

**Applications for Washington Neighbourhood**  
**Application No. 1**

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	<b>Washington Individual Support Project - Extension</b>
<b>Lead Organisation</b>	<b>ShARP</b>

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£18,000	£2,000	£16,000
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
1 year	April 2022	March 2023

***ALL PROJECT DETAIL TAKEN VERBATIM FROM APPLICATIONS***

**Project Description:**

**Background**

The Washington Individual Support Project has an established track record of working collaboratively with others and fully supporting partnership working in the VCS, even joining with partners in food distribution efforts on Christmas Eve and during school holidays. WISP is an integral part of other innovative projects which have developed e.g., Mickey's Place which operates in an area with high levels of deprivation. WISP continued to be delivered -both throughout the Covid 19 pandemic working and supporting the Community Hub arrangements and local partnerships established to deliver winter support and household support. As Covid restrictions continued, the role of WISP had to evolve to meet the needs of people who suddenly found themselves in crisis due to the impact Covid. The WISP worker joined with SCC Community Hub, volunteers, Early Help Workers, elected members, GENTOO, Shelter, Social Prescribers, Probation, Police and everyone else involved in meeting the challenge of Covid head on to ensure that those most vulnerable had support and access to food and other essentials. Since inception the project has delivered the following:

- 988 Washington residents have been supported at the point of crisis
- 185 of those people live with significant/problematic Alcohol/Drug dependency
- 28 people sought support because of Domestic Abuse
- 350 people identified themselves as living with mental illness/poor mental health
- 38 people identified themselves as having additional learning needs/difficulties
- Total number of people supported in the period April 2020 – Present (Covid period)
- 594 Washington residents received support at the point of crisis
- 102 of those people live with significant/problematic Alcohol/Drug dependency
- 11 people sought support because of Domestic Abuse
- 191 people identified themselves as living with mental illness/poor mental health
- 19 people identified themselves as having additional learning needs/difficulties

WISP is a unique and innovative project working with some of the most complex people and their issues as well providing light touch advice and signposting to those people newly entering the welfare benefit system due to the impact of Covid. The project is an invaluable resource to Washington residents.

The approach used by the project is primarily that of community development and assertive outreach to reach those people who do not easily engage with universal services.

WISP is able to step effectively into the gap between local people and specialised/statutory services acting as a bridge so that significant issues are raised appropriately, with the right agency/service and the person is then supported through the journey to a resolution.

During Covid the WIPS worker put this approach to good use engaging and supporting the most vulnerable and isolated – she became a Covid Champion, recruited volunteers to become Covid Champions, and sharing vital information and public health messages about social distancing, self-isolation and take up of the vaccine.

As a result of the learning from this time we want to secure the project and reshape it to use the approach blending the light touch and assertive outreach alongside early engagement into new venues to reach more

people at an earlier stage before their difficulties escalate into crisis and then become entrenched problems.

The new project will provide the following as a minimum:

- WISP Advice Worker available Monday – Friday between 9.00am and 4.30pm
- Out of Hours support available depending on need to deal with issue end to end if needed eg Crisis Mental Health/Homelessness
- 3 x sessions weekly direct delivery into Mickey's Place/emerging foodbanks/projects
- 6 hours per week for casework and related activity
- Develop opportunities for co-location/outreach into Change Grow Live Unit
- Work with Shelter and Stop Loan Sharks to address specific vulnerabilities
- Participate in Washington Community Events
- Act as a resource to other providers
- Develop training

Outcomes:

We expect that people will:

- Feel more knowledgeable about their rights and entitlement
- Know how to find/access help
- Feel more confident in asking for support

In this year:

- 100% of people will be offered a full benefit check and helped to complete claims
- 100% of people will receive a welfare check at the first point of contact (with signposting to relevant support/social prescriber etc)
- 100% of people will be offered a Financial Resilience Check and advice including budgeting, safe borrowing/Credit Union and Company Shop
- 100% of people who need support will be offered supported referral across to the most appropriate service to meet their needs
- 3 additional venues will be developed so as to increase reach

Objectives and goals	Forecast Dates
Plan for sustainability - start search for additional/new funding. Identify key funders and complete 3 applications within 6 months	01/04/2022 then ongoing
Confirm use of venue, role, remit and responsibilities with new partners with first month. Start delivery of project immediately from current venues	01/04/2022 then ongoing
Refresh contacts and review referral/access pathway to project. Social Prescribers/Early Help/Together in Crisis/WWIN/Police	01/04/2022 then ongoing
Promote new project through VCS Area Network, VCS Alliance, neighbourhood social media	01/05/2022 then ongoing
Promote the project at community events using support of other vcs organisations	01/06/2022 – 31/03/2023
Confirm and embed links to Community Opportunities Volunteering/Training/Employment - throughout lifetime of project	01/04/2022 – 31/03/2023
Manage exit strategy/reshaping to new project / funder from January 2023	31/01/2023
Produce WISP Project Evaluation Report	31/03/2023
Present WISP Project Evaluation Report to Area Committee	31/03/2023

## **Outputs**

Based on previous demands we expect to maintain current contact rate of 15 people per week as a minimum. Numbers are likely to rise once the current level of the Enhanced Winter Offer ends and the increase to cost of living starts to hit.

- 24 people accessing digital support
- 24 people enjoying a healthy lifestyle
- 100 people signposted into Public Services
- 400 people receiving Information Advice and Guidance
- 200 people more resilient and able to help themselves in a crisis

We will use our ShARP Customer Satisfaction Survey each quarter to help us understand how people experience the project. The survey is anonymous and usually gives a good rate of return. We will use the results to inform the final WISP Project Evaluation Report as well as the funding applications that will be made to other funders.

## **Budget**

£ 14,143:	Staffing costs 52 weeks x 16hrs Advice Worker per week
£ 1,185:	Oncosts -Mileage @ .45p per mile, IT and mobile, resources
£ 2,500:	Management & Admin

**Total £ 17,828**

## **Recommendation – Approve £16,000 Neighbourhood Fund (2021/22 budget)**

The Neighbourhood and Community Board recommend approval of this project, which delivers to Washington Area Investment Delivery Plan Priority of Additional services for residents via the VCS

## Application No. 2

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	<b>Washington Outreach Project Next Steps - Extension</b>
<b>Lead Organisation</b>	<b>Sunderland All Together Consortium</b>

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£30,178	£11,428	£18,750
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
8 months	01.07.22	31.03.22

### **ALL PROJECT DETAIL TAKEN VERBATIM FROM APPLICATIONS**

**Project Description:** Washington Outreach Programme (next steps) is targeted at young people aged 11-19 years old who currently do not access any youth provision or who have been engaged by Washington Outreach Project on the streets in the past 12 months. It is targeted at Hot Spot areas as identified by partners.

The project is targeted at young people in the hotspots who may be causing anti-social behaviour and entering into dangerous lifestyle choices. Engaging young people to directly shape the activity and giving them a voice will encourage cohesiveness, leadership and enable empowerment. Our staff will work with young people to overcome barriers they may face to participation, to build their confidence, self-esteem, team-work skills and resilience. They will take time to understand what motivates (and demotivates) young people to keep them engaged and involved. For example, groups of young people congregate in and around the Galleries shopping centre causing disturbances ranging from nuisance through to anti-social behavior and occasionally criminal activities.

The outreach key partners, (ODYPP, Police Galleries Security, Gentoo) would meet and plan a coordinated approach, with each organisation identifying roles of delivery. Young people in the Galleries would be engaged by the outreach team in meaningful discussion about the issues and problems arising from their behavior. The team will explain the initiative to the young people and the roles that the partners would undertake. The young people would be encouraged to modify their behavior and be presented with alternative outreach venues to attend. (Oxclose, Pitstop, Sulgrave, Springwell and other youth activity available in the area) The outreach bases will offer the young people a fun, safe space to meet and socialise and access mental health services (Washington Mind) counselling services (Good Vibes Project) The Safer Care Project and training and employment advice (JAG Project) If the young people did not engage the other partners (police/Gentoo/Galleries.) would undertake enforcement action as appropriate.

Hot spot areas will be visited by the outreach team who will be tasked to engage with the young people. This element was very successful in the initial Outreach project and the workers know and are known in the area. This project utilises Outreach youth work which is primarily used to inform young people of services that exist in their locality and to encourage them to use such services, Outreach can also seek to identify, through consultation with young people, any gaps that exist in services aimed at meeting their needs. As opposed to Detached Youth Work, Outreach is seen as an extension to centre-based work, Outreach work takes place when workers who are usually centre based go onto the streets with an agenda of their own to pursue, usually to encourage young people to attend their club, and also in this case to access the health/wellbeing services and reduced ASB and perceived ASB. Sunderland All Together Consortium will provide youth workers who:

- Are appropriately trained, committed and accessible where/when young people need them, and who will be able to respond to a range of issues affecting young people.

- Will promote young people's entitlement to 'have a voice' and be genuinely involved in decision making and democratic participation
- Can provide accurate and up to date information and guidance on the issues that are affecting young people's lives and signpost them to relevant agencies for specialist support.
- Can maintain confidentiality within the parameters of the youth service code of conduct, law and child protection protocols and procedures. The limits of these will always be communicated to young people in a sensitive manner and consider the personal situation, identity and territorial aspects of the relationship.
- Deliver programmes of informal and non-formal educational (in the broadest sense) experiences to meet the identified and negotiated needs of young people.
- Work in partnership with agencies to access resources and provide a range of opportunities to enhance young people's skills and knowledge and build their capacity and confidence.
- Will regularly profile the communities in which they work to identify and understand needs, avoid duplication of and/or gaps in services, and inform about changing trends and issues to improve engagement strategies.
- Value young people and their contribution regardless of their social class, gender, race, sexual orientation, ability, disability, political and/or religious beliefs. They will challenge anti-discriminatory attitudes and behaviours appropriately through a process of offering alternatives so as to broaden young people's perceptions.
- Are radical in their approaches in challenging risk-taking behaviours in young people who already may find themselves socially excluded and disengaged with other services/appropriate role models. This process of 'considered risk' will empower young people to make informed choices and workers will support them in the choices that they make (whilst maintaining youth work professional and ethical parameters).

At a time when many projects closed ODYPP, as part of Sunderland All Together Consortium, continued to work with those of our most vulnerable and hard to reach young people on the Area funded Washington Outreach Programme. Over the past 22 months we have consistently overachieved on our targets.

No. young people engaged – Target (July 20 – Dec 21) 150. Achieved 1105

No. young people referred for additional support - Target (July 20 – Dec 21) 30. Achieved 30

No. young people accessing youth bases - Target (April 21 – Dec 21) 250. Achieved 1024

Considerable learning and development have been gleaned from delivering such an innovative and exciting project. The levels of anti-social behaviour are much higher and more serious than youth workers had seen before the lockdown periods. Coming out of lockdown we have experienced larger groups of young people engaging in anti-social and criminal behaviour. We believe that the periods of lockdown, alongside lack of interaction with appropriate adults such as teachers and youth workers who promote respect and discourage anti-social behaviour, have been contributory factors. Now more than ever, there needs to be a continuity of youth workers working across the areas in Washington.

The original project brief allowed for flexibility to meet the needs of the communities and young people in unprecedented times. We now wish to develop the project further and work with the young people of Washington to really engage them in activity and education that will enable them on their journey to becoming rounded young adults. The new project will

- Provide a minimum of three outreach session per week that will work in identified hotspot areas throughout the Washington area. (2.5hrs x 3)
- Operate four outreach base sessions to complement the outreach work undertaken on the streets. (2.5hrs x 4) The project will employ 12 qualified youth workers to deliver the project.
- Work with the young people to raise their awareness of the potential consequences of risk-taking behavior and provide information, guidance and support to enable young people to make informed life choices and raise their aspirations.
- Work with local providers of Youth provision and agencies that have knowledge of young people who are undertaking risk taking behavior collectively to make sure we are all giving the same message and not duplicating services. The project will work

with key partners (Police, Gentoo and Cllrs and ASB teams to identify current hotspots on a regular basis) These agencies have agreed to undertake the role in identifying the issues and keeping these up to date as it is in everyone's best interests to do so. This has been happening very successfully over the past 22 months. By working together, we will be more successful than working in isolation and pool the wealth of knowledge that is available in the area.

Sunderland All Together Consortium and its network of youth providers have in place policies and procedures for its staff, volunteers and participants. We have appropriately trained and qualified staff, all who have current DBS checks and all managers have undertaken Designated Person Safeguarding Training. We are undergoing a major training drive around mental health and wellbeing in partnership with Communities CAMHs.

ODYPP has a great deal of experience in operating popular well attended venues for young people. The popular venues at Springwell, Oxclose, Sulgrave and Pitstop have been selected to give a widespread catchment area to enable easy access for young people targeted by the outreach teams. Not all venues were available for the initial project due to the pandemic but with the easing of restrictions we can start to utilise these venues once again. The project will employ a continual evaluation process using both qualitative and quantitative methods. Qualitative data will include feedback from young people carried out using a variety of methods that will include young people's comments, session evaluation and overall evaluation. Quantitative data will be produced by attendance recorded on an electronic recording tool enabling accurate monitoring of the project.

### **Partnership**

We will continue to work in partnership with all organisations who work with young people in the Washington area (Washington Mind, Millennium Centre, Springwell Village Hall, Police, Gentoo) to ensure there is no duplication of services and to maximise resources and outcomes for children and young people. We will work with these partners to attract new beneficiaries, share skills and expertise, and utilise each other's resources where needed. If the funding bid is successful, the project will build on the considerable partnerships forged and developed in the past 22 months.

Project proposals will be targeted across the whole area and will be dependent on the needs identified by the partners. We will share information and work in a co-ordinated way with other youth providers delivering in the area, to avoid duplication. The project is flexible and able to respond to the transient nature of ASB hotspots whilst allowing for intense support through its outreach hubs.

The Project will continue to work in partnership with the Area Officer and Washington Area Councillors to ensure that all delivery of the project is communicated on a regular basis, and to understand ward issues. We will use various methods to communicate such as email, telephone calls and regular catch-up meetings. We will work in partnership with voluntary groups in Washington who have their own community venues, and with Gentoo, Northumbria Police, Fire and Rescue, Sunderland City Council ASB team, Washington Area Ward Councillors to ensure we work together to identify hot spot areas and to discuss solutions to address local issues with young people.

We will work in partnership with organisations such as CAHMS, Washington Mind, YDAP, Together for Children, and Sunderland Youth Offending Service to signpost young people to appropriate specialist services, and with community groups and organisations who work with young people in the Washington area to ensure there is no duplication of services and to maximise resources and outcomes for children and young people. We will work with these partners to attract new beneficiaries, share skills and expertise, and utilise each other's resources where needed.

We will develop partnerships if they are not already in place with secondary schools within the Washington area to promote delivery and to attract and engage new beneficiaries. We will work in partnership with Sunderland University Community and Youth Work team, Education

and Skills Awards, and the National Youth Work agency to provide and deliver an accredited training model across Sunderland. This is to ensure that we skill up and equip future and current youth workers and volunteers to be the best they can be.

Objectives and goals	Forecast Dates
Identify new Outreach Programme targeting hotspot areas identified by partners	July 2022
Continue Springwell/Sulgrave/Pitstop/Oxclose Outreach Base Programme	July 2022
Continue to liaise with key partners, Police, Gentoo, Cllrs, to identify hotspots and agree each organisation's role.	July 2022 – ongoing throughout the life of the project
Communicate and update on the delivery of youth activities on a regular basis with Washington area ward Councillors.	Throughout the life of the project
Project evaluation with input from all delivery partners	April 2023

## Outputs

Output	Target 2022/23		
	Quarter 1 July-Sept 22	Quarter 2 Oct-Dec 22	Quarter 3 Jan-Mar 23
No of young people in hotspots engaging with workers	25	25	25
No of young people referred to support services	5	5	5
No of young people accessing youth outreach bases	100	100	100

## Budget

Item and Description	Total Costs	Match Costs	NF Contribution
Outreach Salary costs	5796.22	0	5796.22
Transport & activity	1800.00	0	1800.00
Springwell/Sulgrave/Pitstop/Oxclose Outreach Base + Activity Salary costs	17706.45	9927.67	7778.78
Building Costs	3000.00	1500.00	1500.00
Management Costs	1875.00		1875.00
<b>Total</b>	<b>30177.67</b>	<b>11427.67</b>	<b>18750.00</b>

## Recommendation – Approve £18,750 Neighbourhood Fund (2021/22 budget)

The Neighbourhood and Community Board recommend approval of this project, which delivers to Washington Area Investment Delivery Plan Priority of Supporting young people

### **Application No.3**

The Neighbourhood and Community Board has agreed a Project Brief and proposed Call for Projects to invite the local community to submit proposals which will deliver a community programme to celebrate the Queen's Jubilee in 2022.

#### **Washington Area Committee: Funding Opportunity**

#### **Celebrating the Queen's Jubilee 2022 – A Community Programme**

##### **Introduction and background**

Washington Area Committee would like to invite interested groups and non-profit making organisations (including statutory providers) to submit proposals to deliver activities and events in the local community. Local events have been key to enhancing community inclusion and involvement in Washington and in supporting a cultural identity for the area and fit the Committee's priority of 'Delivering Heritage and Culture' (Washington Area Committee Neighbourhood Investment Delivery Plan). Wards covered by the Washington Area are Washington Central, Washington East, Washington North, Washington South and Washington West.

There is an opportunity for local VCS groups and partner organisations with a proven track record in delivering grant funded projects, to deliver this project on behalf of the Washington Area Committee. Formally constituted and 'not for profit' groups which include charities and voluntary and community groups can be involved. CICs can apply but must have three or more Directors that are not related. Registered organisations must be up to date with governance requirements. The Area Committee will also consider applications from an 'umbrella' organisation representing a number of smaller, named groups or consortia.

##### **Background**

In 2022, Her Majesty the Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years of service. To assist community groups and individuals to come together and celebrate the Jubilee, Washington Area Committee would like to support our local community to celebrate this historic event.

##### **Project proposal**

Area Committee wishes to support the development and delivery of a community programme to celebrate the Queen's Jubilee in 2022. Washington Area Committee would like to invite project proposals for activities and events and for celebration/party events

The project proposals are to include the following:

- Proposals can be for any event or activity which celebrates the Queen's Jubilee
- All relevant permissions must be confirmed before funds would be released. This includes public liability insurance, events plan (if relevant), permissions to use locations (SCC and other landowners, e.g., events in parks), any traffic regulations re road closures
- Successful applicants will be required to provide photographs, film and/or media of all WAC funded events and activities which will be used as part of the Committee's publicity and PR campaigns
- Strong partnership working and community participation will be encouraged
- Any links to existing services, information and relevant groups
- An organisation can only apply once to this fund.
- All activities and events must take place in Washington

##### **Budget: £45,000**

There is a total of £45,000 available for this Call for Projects. Single organisations can apply for a maximum of **£500** and consortia or umbrella applications which must include a minimum of **3** 'unconstituted' groups coming together can apply for a maximum of **£1,000**.

All applications will be scored and assessed. This Call for projects will be delivered under the Small Grants processes and procedures. There will be 2 opportunities and rounds to apply to and all applications will be agreed and determined at a Ward level



### Timescale

Deadline for completed applications	31/3/22 & 29/4/22
Area Committee Decision – Ward Panels	07/4/22 & 06/5/22

### Next Steps

Any interested group or organisations should request an application pack. If your application is for a consortia/umbrella proposal there is an additional declaration to be completed

Please contact Karon Purvis at [karon.purvis@sunderland.gov.uk](mailto:karon.purvis@sunderland.gov.uk) for an application pack or to discuss your project. The deadline date to return completed applications with any necessary supporting documents is **31<sup>st</sup> March 2022 and 29<sup>th</sup> April 2022**

### Queries

If you have any questions regarding the application process please do not hesitate to contact Karon Purvis Area Community Development Lead (Washington) at [karon.purvis@sunderland.gov.uk](mailto:karon.purvis@sunderland.gov.uk)

## **Application No.4**

The Neighbourhood and Community Board has agreed a Project Brief and proposed Call for Projects for a financial inclusion project targeted at young people in Washington

### **Washington Area Committee: Funding Opportunity**

### **Call for Projects: Youth Matters – Making Money Work**

#### **Introduction and background**

Washington Area Committee would like to invite interested local Voluntary and Community Sector (VCS) groups and public sector partners to submit proposals to deliver projects in the local community which support delivery of their Supporting Young People priority (Washington Area Committee Neighbourhood Investment Delivery Plan). Wards covered are Washington Central, Washington East, Washington North, Washington South and Washington West.

There is an opportunity for organisations with a proven track record in delivering grant funded projects to deliver this project on behalf of the Washington Area Committee. Formally constituted and 'not for profit' groups which include charities, schools, voluntary and community groups and public sector organisations can be involved. CICs can apply but must have **three or more Directors that are not related**. Registered organisations must be up to date with governance requirements. Applications demonstrating partnership working are encouraged.

#### **Project Description**

Washington Area Committee have agreed funding to deliver a financial inclusion project for **young people**, targeting education courses education/courses with regards to money management, budgeting, and debt management. Within the context of the Councils Financial Wellbeing and Financial Resilience Project 'Being in control' this Call for Projects is requesting applications to deliver a Washington pilot working with our 4 senior schools to deliver engagement and messaging to support our young people to develop financial resilience and develop age-appropriate resources. At the same time the programmes will also need to assist young people to build confidence and raise aspirations with regards to career choices and 'life after school'.

#### **Project outcomes**

All proposals should identify how it will:

1. Work in all 4 'senior' Washington schools and deliver innovative engagement programmes, messaging and age-appropriate resources - It is therefore important that positive messaging is used throughout the project and that engagement activity is interesting to young people, with a creative and novel approach. Please tell us how this will be achieved by your proposal
2. Improve and support emotional resilience, community cohesion and enables young people to make informed choices and raise aspirations and build skills and confidence amongst young people
3. Work with and co-ordinate all activity with the wider Financial Resilience programme which will be linked to existing branding of Know Your Rights, Assert Your Rights and Making Your Money Go Further. This includes not duplicating digital resources already available for young people – tell us how you will ensure this proposal will run in tandem and use existing resources
4. Evidence knowledge of relevant local provision, projects, activities and initiatives, and in particular complement and add value to existing young people's provision and where appropriate, work in partnership with existing initiatives

All proposals should

- Evidence the organisation's experience and understanding of 'Financial Resilience' and the current challenges affecting financial stability
- Evidence the organisation's experience in working with young people and have an understanding of the role of 'Financial education'.
- Evidence the organisation's experience of delivering advice to young people, e.g. for careers guidance
- Show how it will compliment and add value to other initiatives being delivered across the area (not just young people's projects)

Applicants should evidence their knowledge of

1. Washington Area Committee Neighbourhood Investment Delivery Plan
2. SCC Projects delivering Financial Resilience initiatives and resources, and other age appropriate resources already available
3. Sunderland's City Plan
4. Community Wealth Building Strategy (SCC)
5. Low Carbon Sunderland

#### **Budget:**

The total budget available for this Call for Projects is **£35,000** and the Committee expect to receive applications for projects lasting a minimum of 12 months

#### **Next Steps**

Any interested organisation should contact the ACDL to request an application pack

Email: [karon.purvis@sunderland.gov.uk](mailto:karon.purvis@sunderland.gov.uk), who will also be happy to answer any questions groups may have.

#### **Assessment**

Each project application will be assessed against set criteria. The results of that assessment and a recommendation will be presented to the next available Area Committee.

#### **Timescale**

Deadline for Full Applications	April 11 <sup>th</sup> 2022
Assessment & Consultation	April 25 <sup>th</sup> 2022
Award of grant (next available Area Committee)	June 2022 (TBC)

### Application No.5

#### Washington Neighbourhood Fund: Cook Well Live Well

##### Applications Washington Central

Project Name	Organisation	Funding Requested
Cooking Well	Community Opportunities	£5000
<p>Programme will deliver 3 x 6week courses engaging a total of 30 adults and 60 children at Wessington Primary School May 2022 – March 2023.</p> <p>Community Opportunities have developed and delivered a number of healthy eating and cookery courses as a pilot through covid support funding and currently through the Washington Partnership, Public Health funded Health and Well-being Project. The organisation wishes to build on that delivery through the Cook Well project which will include delivering a six-week course of comprising practical cookery sessions running from Wessington Primary school, targeting parents who have children in the school and neighbouring residents. There will be</p> <ul style="list-style-type: none"><li>• Practical cookery demonstrations with hands-on interaction preparing and cooking food, experimenting with new foods and tastes, promoting fresh foods and healthy food swaps, developing a 'family eat well plate'.</li><li>• All ingredients provided plus bag of fresh produce to take home and recipe books also available.</li><li>• Reference to other services available for signposting - Sessions will be complimented by sharing information on local walking and biking routes, accessing taster sessions at local fitness facilities and holding a family walk and healthy picnic in a local park and as relevant supporting families to link with local food banks, welfare advice workers and the REACT employability project.</li></ul> <p>Knowledge of area and partnership working demonstrated. States staff will be qualified. Volunteers will be inducted and DBS cleared. Has delivered from these premises before.</p> <p>Good project description which meets the brief. Realistic outputs and outcomes. Match funding £400</p> <p>Score 41/50</p>		
Recommendation: <b>Approve</b>		

##### Applications Washington North

Project Name	Organisation	Funding Requested
Cooking Well	Community Opportunities	£5,000
<p>Programme will deliver 3 x 6week courses engaging a total of 30 adults and 60 children at Marlborough Primary School May 2022 – March 2023.</p> <p>Community Opportunities have developed and delivered a number of healthy eating and cookery courses as a pilot through covid support funding and currently through the Washington Partnership, Public Health funded Health and Well-being Project. The organisation wishes to build on that delivery through the Cook Well project which will include delivering a six-week course of comprising practical cookery sessions running from Marlborough Primary school, targeting parents who have children in the school and neighbouring residents. There will be</p> <ul style="list-style-type: none"><li>• Practical cookery demonstrations with hands-on interaction preparing and cooking food, experimenting with new foods and tastes, promoting fresh foods and healthy food swaps, developing a 'family eat well plate'.</li><li>• All ingredients provided plus bag of fresh produce to take home and recipe books also available.</li><li>• Reference to other services available for signposting - Sessions will be complimented by sharing information on local walking and biking routes, accessing taster sessions at local fitness facilities and holding a family walk and healthy picnic in a local park and as relevant supporting families to link with local food banks, welfare advice workers and the REACT employability project.</li></ul>		

Knowledge of area and partnership working demonstrated. States staff will be qualified. Volunteers will be inducted and DBS cleared. Has delivered from these premises before.

Good project description which meets the brief. Realistic outputs and outcomes. Match funding £400

Score 41/50

**Recommendation:** [Approve](#)

### Applications Washington West

Project Name	Organisation	Funding Requested
More Mindful Meals	Groundwork NE	£4670
<p>April 2022 – March 2023. Delivering cooking and planning sessions through food-based activities targeting children and families in partnership with 3 local primary schools. The programme will deliver three 2.5 hour sessions in each of 3 primary schools April 22 – March 23. 9 sessions in total with each session accommodating 6 families. 67 hours of actual delivery.</p> <p>The More Mindful Meals project will improve Health and Wellbeing of 54-108 adults and 54-162 children depending on family size. Each session will:</p> <ul style="list-style-type: none"><li>• Focus on a mindful approach to eating and cooking and include guidance on the mind-set needed to shop and in making healthy choices, food preparation and engaging in the process of planning meals and in the benefits of eating together and being present in the event of eating with family or friends. Our Mindfulness partner, Time 4 Calm will be present at each session talking through techniques and approaches to encourage a mindful eating mind-set to help families create more mindful meals together.</li><li>• Focus on cooking well from a practical perspective with each family creating 6 meals across the 3 sessions. Groundwork will share ideas on shopping on a budget while making healthy choices, how to create variety in your diet, how these choices can positively impact physical and mental wellbeing as well as consequences of not making good choices.</li><li>• Recipe card created for each recipe which will include a shopping list, preparation advice and suggestions around making the most of meal time with the family including games that can be played while cooking together. These can be replicated for wider use in the community, especially by those who can't attend or are unable to attend.</li><li>• We will use the 'More Mindful Meals' to encourage participation via social media and to promote activities, learning and change in behaviours.</li><li>• Groundwork will add an environmental element to the project in the form of a 'love food, hate waste' module that will focus on using leftovers, fridge friendly cooking and simple composting feeding to carbon reducing techniques.</li><li>• To create a pathway towards more physical activity, GWNE will offer family exercise sessions through School Run Fitness based in Washington. Any family that wishes to go further together and explore physical activity as a means to a healthier life can take part in a free session delivered by a fully qualified community physical training instructor where they will learn the basics on working out at home or in local green space with little or no equipment.</li></ul> <p>Good project description which meets the brief. Realistic outputs and outcomes Match funding £630</p> <p>Score 40/50</p> <p><b>Recommendation:</b> <a href="#">Approve subject to:</a></p> <ul style="list-style-type: none"><li>• <a href="#">Confirmation of 3 x schools participating</a></li></ul>		

### Officer Recommendation: [Approve:](#)

- **Washington Central £5000 Community Opportunities**
- **Washington North £5,000 Community Opportunities**
- **Washington West £4,670 Groundwork NE**