

## People Project Performance 2014/15

Below is a summary of all People based SIB funded projects delivering between April - September 2014. The information shows how they have performed against targets and what they have achieved to the end of September 2014.

Delivering the Heritage Action Plan	Output Target	Output Actual	Progress Indicator	Spend Target 2014/15	Spend Actual	Progress Indicator
				£6,442	£6,000	

This project was awarded £35,000 in October 2011 for the delivery of community heritage projects. Most projects were completed by July 2013 with the final project the Penshaw Village Atlas due for completion September 2013.

Unfortunately the project experienced a number of set-backs but was eventually completed by July 2014. We are still awaiting a link to the completed Atlas. £442 was returned to Area Committee in September

### Support for Older Peoples Projects

### Call For Project – Small Grants

A call for projects to support older people, vulnerable adults and their carers went out in April 2013. This resulted in 5 successful projects. Of these initial projects 1 was withdrawn (Houghton Racecourse CAP) as they were unable to fulfil the criteria. All others are now successfully completed.

In January 2014 a second Call for projects awarded the following organisations: (Total £12,270)

#### Space For Care.

Houghton PCC was awarded £2,170 to extend the existing Space 4 CARE support group for vulnerable adults with poor mental health from 12 to 24 places.

Space4Care since March 2014 has engaged with between 12-15 people at its weekly session on a Saturday afternoon between 2-4pm. This has resulted in these people across the area accessing Space4Care and its extended provision. New referrals have been received from G.P's, Mind & Sunderland Mental Health Team. The clients have reported a marked increase in their wellbeing and delight at the increase of social inclusion and sense of belonging. Many clients now have the confidence to meet each other as a group during the week which has greatly reduced their sense of loneliness and isolation. One client stated publicly to the Mayor and the Bishop of Jarrow, that finding Care & Space4 had transformed and even saved her life.

#### HOPE Social.

Houghton Older People's Enterprise was awarded £1,500 to improve and deliver social activities which are caring, creative and fun for elderly people in the Coalfield through outings speakers and transports costs.

To date the funds have been used to provide over 20 different sessions including talks, demonstrations and musical performances. Over 60 people regularly attend each week providing a highlight to many. Below is a few quotes from regular users:

"Everyone is friendly, the atmosphere is magic. Lots of good entertainment and days out."

"I love my H.O.P.E Club. My husband died three years ago and I was asked if I wanted to join. It's the best thing that happened. It gives you a good social life and you make lots of friends too."

"H.O.P.E is an inspiration to all who attend our weekly meetings. The company is excellent and we are deeply indebted for such a venue."

#### Social Activity Health Mentor.

B Active and B Fit were awarded £3,000 to work with Two Castles and Cherry Tree Gardens to create a holistic activity package for vulnerable and older people.

38 people over the age of 65 to the eldest ages 93 took part in activities from therapeutic exercise to reminiscing &

laughter therapy. These sessions took part in a number of sheltered accommodation venues not only in groups but also individually with one to one support in their own homes.

Participants have built up their confidence as well as improving their physical wellbeing. Project is now complete.

### Luncheon Club

**SHARP** was awarded £2,600 to convert the current crèche area into a ‘multi-use’ space that will allow the organisation to host regular luncheon clubs and other activities for older people, vulnerable adults and carers.

### iPad Engage

**AGE UK** was awarded £3,000 to deliver iPad engage training events providing practical help to older people in using iPads for activities.

The project was held between 23<sup>rd</sup> April 2014 and 11<sup>th</sup> July 2014 at Age UK Sunderland’s Metcalfe Centre. Over the three courses, a total of **24** service users attended the project. Of the service users, **92%** were able to attend half or more of the sessions, with **17%** attending all six sessions. Anecdotal evidence and observations from the artist showed that the course was able to meet the area priorities of increasing social interaction of older people and improving their wellbeing.

Examples of this included:

- ‘It’s drummed up some enthusiasm’
- ‘Come and see what we have created – you won’t even believe it!’
- ‘It sharpens your brain doesn’t it?’
- ‘I will be telling my daughter’
- ‘It’s nice to have something to do here – normally all we do is play bingo’
- ‘How can I do this on my own iPad or on a computer?’
- ‘We have really enjoyed it’
- ‘It has been fun and something different from the norm’
- ‘We need more sessions – I am sad to leave’
- One of my friends wants to come to this – can they come along? She would love it’
- ‘I was dubious about coming today, but I have loved it’
- ‘Aren’t they marvellous? It’s amazing what has been developed over the years’
- ‘It would really help and benefit us if we could have an iPad all the time’

St Aidan’s Angling Training	Small SIB Project
<p>This project was awarded £5,000 to deliver angling sessions in the school holidays along with recruited volunteers. The project will be a structured course to teach the art of angling and conservation of the fishing lake. Participants in the project will receive an Angling and Conservation Certificate on satisfactory completion of the course. The project will deliver a year-long programme of 10-session courses during school holiday breaks and will be managed by qualified coaches from the Angling Development Board (ADB).</p> <p>The Final element of this project was delivered during the Summer School Holidays. Over 130 young people took part in activities set up to meet ADB objectives for junior anglers. 18 elected to undergo the test set up by the ADB and all were awarded activities.</p> <p>Due to the success of the summer activities the ADB is considering Herrington Country Park as a possible regional training programme.</p> <p>This project is now complete.</p>	

Dementia Training SCC	Output Target	Output Actual	Progress Indicator	Spend Target	Spend Actual	Progress Indicator
Deliver one session per month to individuals and organisations within the Coalfield.	3	3		£5,750	£4,000	
£5,750 of SIB funding was awarded to enable delivery of training within the local community to improve awareness						

and understanding of dementia. The Public Health and the Clinical Commissioning Group's Dementia Champion developed a dementia awareness module as part of the Health Champions programme. The workshop is a half-day session delivered via community venues aimed at non-health frontline workers, community and voluntary workers, and carers in the community. The aims of the workshops are to improve awareness of dementia in our community in order to improve levels of early diagnosis and improve people's knowledge around current local services to support people with dementia.

From May 2014 to August 2014 three programmes have been delivered to 38 individuals. Overall the results have been very positive, demonstrating an increase in learner knowledge, competence and confidence following completion of the course.

Examples of feedback from the learners:

"Very good and useful, will definitely take information on board."

"I will be much more aware of the symptoms and this will help me in my job."

"I'll take the examples into consideration and make changes."

"I'll use the training to assess my workplace environment and make adjustments."

"Everything today was very informative and knowledgeable in all aspects of understanding dementia."

"This training will help me to signpost and support clients, assisting them to understand the feelings and perceptions of people living with dementia."


"I'll consider this training when commissioning services and developing integrated teams."

This project is now completed and final payment will be made in October.

#### Healthy Weight Call for Projects


#### Call For Project – Small Grants

This Call for Projects is made up of £15,000 SIB matched with £15,000 CCG funds. Projects that were awarded funding through this Call for projects are as follows:

 **Family Health YMCA** was awarded £4,982 to deliver workshops with families

The project started in February with 5 sessions completed. Total of 14 families engaged all have reported that the sessions have had a positive impact on their home lives by eating healthier and cooking together as a family and making meals from scratch instead of microwave and processed foods.

The Family Health Project continued through the summer holidays & focused on children & parents working together to try new meal options. The project focussed on the families cooking familiar meals but using healthier ingredients. The course has particularly attracted young people who take on a carer role. The project also encourages young people & their parents to engage in physical activity utilising the facilities both within the centre and off site.

 **Food and Ceramics ELCAP** was awarded £5,000 to deliver family work, healthy eating, ceramics and ICT skills

Project ran from February to July and engaged 47 young people and their families making salad bowls & plates as well as developing healthy eating recipes. The project took a whole family approach working with all ages which included the toddler group; this helped to increase numbers and attendance. The whole project worked well through the flexibility of the delivery with a particularly successful event being Fruity Fridays which brought all the groups together to see the project and how it differed according to age and ability.

There have been some positive comments received from participants such as two parents commenting on how 'having fun and not told to lose weight' had changed their eating habits and started to cook from scratch more. Also they had all started doing a 'little more exercise' resulting in dad losing 3 stone, Mam 2 stone 6lbs, daughter (16) ½ stone and son (15) 2 stone. A typical breakfast had been a Gregg's pasty or sausage roll on the way to school, lunch was another take away and tea lasted all night with non-stop eating. They say they would all be in trouble if they had not changed their ways. They now have learned to cook, shop better and use the support of the project and their peers.

This project is now complete.

**Sports /healthy eating St Aidans** was awarded £5,000 to deliver sports sessions and healthy eating classes

The project commenced in the Easter holidays with 62 young people attending over a 4 day period. The half term sessions in May were hit with bad weather which reduced the attendance to 15 per day enjoying a mix of exercise classes, healthy eating sessions and fishing.

By the first week of the summer holidays over 70 young people regularly attended the fitness sessions with 8 continuing to enjoy the outdoor experience of fishing. By the end of the summer holidays over 155 young people attended regularly some of the comments received included:

- It was great to be outside all day. It helped to boost my confidence
- Improved my confidence, fitness levels and teambuilding & socializing skills.
- Was great to be tutored by an ex professional footballer
- It was very well organised and felt confident in leaving my child

There will be one more week of activities organised for October half term.

**Tackle It-SAFC** was awarded £5,000 to deliver coaching through classrooms and workshops.

During the summer term Tackle It Health was delivered to over 90 primary school children in the Coalfields area. Hetton Lyons Primary and Easington Lane Primary engaged in six-week courses delivered to four Year 5 and 6 classes

Outcomes to date:

- Three schools engaged in Tackle It Health
- Six classes completed the Tackle It Health six-week course
- 128 young people engaged in Tackle It Health course
- Total males – 72
- Total females – 56
- 124 participants improved access to and participation in football and sport
- 124 participants improved access to and participation in learning
- 124 participants improved awareness and increased knowledge of healthy choices
- 98 participants improved awareness and increased knowledge of safe choices
- 98 participants improved life chances
- 128 participants improved wellbeing


The project re started after the summer holidays and further progress reports will be available in December.

**Awareness Washington Mind** was awarded £3,050 to deliver workshops with five themes including eating disorders


The project commenced on 26.3.14 the workers worked with young people at the Hetton centre in an active participation session to look at good mood food, body image, emotional eating and eating distress, with taster pamper sessions provided. This helped establish young people's viewpoints about how parents, carers and professionals could best help them with eating distress.

The first scheduled Eating distress course commenced 10/04/14 but did not complete because of low numbers (five started reducing to two who went on to receive individual support). Feedback from this course led the facilitators to redesign the next course to address some of the issues faced; the second course was more successful and commenced 3.6.14 seven young people have completed and have helped develop a Factsheet for parents and professionals, so that they can know how best to support a young person. On the back of this a series of 'good mood events' (using more positive language was part of the learning from this) are taking place in July and August in the Coalfields area and an Emotional Eating Course is now in development.

This project is now completed

 **High Five SNCBC** was awarded £3,640 to deliver healthy eating and fitness sessions.

Project will begin after October half term

 **Trails, Snails and Scales** was awarded £3,000 to deliver a trim trail at Elba Park and family outdoor fun

The project was initially delayed due to the contractors installing the Trim Trail. This was finally completed and signed off in July and we have had very positive feedback from park users. We were able to buy 4 pieces of wooden climbing/balancing apparatus and 4 sets of thermoplastic markings.

Healthy activity sessions have now been advertised and sessions will focus on showing families different ways they can be more active in green spaces by creating games, looking for wildlife and using the new trim trail.


These sessions are to run from October 27 to November 24 and will include:

- Healthy eating and growing – includes making ‘cress heads’ and discussions and practical workshops on healthy eating
- Family Trim Trail session - Families need to invent three different ways of using the new apparatus to promote natural play and making your own fun.
- Cook off - Bring in the cress heads and three other items to go with it that will make up a healthy meal then make something to eat with the ingredients
- Trails snails and scales Woodland Olympics - each family is a team and there is a series of three activities that they have to do to race against the clock - obstacle course etc.

#### **Sexual and Mental Call for Projects**

#### **Call For Project – Small Grants**

This Call for Projects is made up of £15,000 SIB matched with £15,000 CCG funds. Projects that were awarded funding through this Call for projects are as follows:


 **Peer Educator YMCA** was awarded £4,918 to train young people to become peer educators for other young people

8 young people attended a residential during the Easter holidays where they took part in a range of activities & workshops aimed at increasing their understanding of sexual and mental health issues. The residential enabled the group to work together, share knowledge & skills, start to evaluate the resources available & look at how new resources can be developed to inform the project delivery to other young people.


The peer educators’ programme continued throughout the summer holidays meeting both on and off site. They have been developing a package of engaging activities and games to utilise with other young people. The resources have been used in a pilot programme with a small group of 20 young people based at Herrington Burn YMCA.

The plan for the next stage of the project is for the peer educators to work with a group of dis-engaged young people who have been excluded from school delivering sessions based on promoting sexual & mental health & wellbeing. The peer educators are undertaking further training with Washington Mind to increase their understanding of mental health issues relating to young people including:

- Mental health first Aid
- Suicide prevention
- Self-esteem & confidence workshops

 **Looking After Yourself SNCBC** was awarded £3,640 to deliver workshops to eat well exercise and approach sexual health

Project will begin after October half term

 **Healthy Young Minds Washington Mind** was awarded £4,950 to raise awareness and hold workshops

The project commenced on 25<sup>th</sup> March 2014 with a Self-esteem group starting at the Hetton centre this ran for 6 weeks with 11 young people starting and 7 completing the course, evaluations from this were used to deliver creative self-esteem courses through music and crafts (identified by young people as being good ways to improve self-esteem). A creative group delivered by Visualise commence 1<sup>st</sup> April 2014 The Wellbeing through Music group facilitated by the Rockskool commenced on the 25<sup>th</sup> April with 6 young people benefiting.

Following a Suicide awareness session at Shiney Row college a short film about suicide prevention is being produced during the Summer. We have also scheduled A Life Worth Living course for the staff at Shiney Row College due to be delivered at a time that is suitable for the teaching staff. We have worked with young people from the Coalfields area (42) in a project delivered at Farrington School to understand the characteristics healthy/unhealthy relationships. Work is continuing with 7 of these young people.

An outcome of the work so far is recognising the need for self-harm support in the area we are therefore piloting Understanding Self-harm training in Hetton and Houghton Kepier schools. This project is now completed

Can Do Fund	Call For Project – Small Grants
<p>It was agreed that the balance remaining from the approved allocation from the Call for Projects above could be utilised to develop an 'opportunity fund' to encourage young people to design, develop and deliver small projects themselves. Young people would be expected to present their idea to the People Board who would agree whether the project receives funding.</p> <p>The criteria is that projects contribute to one or more of the following –</p> <p><b>Increasing Participation:</b> Taking part in activities which can influence decision-making and bring about change</p> <p><b>Being healthy:</b> Enjoying good physical and mental health and living a healthy lifestyle</p> <p><b>Improving skills:</b> Taking part in activities and learning to increase opportunities and achieve goals</p> <p><b>Progress</b> First group of young people presented their ideas to the People Board on July 7 with a total of £1,265 awarded to 3 projects:</p> <ul style="list-style-type: none"> <li>• The Art Awardees</li> <li>• Because We Can</li> <li>• XL Friday Group</li> </ul> <p>Projects included support for trips &amp; activities to build up self-esteem &amp; team bonding and travel costs for a speaker from London to come and deliver a session on human trafficking held in the Council Chambers</p> <p>The second round of applicants will be attending the People Board on November 10.</p>	

Celebrating Success - Herrington Burn YMCA (HBYMCA)	Call For Project – Small Grants
<p>This project was awarded £1,964 to work with a group of 4-6 young people engaging them in the planning, recording and editing of a promotional piece of video or photography that will depict and publicise the improvements made within the Coalfields by the 'Love Where You Live' campaign.</p> <p>The project has engaged a small group of 6 dis-engaged young people all of which are excluded from school and are educated as part of HBYMCA's school inclusion programme. The group have been working with Media Savvy to produce a DVD which reflects the improvements made within the Coalfields area as a result of funding allocated by the Area Committee.</p> <p>The young people were part of the planning/storyboard for the DVD and identified some key areas they would like to highlight. The young people met with &amp; interviewed Cllr Lawson &amp; Cllr Scott as part of the process alongside Pauline Hopper and Pat Robson. The young people took on the roles of camera, sound &amp; interviewer with support from Media Savvy staff and youth workers.</p> <p>Completion expected by the end of October.</p>	

Houghton Centre for the Blind	Small SIB Grant

£4,000 was awarded to the group at April's Area Committee. The organisation supports local people who are blind and partially sighted. Their aim is to provide support to these people and their families by offering social activities both at the centre and out at various event and venues.

The Centre has had considerable financial outlay over the past few years and reserves have been exhausted in order to carry out work such as adapting the toilet facilities to be DDA compliant, and repairs to the roof and exterior. The Centre is owned by the charity and is built on land owned by Sunderland City Council. The centre is run by volunteers who have little or no experience of applying for grants and a contribution of £4,000 towards running costs has allowed the centre to remain open and give the group time to develop a fund raising strategy.

Since the grant was awarded the group has become more involved with other groups and organisations in the area including the VCS Network, ELCAP and the Coalfield Customer Relationship Officer.

Community Transport Easington Lane Community Transport Scheme	Output Target	Output Actual	Progress Indicator	Spend Target	Spend Actual	Progress Indicator
Number of People Receiving job training	4	4		£15,000	£15,000	
Number of people employed in voluntary work	5	6				
Number of people going into employment	1	1				
Number of people using new & improved facilities	30	47				

The project was awarded £60,000 over 3 years at the April Area Committee to continue and develop the Shopper Bus Project. One new post of Transport Co-ordinator/Driver will be created (24 hours pw). The main aim of the role will be to work closely with the Project Manager to ensure the three year project meets the needs of the Coalfield community and long term funding is sought for the sustainability of the scheme post 2017.

Transport & Environment Manger was appointed in May. A steering group has been set up to support the project and seek additional funding. Possible source identified is the Big Local; an application has been made to further develop the service as identified by residents.

The Community Transport project is on target around delivery and continues to respond to service users. A need has been identified to provide passenger assistance to help with clients with Dementia and the project has recruited & trained volunteers to support these passengers.

To date 267 passengers have used the service, feedback from these shows that many see this service as a lifeline and it is the only time they get out and meet people. As a result of using this service some passengers have become involved with other activities provided by ELCAP.

Volunteer Co-ordinator ShARP	Output Target	Output Actual	Progress Indicator	Spend Target	Spend Actual	Progress Indicator

ShARP was awarded £30,000 over 3 years at the April Area Committee to continue and develop the project previously funded through SIB.

The Volunteer Co-ordinator's role is to:

- To co-ordinate services to ensure that we can help the maximum number of people including older people, vulnerable adults and carers
- To develop training/self-help materials for clients to support them in dealing with their problems themselves
- To develop a training plan and train volunteers as advice workers to add capacity to sharps advice service

The project is not due to start until October so no outputs or spend for this period.