

Summary of SIB Funding Applications

Project 1 - Wellness Programme in Extra Care Housing

Total cost of Project	Total SIB	Total match funding
£18,000	£9,000	£9,000
Project Duration	Start Date	End Date
4 months	January 2012	April 2012

The Project

The Wellness Service proposes to work with the two Extra Care Housing schemes (ECH) in the Coalfields area, Bramble Hollow (which has 48 apartments) and Cherry Tree Gardens (which has 47 properties), to develop physical activity opportunities and programmes at each individual scheme to meet the needs of adults and older people in order to promote health, reduce social isolation, increase physical activity, and therefore contribute to reducing inequalities in health. The provision of outside activity equipment will encourage people to use the outdoor space; get fresh air and take part in physical activity - promoting fun, activity and a sense of wellbeing

The project will install a set of easy to use 'outdoor gym' equipment, that provides a 'get on and go' circuit and requires no adjustment by the users. The equipment is designed for anyone including those who have limited mobility and assists in improving the users overall strength, cardiovascular fitness, flexibility and balance, all of which contribute to improving all aspects of an individuals health and wellbeing and assists in helping people to live independently. In addition these pieces of equipment may be accessed by friends and families who visit the extra care schemes, therefore bringing the community closer together.

As the equipment is located externally to the ECH schemes, in the garden areas, the equipment will also be promoted for use to the wider community, particularly older adults, as well as the families/visitors to the ECH schemes. The use of the equipment will be promoted through the ECS to the individuals, to their families and friends.

Because of its external location there is 24 hour access to the equipment - however, this will need to be carefully managed as the scheme is restricted to external visitors after the hours of 6pm until 8am - unless access is organised via arrangement with the Court Manager. CCTV covers the garden areas of the schemes. The equipment is secured into the ground and should withstand vandalism/attempted theft. Any incidents will be reported to the Police.

The usage of the equipment will be monitored by the Court Manager who will report approximate monthly usage figures to the Physical Activity Development Officer on a monthly basis. All new users will be given a demonstration of how to safely use the equipment, and will be asked to speak to their GP if they have any concerns regarding their ability to ensure that taking part in an exercise programme will not be detrimental to their health. Individuals will be encouraged to access and use the equipment as part of their daily routine. The residents of the ECS will receive regular questionnaires to ascertain usage and health improvements gained from increasing levels of physical activity.

Need for the Project

It is widely documented and accepted that regular physical activity is known to have a direct impact on health and is recognised that it can be used to improve physiological, social and psychological health as well as making a vital contribution to the wider issues relating to quality of life in all ages. However, the evidence of physical inactivity and the contributing factor too many health problems particularly within the older population are very evident.

The links and outcomes to better health by taking part in physical activity are constantly being outlined. This applies across all age and lifestyle demographics and in particular to this report, to the older population and those living with dementia. Regular exercise can improve a number of general health and wellbeing factors such as;

- Losing weight and maintaining a healthy weight
- Lowering cholesterol levels
- Reducing high blood pressure
- Increasing strength
- Increasing flexibility
- Improving balance and co-ordination
- Strengthening bones
- Increasing stamina
- Relieving stress, promoting wellbeing and good mental health
- Bringing people and communities together

In particular to the ageing population and those living with Dementia, regular exercise can:

- encourage mobility - and therefore, independence - for as long as possible
- improve circulation and help prevent stiffness and muscle wasting
- aid relaxation, promote a sense of calm, and help ensure a good night's sleep
- reduce anxiety, stress and depression and help to increase appetite

Whilst life expectancy is increasing, healthy life expectancy is not increasing at the same rate and therefore people are spending a longer time living with life limiting conditions that do seriously reduce their quality of life. Enabling adults to remain independent and outside of permanent health care will increase the demand on Wellness and Physical Activity services.

Relevant consultations have been held with the Court Managers and Staff to discuss how the provision of such equipment could bring the above benefits to the residents of the ECH schemes and are fully on board with the project.

Outputs of the Project

H1	Number of programmes tackling health inequalities	2
H2	Number of people engaged in healthy lifestyles	144

Key Milestones for the Project

Installation of equipment	31 March 2012
Training of ECH staff for outdoor equipment	31 March 2012
Issue of wellness welcome pack for and health questionnaires to residents	28 Feb 2012
Introductory/taster sessions for residents	1 April 2012

Recommendation: Approve

The project will meet the strategic objective in the Work Plan of 'Support for Older People'

Project 2 - Welfare and Benefits Advice (ShARP)

Total cost of Project	Total SIB	Total match funding
£23,166	£23,166	£0
Project Duration	Start Date	End Date
12 months	December 2011	December 2012

The Project

The SIB funding will allow ShARP to operate extra Welfare Benefits and Advice Sessions from its Centre in Shiney Row. ShARP currently operates 3 sessions per week in the Centre but regularly has to turn people away as demand outweighs the number of people that can be given

support. The funding will pay for an extra 3 sessions per week of advice and guidance. Each session will last for 2 hours and there will be 2 advice workers giving advice. The funding will also provide reception/administrative cover providing assistance in basic form filling (to allow the advice workers to focus on giving maximum time to advice), sending and receiving correspondence on behalf of clients and signposting.

The Service is linked to the SIB priority of 'Supporting Older People' by providing advice on Benefits, Tax Credits, Disability Living Allowance, Housing issues etc.

The service will offer advice and signposting, for example the project is currently working with NEA (National Energy Action) to ensure that advisers are trained in giving advice on current opportunities, and also working with TADEA to explore joint working to provide information on minimising the impact of rising fuel prices and practical support for people who do experience fuel problems. Support will be given to a minimum of an additional 400 people (above the existing client numbers) by giving them advice, guidance and support.

The project will commence in December 2011 in time to offer support for clients struggling to meet the costs of Christmas and also at the beginning of the winter period when it is expected people will start to experience hardship from rising energy costs.

To provide added value to the funding of the advice services, ShARP will provide:

Community Consultation

ShARP currently conduct a community consultation exercise as part of the registration process, this includes asking what services local people would like to see in the area. Through this the project will monitor the feedback from older people on why they are accessing the service, problems they are facing and what services they would like to see in the future.

Information Hub

ShARP will provide 2 way communication between clients and providers. The project will feedback on the needs of clients to the Coalfields VCS Networks and will encourage and invite other providers to deliver services from the ShARP Centre. Providers of local services to older people will be asked to provide information on what they are delivering in the area an information noticeboard specifically for older people will be displayed.

Peer Support

ShARP will provide support to this client group by holding a coffee morning/afternoon once a week for older people, This will be managed by older volunteers who are active within ShARP and users will be encouraged to become active in its running. Partner organisations will be welcomed to call in to give information on their services.

Attracting older people into the service

We will promote the service to older people by advertising in the following areas:

- Local GP Surgeries
- Local Libraries
- Local Churches
- Via the Coalfields Area Network (attending meetings and providing literature)
- Sunderland CVS (VCAS) membership network
- VCS partners – Age UK etc
- Other networks e.g. Gentoo, Care providers etc

ShARP is a community anchor organisation set in the heart of Shiney Row and delivers First Tier Welfare Rights Service on behalf of Sunderland City Council – Partners are Age UK, Sunderland West Project and Citizens Advice Bureau Sunderland. This enables local people to access information, advice and guidance in a centre that is local to them and supports them in increasing their benefits awareness and income. ShARP houses Shiney Row Credit Union and encourages clients to access the credit union to learn more about sensible saving and lending,

promoting development of new habits in financial management to try to progress debt patterns from a reliance of doorstep lenders.

The project delivers outreach advice services to partners at ELCAP (Easington Lane Community Access Point) and the Hetton Centre and also provide house calls to clients who are unable to attend any of our in-house or outreach services, especially the terminally ill and housebound.

Need for the Project

In the year from August 2010 to July 2011 ShARP supported nearly 1000 over 50's (600 people over the age of 50 but not retired, and 360 retired). Of these clients:

- * 155 needed support in claiming DLA
- * 16 were made bankrupt
- * 5 were homeless
- * 226 had finance and debt issues
- * 67 had housing related issues

The project predicts that the numbers of people needing support will increase this winter as energy prices are set to rise significantly. Fuel poverty will become a growing problem to older people especially those who are on a fixed benefit or pension. ShARP currently runs 3 sessions a week, offering free advice sessions on a drop in basis. The sessions are always full, they regularly over-run and try to deal with as many clients as possible. However increases in demand now results in having to regularly turn people away which can be extremely distressing to clients in crisis.

In September 2011 ShARP dealt with 189 clients, 46 were over the age of 50 and 19 were retired (36% of clients). In addition to the sessions ShARP are contracted to deliver, they also provided the following:

71 Phonecalls for telephone advice

Additional session time (over run) of 10 hours (average session over run 30 mins per worker)

9 out of hours appointments

20 hours of additional volunteer advice time was given

Even with this extra provision, 23 people were turned away as the project did not have the time to support them. Over the last year it has become apparent that the issue of indebtedness is spiralling and more people than usual are approaching ShARP for assistance in addressing this. These formerly peaked in the months after Christmas, but now it is an issue which is consistently prevalent.

What is of great concern is that historically, debtors approaching ShARP for assistance were largely drawn from low income families, lone parents and people with health issues and long term medical conditions and those who were unemployed. Now, ShARP is dealing with many more two income households and the nature of the debt is expanding to include a high number (and level) of mortgage debts, second loans and re-mortgages. There is also an increase in older people who are experiencing financial difficulties as pensions and benefits have not increased in line with rising living costs.

Funding will provide support to an average of 8 people per session (based on an average 30mins appointment) and will enable the project to support 400 people per year. It is envisaged 75% (300) of these clients will be over the age of 50, this will be partially due to advertising in places such as churches, halls and other community venues that are regularly attended by older people. Home visits will be provided if they are required by older people and the project will monitor the numbers of people needing home visits, the reasons why they are unable to access community based provision and what issues they are facing.

NOTE: *The project has provided comprehensive data to demonstrate the demographic profile of ShARP's catchment area, including age, benefits claimed and deprivation levels. This is available on request.*

Outputs of the Project

P7	Number of people accessing improved advice and support	400
----	--	-----

Key Milestones for the Project

Service commences	7 December 2011
Service review	31 March 2012
Target of 400 clients reached	November 2012
Project evaluation	December 2012

Recommendation: Approve

The project meets the strategic objective in the Work Plan of 'Support for Older People'. In addition to the support provided to the high proportion of older people seeking advice in the area, this project will enable a valuable community resource to offer an enhanced service to the whole community. The project meets the City Councils objectives around welfare and benefit advice.

Project 3 - Youth Work Training – Herrington Burn YMCA

Total cost of Project	Total SIB	Total match funding
£9,000	£5,600	£3,400
Project Duration	Start Date	End Date
12months	January 2012	December 2012

The Project

The project will deliver a level 2 Certificate in Youth Work Practice qualification through ABC Awarding body to voluntary sector groups within the Coalfields area to a total of 16 participants in 2 cohorts throughout 2012. This qualification is the new qualification for youth and community work but nationally the training for children and young people has been combined. The new qualification has core mandatory units with the optional units spread across work with different age groups so can be tailor made to play (i.e. under 13's) and youth work (13-19's) In the previous youth work qualification the learner had to work with 13-19 year olds but now can work from age 8 +. This combined qualification will ultimately mean more value for money and more flexibility and diversity within the group of learners. The funding will enable the provision of the direct delivery training, support and supervision, internal and external moderation and certification on successful completion of the programme. The course content covers key themes including safeguarding, providing information, advice and guidance to young people, understanding young people's behaviour and a variety of health & safety units. On completion of training learners will have a nationally recognised qualification, an increased understanding and awareness, increased their own self confidence and self esteem, increase their employment opportunities with a recognised qualification and be in a position to have a positive impact with young people on an individual and organisational level.

For organisations or voluntary groups this funding will enable staff/volunteers to access necessary training locally and enable groups to expand and extend. From an individual level successful completion of the training course will increase the employability skills and qualifications and support participants to be in a position to gain employment as a qualified worker for a range of organisations including statutory and voluntary sector. Participants on the course will be of a minimum age of 18.

The project will be delivered within the Coalfields at either Herrington Burn YMCA or at related outreach premises by tutors who currently hold both teaching and professionally related qualifications. Herrington Burn YMCA is in the process of becoming a registered Centre with ABC Awarding body therefore it is foreseen that delivery element of the training will be delivered in-house with the organisations current tutor team therefore only needing to 'buy in' the external moderation element. The organisation is also registered with George Williams College so can if time requires work through them for the first cohort if the centre approval should be delayed by anything unforeseen. Support and supervision will be provided across the Coalfields area at times and venues where is most convenient. It is hoped that the locally based nature of the training delivery and support will limit issues arising due to transport throughout the Coalfields and often difficult or restricting transport links with other areas within Sunderland.

The direct outcome of this programme will be a cohort of trained and qualified youth and community workers within the Coalfields who will be able to deliver play and youth work, securing and extending current capacity. It is envisaged that this project will increase the interest in play provision within the area; increasing the opportunities for more play provision to be developed. Recruitment for the training will be done in partnership with voluntary sector organisations working within the area, voluntary play/youth clubs happening at community level, networking events and opportunities within the Coalfields Area Network meetings and Sunderland Volunteers Centre. Herrington Burn YMCA already has many of the links with voluntary organisations and groups within the Coalfields area and is part of the ongoing networks to extend opportunities.

This project has clear links with the local and national agenda of encouraging and supporting the development of volunteering and volunteers in local communities and will build community cohesions and assist in supporting the sustainability of small voluntary groups and organisations.

Need for the Project

There are a substantial number of play clubs and youth clubs currently being delivered within the Coalfields area that are ran by volunteers, parents etc. These groups are delivering much needed provision at local level; filling in the gaps from statutory services and providing additionality in many areas. Training will strengthen the infrastructure of smaller organisations who often find it financially difficult to link into exiting training opportunities delivered centrally.

Current youth provision in the Coalfields is developing on both a statutory and voluntary basis. Through a number of consultation process the age group 8-12 years has been identified as the age groups for which there is limited provision as it falls under the age group targeted for statutory provision i.e. 13-19 years. This has informed the focus of this project to fill the gap in terms of services for all young people.

Herrington Burn YMCA is currently delivering/ supporting play /youth work in a number of localities within the Coalfields e.g. HRCAP, Fence Houses, Herrington Burn YMCA on behalf of ourselves and other organisations indicating a clear need for qualified play/youth workers within the Coalfields area.

Through our existing work with the Coalfields in Bloom, Heritage projects and 'Love Where You Live' campaigns Herrington Burn YMCA is committed to developing the Coalfields area and enhancing opportunities for volunteers and young people within it.

Outputs of the Project

L5	Number of adults obtaining qualifications	16
----	---	----

A3	Number of community/voluntary groups supported	6
P6	Number of people receiving job training	4

Key Milestones for the Project

Recruitment of learners and securing of placements	25 January 2012
Course induction and commencement group 1	6 February 2012
Recruitment of second cohort of learners	30 June 2012
Course induction and commencement group 2	12 July 2012

Recommendation: Approve with conditions

The project meets the strategic objective from the Work Plan of 'Activities for Young People'. By providing training and qualifications to local people there will be more volunteers qualified to deliver youth and play work. The qualification will offer local people the opportunity to apply for voluntary and employed posts in local organisations. The qualification meets the identified need of 'provision for 8-12 year olds' for which there is an evidenced need for more qualified staff for delivering to this age group.

Conditions:

- The tutors are adequately qualified to deliver the course (evidence required before commencement of course)
- Herrington Burn YMCA are an accredited delivery centre (evidence required before commencement of course)
- The qualification is recognised by the City of Sunderland Youth Service and complements their own training programmes (project to consult with Youth Development Group)
- All local organisations have the opportunity to participate (via the Area VCS Network)

Project 4 - Young People's Project – Washington MIND

Total cost of Project	Total SIB	Total match funding
£54,225	£9,875	£44,350
Project Duration	Start Date	End Date
12 months	January 2012	December 2012

The Project

Washington Mind is celebrating its 30th year of providing Mental Health and Wellbeing services in the local area including the Coalfield area. It is an independent charity affiliated to National Mind, the largest Mental Health Charity in England. Washington Mind is a forward thinking organisation with a small team of both paid and volunteer professionals including qualified and student therapists, independent mental health advocates, support workers, trainers and group facilitators, all working within the process of recovery.

Washington Mind Young People's Project works with 16-25 year olds who experience or are at risk of developing mental health problems or emotional distress. The project has an open referral pathway and offers wellbeing and recovery services, 1-1 Counselling and Psychotherapy as well as psycho-educational and therapeutic group work and Computer Cognitive Behavioural Therapy (CCBT). Providing accessible services in the Coalfield area will reduce the need for young people to travel to Washington to access support.

In addition to locally delivered 1-1 sessions the project will deliver group arts based interventions with young people (Photography, Digital media, Art). Research shows that art based interventions can have a therapeutic effect upon people's mental health. It is proposed that an additional 6 individual sessions and an additional 2 group sessions will be delivered.

The project is also working in partnership with the Youth Development Group to develop the Hetton Centre Youth Rooms (HCYR) into a 'one stop shop' for health service for young people

offering a holistic approach to young people's health in the Coalfield area and would look at developing partnership working with an array of Youth Provision to work on an outreach basis from the HCYR. The venue would offer direct access for assessment, help and/or signposting, a range of resources e.g. factsheets, service directories access to web based resources. Outreach and mobile provision would be provided at other locations including Houghton Primary Care Centre and GP surgeries.

Need for the Project

There are enormous unmet mental health needs, evidence shows that 1 in 4 people in the UK will at some point in their lives experience a mental health problem. The development of community-based services to replace the remote institutions of former years has meant that the vast majority of people with more serious mental health problems now live within their own communities. There is still a stigma surrounding a mental health diagnosis, social exclusion for those affected by it and people still have difficulty in accessing appropriate services when they need them. Current Government policy and guidance requires that resources be directed towards promoting inclusion rather than maintaining exclusion. We have held a number of other consultations including our Annual Review and Consultation on 4th March 2010 and over 500 young people (16-25) took part in a survey about mental health provision in the area. This involved a range of stakeholders taking part to ensure we are meeting the needs of the local community and that their views help to shape the services we deliver. We know from our referral there is a significant demand - see below:

1st April to March 31st.	Referrals received/ of which are young people	%
2007-2008	221 / 21	10%
2008-2009	376 / 69	18%
2009-2010	474 / 116	24%
2010-2011	1035 / 267	26%

Breakdown of Young People referred from 1st Apr 2010 to 31st May 2011 date geographically,

Washington –	129 =	41%
Coalfield –	142 =	46%
City –	42 (16-17yrs) =	13%

Almost half of the young people referred to the Young People's Project come from the Coalfield area and these are the people that know about the project. There may be many more young people that do not know of our service who may be experiencing emotional distress or mental health problems or may experience a number of barriers to accessing appropriate youth mental health provision, such as Stigma, knowledge of services, accessibility, appropriate non stigmatising venues. Having an appropriate non stigmatising youth venue in the Coalfields could help us reduce some of these barriers to youth mental health provision

Outputs of the Project

L7	Number of additional youth sessions per week	8
P3	Number of people volunteering	20
L8	Number of additional young people participating in youth provision	40
H2	Number of people engaged in healthy lifestyle projects	84

Key Milestones for the Project

Key staff and volunteers begin delivering sessions	5 January 2012
Groupwork and training sessions begin	5 January 2012

Partnership working with key organisations	5 January 2012
Distribution of promotional materials to advertise services	31 January 2012
Open day to promote services	5 February 2012

Recommendation: Approve

The project meets with the strategic objective of 'Activities for Young People'. The project offers a much needed service to young people which adds value and complements current youth provision. In addition to developing the Hetton Youth Base as a 'one stop shop' in partnership with the Youth Development Group, the project will also deliver 1-2-1 and group sessions at convenient venues across the Coalfield area. Washington Mind are a member of the VCS Network and engage with other partners across the Coalfield area.