

SIB/Coalfield Area Committee-CCG Project Summaries & Updates August 2014

Sexual & Mental Health

Total Grants Awarded	£14,186
CCG Contribution	£7,093

1. Peers Educators project, Herrington Burn YMCA

Herrington Burn YMCA proposal was to work with 8 young people aged 15-19 years to train them to become peer educators for other young people around issues relating to sexual, mental, physical and emotional health and wellbeing.

The project will culminate in a day event available to young people across the Coalfields area, specialist services and local community residents which will include activities and workshops to promote a healthy approach to sexual, mental, physical and emotional health.

Progress August 2014

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.

2. Looking After Yourself, SNCBC

A rolling programme of Looking After Yourself Workshops will be delivered over a 4-week duration. Sessions will include eat well – feel better, sexual health, exercise and mental health, believe in yourself and take time out, all aimed at young people aged 11-19 years. In addition sessions will cover issue based work around drugs and alcohol and the related risk taking behaviour. 16 courses – 4 per ward

Progress August 2014

Project delayed until after school summer holidays

3. Healthy Young Minds, Washington Mind

Childhood and teenage years are when mental health is developed and patterns are set for the future. This project will offer a variety of training opportunities that will complement the existing mental health services available locally. The project will

- Increase awareness of the services and support available to young people, via awareness raising events and promotional activities
- Deliver activities and services to young people (and those working with young people) to reduce risk taking behaviour through mental health first aid training, suicide prevention and stress awareness
- Provide peer support workshops including increasing self-esteem, self-harm support and promoting emotional resilience

Progress August 2014

The project commenced on 25th 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 1st April 2014 The Wellbeing through Music group facilitated by the Rockskool

commenced on the 25th April with 6 young people benefiting.

Following a Suicide awareness session at Shiney Row college a short film about suicide prevention is being produced and a Life Worth Living course for the staff at Sunderland College is 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.

Healthy Life Choices for Young People

Total Grants Awarded	£31,673
CCG Contribution	£15,836

1. Family Health Project, Herrington Burn YMCA

Herrington Burn YMCA will deliver a series of 4 family health projects each working with groups of 8 children/young people and a member of their family over a 6 week programme exploring what is healthy eating, food safety, skill development of cooking in a group and at home and taking part in a range of physical activity and exercise opportunities appropriate to their abilities/disabilities.

Progress August 2014

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.



2. Children, Families, Food and Ceramics, ELCAP

We will work with MBC Ceramics to deliver a project that will encourage both changing lifestyles around food and diet and give young people and their family's skills to develop healthy eating. The project will introduce ceramics as a tool to also look at producing good food on a low budget as well as provide ICT skills and training. They will produce a recipe book and create a ceramic salad/eating bowl. This will be offered over a six month schedule in a workshop style setting at Easington Lane Community Access Point.

Progress August 2014

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.



3. Tackle it Health/ Fit for football, Foundation of Light

Tackle It programmes use a combination of sports coaching, classroom and workshop sessions to teach people about positive choices which impact on their academic, health and social lives. Tackle It Health/Fit for Football address key issues in health, nutrition and exercise which can then be incorporated into everyday activity, facilitating and encouraging a healthy lifestyle approach by the whole family. The use of bespoke work booklets reinforces key messages, with whole session activities evidencing understanding, awareness and application.

Progress August 2014

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



Course 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

4. Healthy Eating Awareness Programme, Washington Mind

The majority of eating disorders and unhealthy eating patterns commence during school age so the preventive aspect of this package targets all young people aged between 11 - 16 year olds, their parents and the professionals working with this age group. This project will help to deliver the Healthy Life Choices for Young People priority by developing and delivering a series of workshops for young people, parents and professionals, providing online support and advice and offering access to exercise sessions and 'pamper' feel good sessions.

Progress August 2014

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.

5. High Five, SNCBC

A rolling programme of Five Healthy Eating and Fitness sessions will be delivered over a 5 week duration. The sessions will include practical cookery demonstrating healthy alternatives, portion size control, healthy eating on a budget, food safety and a 30 minute physical activity suitable to the diversity of the age range. Each family session will accommodate 8 adults and their children. Guest speakers from partner organisations will be invited to attend.

Progress August 2014

Project delayed until after school summer holidays

6. Trails, Snails and Scales, Groundwork

The project will create a trim trail at Elba Park and which will be used, alongside the allotment sessions, as a space to run weekly activities such as exercise sessions, treasure hunts, habitat creation and mini beast hunts. The sessions at the trim trail will also encourage families to create their own outdoor play and exercise ideas, giving them the confidence to continue to undertake health outdoor exercise as a family in the long term. After these initial outdoor exercise sessions the focus will change to growing food, healthy eating and cooking. The group will complete sessions at the allotment, where they will learn how to grow and cook vegetables onsite. Exercise and growing

sessions will run from March to June after the trim trail has been installed.

Progress August 2014

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.

7. Healthy Life Choices for Young People, Herrington St Aidan's Team Sports

The programme will run during school holidays (starting at Easter) and will consist of a combination of physical activity and sports sessions as well as healthy eating and nutrition sessions in the form of 'cook and eat' and education sessions

Progress August 2014

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.

Can Do

Amount available	£14,142
CCG contribution	£7,071

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.

The criteria is that projects contribute to one or more of the following -

Increasing Participation:

Taking part in activities which can influence decision-making and bring about change

Being healthy:

Enjoying good physical and mental health and living a healthy lifestyle

Improving skills:

Taking part in activities and learning to increase opportunities and achieve goals

Progress August 2014

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:

- The Art Awardees
- Because We Can
- XL Friday Group

Projects included support for trips & activities to build up self-esteem & team bonding and travel costs for a speaker from London to come and deliver a session on human trafficking held in the Council Chambers

Next round of applications will be presented to the November Peoples Board.