening Day which will promote the service, information challenging/tackling stigma and discrimination, activities/sessions. MIND will promote this in their Outreach venue in Hendon. In addition MIND will engage with other partner agencies that will either provide information or sessions on healthy eating, debt, alcohol and drug misuse. Sunderland Mind have Health Champions and Smoking Cessation Trainers.

MIND know from service users, consultations and statistical evidence, that people facing mental health problems face increased social isolation, loneliness, low confidence and fear of negative attitudes from the wider community.

The aim is to help address these problems by supporting people facing mental ill health with practical tasks, providing motivational support, and to help them access local activities/sessions and services as well as providing them with opportunities to volunteer themselves. Another area is Mindfulness – thoughts and feelings in a way that increases people's ability to manage difficult situation and make wise choices.

**6. Sunderland YMCA      SIB Requested: £1,260      Match Funding: £289**

City of Sunderland YMCA offers accommodation, support and education to over 130 community member's including those that are homeless and socially excluded people. Those that use the service are from the East of the city, aged 16 plus and have various support issues including drug and alcohol issues, family breakdown, mental health issues, etc.

We have ran a pilot project for the last 7 weeks with a group of 10 community members who are already working with a CPN due to mental health issues. We have gathered feedback and the positive effects of activities on mental health were a theme throughout. This was in relation to reducing anxiety and depression, alleviating isolation, promoting relaxation and good sleeping patterns/ daily routines. We are therefore proposing we

extend this project by undertaking a series of activities all of which have been chosen to help people to move on from any they may have issues by re-building self-esteem and improving wellbeing. For example an “I am” Head and Shoulders activity and an up-cycle activity using old furniture which have been designed to improve self-esteem. The activities will accumulate in an exhibition which will run during Mental Wealth Week here at the YMCA – we felt that this is particularly important for this group who tell us they often feel looked down upon and are rarely congratulated in their daily lives. We will undertake 5, 3 hour weekly sessions for up to 15 participants. Those that take part will include the group who have took part in the pilot project who consist of homeless and community members from the East of the City. However we will extend this to others in the community and intend to promote the project in local publications, with other organisation in the area and community groups in the area.

## **7. Groundworks NE**

**SIB Requested: £1,897**

**Match Funding: £400**

Health Sense is a brand new campaign that aims to raise awareness of the importance of good mental health. It encourages people to connect with others around them and explore a range of alternative, holistic therapies in order to improve emotional and mental wellbeing.

Through delivery of free and innovative pop up events, local residents will explore how stimulating their senses using colours, sounds and smells can have positive effects on emotional and mental wellbeing. A variety of colours will be used, and their perceived impact on mood will be explored. Scents from essential oils and healing herbs and their impact on wellbeing will be examined. We will also ascertain the impact of different sounds on a person’s wellbeing, with participants making wind chimes and other instruments from natural materials. Participants will leave the event with ‘goodie bags’, comprising calming and healing items to help with their everyday wellbeing.

Three events will be delivered by a senior member of Groundworks delivery team who will be supported by a qualified local energy health, registered with the guild of professional healers. Local mental health service providers will be also invited along to the events to provide signposting and opportunities for longer term engagement with those who currently aren’t being supported within the community.

This alternative approach to wellbeing will fly the flag for the message that there is ‘no health without mental health’ and tie in with and support Mental Health Awareness Week 2015. Three events will be delivered across the east with specific venues being chosen in consultation with local elected members. We would also like to encourage people be outside and active, so we intend to deliver at least one of the events in local green spaces, meaning we use existing assets.

The project and our outcomes will be evaluated using Groundwork’s Bronze evaluation process and the results fed back to the council. There will be space for 15 people on each course and five people from other agencies to share information meaning we will engage with 60 people from the east area over the course of the project.

**8. Sunderland People  
First**

**SIB Requested: £2,000**

**Match Funding: £nil**

Sunderland is a safe place to live in and visit but unfortunately, sometimes, vulnerable people might be victims of bullying or harassment when they go out. There might also be occasions when they become lost or separated from their carer, feel unwell or simply need that little bit of extra support. This in turn has an effect on how people feel when accessing the city, if at all.

The Safe place Scheme offers people that little extra security and peace of mind while out and about in the city. People we have spoken to have said that they feel they would visit the city centre more if they knew there were people there who could support them, if in need. This would support people's mental wellbeing.

The Safe Places scheme aims to provide vulnerable people with a safe place where support can be given or help summoned.

Businesses and public venues who sign up to the scheme will be issued with Safe Place stickers for them to display. They will also be supported with a short training programme. A Safe Place will only be expected to provide a very limited and clearly defined level of support. The primary task would be to help the vulnerable person to contact other people, professionals and agencies who can give the individual the necessary assistance.

People with vulnerabilities such as learning disability or autism, will have the option to carry an 'I need help' card with emergency contact details on. If a person needs help and goes somewhere showing a Safe Place sticker, the staff from the Safe Place will then either call the contact number on the 'I need help' card or Northumbria Police if it is an emergency.

**9. Sunderland City  
Council**

**SIB Requested: £2,000**

**Match Funding: £nil**

The People Board would like the opportunity to deliver an event. The event will be hosted in The Bridges during Mental Health Awareness week 11-17 May 2015. This venue was selected due to the high footfall. The one day event will complement the awareness week, and promote the "no health without mental health", services and support that is available to East residents. As well as promote the work the East Area Committee has funded, under the area priority, "improving resident's emotional wellbeing".

Organisations which have been funded through the recent call for projects, and specialist providers of mental health services will be invited along to showcase the work funded by SIB, as well as, providing them with an opportunity to promote their own organisation. Each stall will be interactive, encouraging 'passer-bys' to stop and take part in a range of activities.

A 'free' raffle will be hosted to informally note the number of participants in the event.

10. **Sunderland  
Headlight**

**SIB Requested: £2,000**

**Match Funding: £2,144**

**Start: April 2015**

**End: March 2015**

Seeking revenue funding to employ a part time member of staff to support an out of hours service on a Saturday. Providing an Out of Hours service will enable Headlight to improve life and reduce isolation for people with mental health issues. A consultation conducted identified that isolation is a big problem. An opportunity to socialise and make friends is conducive to better mental wellbeing. This is a quote from a service user: 'Christmas time is the worst for me, you see, I have no family; now I feel I have because the friends I have made in the Out of Hours service are just like a family.'

We have evidence collated via feedback that people using this service report better or more stable mental wellbeing due to a reduction in social isolation and access to non-judgemental support. We also see people forming friendship groups, which has the additional result that people improve their social skills and feel a sense of support from each other. There is a real sense of community in the organisation, and the value of this is that it helps to improve life for those who are disadvantaged by mental health issues.



16 MARCH 2015

**SIB EXECUTIVE SUMMARY: CALL FOR PROJECT****CLEAN AND GROW**

<b>PROJECT TITLE: Clean and Grow Partnership</b>		
<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total SIB</b>
£69,461	£14,450	<b>£55,011</b>
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
9 MONTHS	April 2015	December 2015

**Background**

In December 2014, the Area Committee agreed the area priority, 'Clean and Grow'. SIB funding was aligned to the area priority to enable a 'call for projects' to be submitted for consideration to a future Committee meeting. An advert was circulated around the East VCS Area Network, asking all area based council teams, partners and VCS groups to consider ideas which would work towards two main outcomes across each of the five wards in East Sunderland, these are:-

1. Community Clean Ups (examples - litter picks, re-cycle courses, reporting repairs, clearing streams, etc.)
2. Community Growing Projects (examples - edible landscapes, healthy eating workshops)

In January 2015, six VCS groups submitted ideas and proposals which were discussed at workshops, the first Chaired by Cllr Ball, the second Chaired by Cllr Scanlan.

The workshops discussed proposals and agreed a way forward, this included submitting full proposals, and consulting Place Area Board and the wider membership of Area Committee in February 2015. The detail of the eight project proposal is outlined below.

Six organisations (ICOS, Groundworks North East, Gentoo Group, Sans Street Youth and Community Centre, Volunteer Sunderland Centre and Social Chef) are seeking both revenue and capital funding to:

- employ dedicated staff who will act as lead agents for the projects,
- purchase equipment to support the delivery of the schemes and activity,
- support volunteers,
- contribute towards promotional materials, and
- establish a Clean and Grow Partnership

The programme will report directly into the Place Area Board, providing regular updates on its progression. Each Councillor will be able to direct the lead agent, via Area Community Officer, on the roll out, implementation and monitoring of the programme.

## PROJECT OUTPUTS

Key activity per ward and across the East area is shown below:-

### Doxford

- 3 community clean up events
- 1 up-cycle course – 6 week programme
- 5 healthy eating workshops
- Team 'V' (15 volunteers trained up in environmental management and one corporate 'team challenge' event)
- Green route pilot

### Hendon

- 3 community clean up events
- 1 recycle course – 6 week programme – 10 local residents received training
- 5 healthy eating workshops
- Team 'V' (15 volunteers trained up in environmental management and one corporate 'team challenge' event)
- Sow, Reap and Grow programme

### Millfield

- 3 community clean up events
- 1 recycle course – 6 week programme – 10 local residents received training
- 5 healthy eating workshops
- Team 'V' (15 volunteers trained up in environmental management and one corporate 'team challenge' event)
- Street Eats Pilot

### Ryhope

- 3 community clean up events
- 1 recycle course – 6 week programme – 10 local residents received training
- 5 healthy eating workshops
- Team 'V' (15 volunteers trained up in environmental management and one corporate 'team challenge' event)
- Green route pilot

### St Michaels

- 3 community clean up events
- 1 recycle course – 6 week programme – 10 local residents received training
- 5 healthy eating workshops
- Team 'V' (15 volunteers trained up in environmental management and one corporate 'team challenge' event)
- Street Eats Pilot

### East Total

- 15 community clean up events (across the East)
- 5 recycle course (Across the East)
- 5 healthy eating workshops (Across the East)

- Team 'V' (Across the East)
- Street Eats Pilot (x2 in Millfield and St Michaels)
- Green Route Pilot (x2 in Ryhope and Doxford)
- Sow, Reap and Eat Pilot (x1 in Hendon)

## **PROJECT DETAIL**

### **Work stream One: Community Clean ups**

#### **1. Clean Ups Day (delivered by ICOS, Gentoo Group and Groundworks NE)**

*NOTE: SIB will not be used to fund the hire of skips. This project will not conflict with the council's bulky waste collection service. The council's Waste Management team have been consulted on this project and are supportive of the full proposal.*

This project is proposed to enable work to happen across the East and provide resources to target particular areas and problems, encouraging people to take responsibility for their neighbourhood and their properties, by:

- Continue to improve lifelong learning, volunteering and participation opportunities,
- Develop partnerships and collaborations across the East area (hubs and spokes model)
- Ensure neighbourhoods are environmentally sustainable
- Promote high quality built and natural environments
- Continue to promote accessibility and cohesion across the area

Community Clean Ups zone could be an area of a few streets, a green space or a park. The size of zone will vary based on issues and need of the area. The zone will be selected by the Place Board Councillor for the ward.

Each community clean-up will be delivered on a six week programme, moving around the ward and focusing on certain zones each time. This breaks down into:

- Two weeks to identify issues and plan priorities.
- Two weeks to promote and deliver priorities / actions.
- Two weeks to review programme, to learn lessons and improve the next community clean-up event.

*The timescale can be adjusted to fit the needs of the ward.*

### **PLAN**

Stage 1: Place Area Board discuss and identify three 'zones' per ward. The zones could be either residential streets that might benefit from some garden improvements, litter picks, etc., or a local park where we can encourage wildlife / clean up a stream, or has issues with litter or vandalism.

### **ACT**

Stage 2: Once identified, a meet and greet will be organised between the Place Cllrs and the VCS lead, to identify relevant stakeholders. The lead will then host an on-site

meeting in each zone, with local stakeholders to carry out a walk and talk, complete local surveys, and identify issues within the zone. Issues are any problems which detract from the visual appearance of the area, for example, broken street light, misplaced signage, litter, vandalised street furniture, etc. Feedback from the walk and talk, surveys and on-site meeting will be collated and an action plan will be produced, and shared with the Place Board and relevant partner or council service for consideration.

Stage 3: In consultation with the Place Councillor, the lead agent will agree a day / week (depending on need) of action and promote the event in the local neighbourhood via a mail shoot to households and businesses within surrounding zone, identifying what actions will be delivered, producing role descriptions for volunteers to encourage participation. For example, roles could be a member of a painting or gardening squad. The council's communication team will support media releases.

## **DO**

Stage 4: *Example* of a Clean Up day – lead agent to organise:

- Part 1 - Morning session – Services and volunteers meet on site approx. 9.00am. Tasks, roles and actions identified from the planning sessions will be shared amongst the participants via a team briefing to establish a clear understanding of the events expectations, identifying what will be achieved. Any late arrivals will be directed to the lead for a briefing / designation of role. Appropriate equipment and personal protective equipment provided. Day of Action commences.
- Part 2 – (optional) Afternoon activities from 1.30pm will be interactive and educational. Providing an opportunity to promote corporate messages whilst delivering a range of community activities, e.g. crafts, face painting, street games. As well as, identifying volunteers for environmental management and up-cycling courses. Provide energy saving advice. Where feasible, there could be an opportunity to encourage the creation of resident associations in the neighbourhood to support future initiatives, or establish a community team of litter pickers.

## **REVIEW**

The involvement of every participant will be measured using a bespoke evaluation questionnaire that measures improved wellbeing and increased community pride. In addition, an evaluation of the stages - plan, act and do - will be carried out to help inform future events.

*Example* of 'Community Clean Up days' locations (provided by Gentoo Group)

- Doxford: Doxford Park
- Hendon: Long Streets
- Millfield: Rutland Street area
- Ryhope: Rosslenn / Roselea Avenue
- St Michaels: Hill View – Westheath Avenue area

## **2. Up-Cycle Course (delivered by ICOS and Gentoo Group)**

Aim: To increase access to skills and learning, by trying something new

Following on from the Clean Up day an up-cycle course (sessions usually over 6 weeks with a local provider) will be held. This will encourage and teach residents how to recycle / up-cycle unwanted furniture which can then be reused either for themselves or be donated to needy people.

## **3. Environmental Management Toolkit (Delivered by ICOS and Volunteer Centre)**

Aim: Raise awareness around sustainable Sunderland.

Beneficiaries of the project will become 'Green Champions'. The toolkit focuses on climate change and behaviour change, using the three 'Rs'. I) Reduce, ii) Reuse and iii) Recycle. For example, reducing waste, reusing where possible, and ultimately sending zero waste to landfill. Using sustainable healthy products and encourage active, sociable, meaningful lives to promote good health and well being.

## **4. Team 'V' (delivered by Volunteer Centre Sunderland)**

The Volunteer Centre Sunderland are seeking revenue funding to employ a part time worker for 7 hours per week, and a contribution towards expenses to support volunteers, for example, transport, meals, DRS checks. The project will focus on two strands:-

1. Team 'V'
2. Company Challenge

### **Team V**

The Centre will advertise for, recruit, check and vet, induct and train a team of 20 volunteers, Team 'V'. Team 'V' would include volunteers with additional needs who would be supported by a Mentor. This is a great opportunity to target adults with learning and physical disabilities, who can sometimes feel excluded from mainstream activities.

Team 'V' will be available to help with tasks identified by 'clean and grow partnership', such as community garden clean ups, litter picks and any other suitable tasks in the East area.

### **Company Challenge**

Work with local businesses and deliver five Employee Volunteering Days, one per ward. The days would provide teams of employees to carry out certain team challenges, and provide the opportunity for local businesses to deliver corporate social responsibility by giving something back to the community. This would all be coordinated by the centre.

The outcomes of this will be demonstrated by having the initial work carried out by the Volunteer Centre and its volunteers who will then pave the way for local volunteers to then carry on the work and make it sustainable for the future. An evaluation will be carried out of the project, identifying what worked well, what did not and can be used to help inform the smooth running of future volunteering programmes.

## **Work stream Two: Community Grow**

### **5. Green Route (delivered by Gentoo Group)**

Aim: Improve 22 small patches of land and provide edible landscapes for communities to use freely which will encourage people to be healthier and in turn promote wellbeing.

To create a Green Route running through Ryhope from St Pauls Primary School to Benedict Biscop Academy, Doxford Park. At key sections along the route, there will be a 'grow' zone. The grow zone could consist of herbs, fruit, vegetables, etc. Local community organisations, groups and schools will be given the opportunity to enhance their growing potential by adopting a zone.

Partners and zones identified too date include: St Pauls Primary School, St Pauls Church, St Patricks Primary School, Ryhope Community Association, Blue Watch Youth Centre, Ryhope Infants School, Bishopwearmouth Nursery, Venerable Bede School, Mill Hill Primary School, The Box Youth Project, Portland School, Benedict Biscop Academy and residents from Roselea Avenue, Western Hill, Wraith Terrace, Hewitt Avenue, Wilkinson Terrace, Smith Grove, Mill Hill, Beckwith Estate and Haddington Vale.

### **6. Healthy Eating Workshops (delivered by Social Chef)**

Aim: Provide healthy cookery element to the "Clean and Grow" partnership, tying in with the "grow" aspect of the area priority. Beneficiaries will develop the confidence to replicate a range of seasonal, healthy budget dishes on their own, generating enthusiasm for growing and cooking; thus helping sustain the project.

Deliver 25 (5 per ward) interactive cookery workshops. The venues chosen in the ward, will be guided by the Place Board Councillor. There will be an opportunity to use food supplied by the Sow, Reap and Eat allotment project, to encourage people to 'grow their own'. Chefs will offer step by step instructions and advice on all aspects of the workshops. Advice will be provided on suitable types of fruit and vegetables which are easy to grow at home. Along with demonstrations and recipes to match these ingredients.

### **7. Street Eats (delivered by Groundworks NE)**

Aim: Growing healthy, affordable food to local neighbourhoods. It improves health, encourages volunteering and ownership whilst build stronger, greener communities.

Street Eats will target a local venue within the neighbourhood (e.g. a local parks, or school, church, etc) in the Millfield and St Michaels wards, as advised by the Place Area Board Cllrs. These wards were selected as the preferred option, as they have the highest number of residents associations already established, and the current infrastructure will support the delivery of the Street Eats project. Street Eats will provides a venue / partner with the support and equipment to grow food in places not traditionally associated with growing, such as containers, window boxes, back alleys and yards, school grounds, community centres, parks and green spaces.

The Place Board Cllr for Millfield and St Michaels will identify the appropriate partner to work with (one per ward). Once identified Groundworks will plan the Street Eats programme with participants in and round that local venue.

## **8. Sow, Reap and Eat (Delivered Sans Street Youth and Community Centre)**

**Aim:** Gain knowledge and experience the satisfaction of learning to grow produce starting from planting to reaping of fruit, vegetables and flowers.

Beneficiaries will be involved in various stages from planning and organising the layout, purchasing of seeds, planting, nurturing, to reaping, preparing of food, cooking and eating home grown produce. We will work closely with Social Chef who will demonstrate how to prepare easy, tasty, healthy meals on a budget.

### **Promotion of the 'Clean and Grow Partnership'**

Events will be held over the Summer period to promote the work that Area Committee has funded. These could be:

- complement existing events in the community, for example, Doxford community day delivered by The Box Youth Centre and Ryhope Carnival Steering group.
- facilitate and support a community 'harvest festival'
- deliver 'Planet Smart' events in five primary schools, promoting the work of the SIB scheme.
- organise 'garden party' events, inviting local people to find out more about the project, progress and achievements.
- Early discussions with the East CCG have taken place, with regards to establishing a referral system into the programme for people with mental health issues or obesity. Referrals could be taken for the 10 East based GP practices

Additional resources: Sans Street minibus could be used to enable people from across the East area to access activities.

### **Performance Management Milestones**

#### **Approval stage: March 2015**

Induction meeting held with all organisations reiterating the expectations of the grant award and what role each lead agent will provide. The process will follow other 'consortia' style approaches to managing projects in the East i.e. Work Ready programme.

#### **Planning stage: April 2015**

Area Place Board identify 'zones' for community clean ups. Meet and Greet with Cllrs and Leads. Mapping exercise completed identifying key stakeholders to involve in clean ups. On-site meeting, survey and consultation carried out to identify actions to be carried out, on the 'day of action'. Action plans to be shared and agreed with individual Area Place Board Cllr before wider circulation, via lead organisation.

Partnership steering group meetings to be held fortnightly for the first two months, to ensure the programmes infrastructure is developed. After which, a mixture of face to face and virtual meetings will be co-ordinated, as and when needed.

**Implementation stage: May 2015 – November 2015:**

Performance meetings scheduled. Activities commence (see project descriptions), with the Area Place Board receiving regular updates on the progress of the project.

**Reflection and Evaluation stage: December 2015:**

Each project will be evaluated, identifying what worked well, what did not and can be used to help inform the smooth running of future volunteering programmes.

**Financial Information**

<b>Organisation</b>	<b>SIB</b>	<b>Match</b>	<b>Total</b>
1. Gentoo Group: Clean Ups and Green Route	<b>£17,422</b>	£13,595	£31,017
2. Groundworks North East: Cleans Ups and Street Eats	<b>£9,006</b>	£0	£9,006
3. ICOS: Clean Ups	<b>£4,994</b>	£255	£5,249
4. Sans Street Youth and Community Centre: Sow, Reap, Eat	<b>£9,800</b>	£600	£10,400
5. Social Chef	<b>£6,848</b>	£0	£6,848
6. Volunteer Centre Sunderland: Team 'V'	<b>£6,941</b>	£0	£6,941
<b>Total</b>	<b>£55,011</b>	£14,450	£69,461

**Recommendation**

**APPROVE**

Condition of Grant:

- SIB will not be used to fund the hire of skips.
- The partnership will not conflict with Sunderland Council's policies, in particular the bulky waste collection scheme.
- Schemes, such as, the 'Share It' for bulky waste removal will be promoted and encourage at every community clean up.



16 MARCH 2015

**SIB EXECUTIVE SUMMARY: ATTRACTING EXTERNAL FUNDING****THE FOURTEEN PROGRAMME**

<b>PROJECT TITLE: Clean and Grow Partnership</b>		
<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total SIB</b>
£340,000	£290,000	<b>£50,000</b>
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
2.5 years	April 2015	December 2017

**Project Description**

The Community Foundation are seeking match funding of £50,000 to secure £290,000 match funding, to enable the delivery of a grant making programme up until December 2017.

Fourteen is an initiative of the Spirit of 2012 Trust which was established by the Big Lottery Fund as part of the Olympics legacy. Its aim is to enable people to become active in their communities and improve local quality of life. Spirit has commissioned its national umbrella body, United Kingdom Community Foundations to run Fourteen which seeks to build on the Commonwealth Games legacy in 14 areas of the country. The aim is to increase participation in social action and volunteering, grassroots sport and physical activity, cultural activity and the arts and youth leadership and personal development.

Community Foundation Tyne and Wear and Northumberland, the lead for the programme, have identified Ryhope and Hendon wards as a suitable coastal community to benefit from a Fourteen programme based on an analysis of needs and knowledge of community and voluntary sector groups working in Sunderland.

Through the Community Foundation, funding of £200,000 from Spirit is available which must be matched with a minimum of £125,000 from local sources. To ensure that the programme gets off to a good start and elected members have close links with the decision making process it is proposed to provide a match of £50,000 from East Area Committees Strategic Initiatives Budget. The Foundation has committed £90,000. The overall fund will be held by the Community Foundation and awarded to local projects based on the advice of a LRG on which elected members in Ryhope and Hendon will be represented. Other donors will be engaged with as the programme progresses.

Groups based outside Hendon and Ryhope can apply for funding, and projects can be delivered outside these wards as well. The main focus of the grant is that the beneficiaries are from Hendon and Ryhope wards, but there was a general acknowledge that other area residents will benefit from The Fourteen programme.

The LRG has been formed and is initially comprised of: representatives from elected members in Hendon and Ryhope wards, the VCS area network, Gentoo, BME Network and the council. The LRG principal role is to guide the Fourteen Programme by:

- Determining the local priorities for the programme and agree their inclusion in a Fourteen community plan
- Providing local knowledge on the relevance of proposed projects for the community
- Recommending approval or rejection of resource budget spend and ensure consistency of spend with the Community Plan.

The community plan will have an outcome centred focus and will prioritise increasing participation in social action and volunteering. There are no fixed approaches to how the financial resource is made available. This will be determined through discussions primarily between the foundation and the LRG informed by analysis of local needs, opportunities and assets. It is likely to be a mixture of:

- Formal open grant making programmes (capped at levels to be agreed for small and large scale projects)
- Larger targeted grants to groups identified in the plan as key providers of certain activities that meet local Fourteen objectives

The Community Plan will be in place by 1<sup>st</sup> April 2015 and submitted for formal approval to UK Community Foundation by 30<sup>th</sup> April 2015. Grant making must start by 30<sup>th</sup> June 2015.

### **Performance Management**

The project will be managed by the Community Foundation and the LRG, with elected representations, and support from the council. Regular updates will be provided to the Area Committee / Boards as part of the current performance management arrangements.

The Community Foundation has considerable experience of managing and allocating local area grants and the Fourteen Programme is well established in other parts of the country.

It is envisaged that applications will be received on a quarterly basis. With LRG meetings being held to discuss each application, similar to the Community Chest panels meetings. Along with performance against project outcomes, the delivery of the community plan and funding strategy.

### **Recommendation**

### **APPROVE**

- A purpose of SIB is to attract other funding into the area.
- Under the Place Work Plan (Action 1.2) and agreed action from June 2014 was to 'attract external funding into the East'. Approving the grant request would secure a minimum of £290,000 into the East, delivering positive action against the Area Work Plan.

16 MARCH 2015

## Community Chest: Financial Statement December 2014 – February 2015

<b>Doxford Ward Budget</b>	£19,631.20		
<b>Project</b>	<b>Approval Date</b>	<b>Returned</b>	<b>Approvals</b>
St. Wilfrid's	17.02.15		£375
Sr. Matthew's	17.02.15		£500
<b>Remaining balance</b>			<b>£6,295.20</b>
<b>Hendon Ward Budget</b>	£10,471.61		
<b>Project</b>	<b>Approval Date</b>	<b>Returned</b>	<b>Approvals</b>
CHANCE	02.12.14		£500
Federation of Naval Associations	02.12.14		£315
Hudson Dock Yacht & Boat Club	17.02.15		£393
Hendon History Group	17.02.15		£190
NEDRC	17.02.15		£1,000
<b>Remaining balance</b>			<b>£986.91</b>
<b>Millfield Ward Budget</b>	£15,572.87		
<b>Project</b>	<b>Approval Date</b>	<b>Returned</b>	<b>Approvals</b>
Thornholme RA	02.12.14		£921
Federation of Naval Associations	02.12.14		£315
<b>Remaining balance</b>			<b>£10,341.89</b>
<b>Ryhope Ward Budget</b>	£12,335.63		
<b>Project</b>	<b>Approval Date</b>	<b>Returned</b>	<b>Approvals</b>
Ryhope Seaview Angling Club	17.02.15		£540
Woodland View	17.02.15		£800
Ryhope Cricket Club	17.02.15		£1,500
<b>Remaining balance</b>			<b>£2,193.63</b>
<b>St Michaels Ward Budget</b>	£10,317.10		
<b>Project</b>	<b>Approval Date</b>	<b>Returned</b>	<b>Approvals</b>
Federation of Naval Associations	02.12.14		£310
<b>Remaining balance</b>			<b>£2,607.10</b>