

Executive Summary
Washington Area Committee Neighbourhood Fund applications

Applications for Healthy Action in the Community

Project Brief
CALL FOR PROJECTS

Washington Area Committee would like to invite Washington based Voluntary and Community Sector (VCS) groups to submit an application to deliver the Washington Healthy Action in the Community Project.

Washington Area Committee wishes to see proposals which address the Area Committee's priority of Health and Well Being as well the CCG Health priorities. Applications will be considered from VCS groups who have a Management Committee, constitution and bank account with dual signatories. VCS groups must adhere to accounting requirements in accordance with the Companies Act.

Introduction and Background

June Area Committee accepted £40,000 CCG funding to support VCS led activities which meet local health outcomes. Washington Area Committee's priority setting for 2019/20 has also identified health and well-being including mental health and social care. The Area Committee has also recently received the Adult Lifestyle survey which has identified key health inequalities at a Ward level.

CCG priorities for this Voluntary Sector/Community led Scheme include the following:

- Early prevention
- Social prescribing
- Social isolation and loneliness
- Mental health (including young people)
- Obesity
- Smoking
- Physical activity
- Sexual health
- Early diagnosis of cancer

Project Outcomes

Washington Area Committee is seeking applications which will:

- Enhance work and programmes already identified as meeting local health inequalities
- Encourages collaboration and partnership working
- Meets the shared priorities as identified above
- Builds on best practice and learning from previous initiatives and programmes
- Be innovative
- Be sustainable
- Meets an evidence-based need re health outcomes for Washington

Budget: The total budget available for this Call for Projects is **£40,000**.

Assessment

Each project application will be assessed against set criteria. The results of that assessment and Neighbourhood Fund consultation will be presented to the next available Area Committee who will determine successful applications.

Executive Summary
Application No.1

Name of Project	Mickey's Place
Lead Organisation	ShARP & St Michaels' & All Angels

Total cost of Project	Total Match Funding	Total NF requested
£4,750	In kind/support staff	£4,750
Project Duration	Start Date	End Date
1 year	September 2019	October 2020

Project Proposal

To support local vulnerable residents in crisis, volunteers at St Michael's open the church building every Monday and Wednesday 10 – 12 to offer a safe space for local people to come together for friendship and support. This support has been crucial to helping through the provision of a foodbank to vulnerable people presenting at the point of crisis. The St Michael's foodbank has also drawn together a number of organisations including the church and its volunteers, ShARP (WISP), GENTOO and Age UK who have established a good partnership working together to address the urgent issues causing hardship to local people who often find it difficult to engage and maintain contact with any service. Having consulted with local people levels of loneliness, social isolation and mental health problems have been identified leading to a plan to develop the current venue into Mickey's Place a Community Resource Hub and this new project will be the start of that. The project will build on the existing partnership and the support currently offered but will also offer a range of new activities which will complement the existing foodbank whilst being separate to that. Mickey's Place will be open 10 -2.00pm every Monday and Wednesday (including school holidays) and will;

- Offer free/low cost healthy breakfast (10.00 -12.00)
- Offer free/low cost healthy lunch (12.30 – 2.00pm)
- Provide Community Cooking together sessions as social learning experiences
- Use shared mealtimes to encourage healthy eating
- Use shared mealtimes to reduce isolation and build friendships
- Provide local people with the opportunities to volunteer and access training/ personal development

The activities delivered in Mickey's Place will work with 20 – 30 local people each session to help alleviate social isolation and loneliness and will help people address their health and wellbeing needs including mental health and social care

Mickey's Place will help community cohesion as people develop a sense of place which will, in turn, generate a feeling of belonging as they enjoy positive experiences together and will engage with local people to improve their sense of wellbeing, reduce loneliness and help them access support in a safe place. As people grow in confidence they will be supported to access other community - based opportunities e.g. volunteering or training. A Management Committee is forming made up of local people and partners with an interest in supporting this development to take forward further development. ShARP will act as the Lead to administer this grant and support operations as the project establishes itself.

Partnership

Mickey's Place will work in partnership with members of the Washington VCS Network. The core partners at the moment are St Michael and All Angels Church which will be the venue for Mickey's Place; ShARP who provide advice on welfare rights, benefit and debt advice through WISP into the foodbank – WISP will remain as part of foodbank delivery but additional Advice Worker time will be given to Mickey's Place; Gentoo who will provide specialist advice on housing, homelessness, making on line housing applications, checking criteria and requirements for Gentoo tenants; Age UK will work with those people over 50 assisting with advice on aging well, disability, home adaptations, community activities to reduce loneliness/social isolation.

Washington Volunteer Project will provide support to DBS checks and provide advice so that volunteers can access a range of training, support and development. Links will be made with community cafés and food redistribution projects so that advice and support is available to cook and share healthy breakfast and lunch at Mickey's Place. The project will seek to strengthen partnerships with other organisations including MIND, WEA, Sunderland Carers and WWIN.

Objectives and Outputs and Milestones

The project will open end of September/beginning of October and will be closely monitored with regards to

- Number of people attending Mickey's Place each session (Breakfast/Lunch)
- Number of Community Cooking sessions
- Number of meals provided
- Plan and publish a schedule of activities/sessions
- Number and type of support to sessions or activities provided by other partners eg ShARP Advice/Budgeting, TWFR Home Safety, Washington Mind, Age UK, WEA etc
- Mickey's Place will work with 20 – 30 local people each session

How much NF funding is requested?		
£4,750		
Itemised list of all costs	Cost	NF Contribution
Microwave oven	80.00	80.00
2x Toaster (4 slice)	40.00	40.00
Freezer	270.00	270.00
Misc Kitchen equipment	100.00	100.00
Room hire @ £80pw x 48 wks	3,840.00	3,840.00
Activities	220.00	220.00
Man & Admin (Finance)	200.00	200.00
How much match funding has been/will be secured? (please include funding sources)		
This is a new project so no formal match funding has been secured yet. However, the partners will help Mickey's Place to fundraise as well as identify potential funders.		

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is [129/140 \(Average of SCC \(Weighted\) & CCG Scoring\)](#)

This application:

1. [Evidences a good track record of successful delivery and previous experience](#) of similar projects in the application. The proposal is clear with regards to what it will deliver and how. Project delivery will be in Washington out of St Michael's Church in Sulgrave. Project Management and monitoring systems through ShARP are robust and clearly explained with examples given. Milestones realistic, time lines and activity clear and relevant. Progress to be measured.
2. Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. [Addresses a number of priorities](#) and addresses loneliness, social isolation and mental health as well as health and wellbeing
3. This proposal has [evidenced good partnership working](#) and is committed to further developing those partnerships.
4. This proposal meets the project outcomes as detailed in the published Project Brief:

- Enhance work and programmes already identified as meeting local health inequalities and Builds on best practice and learning from previous initiatives – **Fully meets an identified need. New initiative but builds on previous activity**
- Encourages collaboration and partnership working – **Meets - comprehensive partnership working identified.**
- Meets the shared priorities as identified above – **Fully meets**
- Be innovative – **Relatively new activity but not innovative**
- Evidences how it will be sustained post funding – **dependent on future bids and fund raising. St Michaels will become a constituted community hub.**
- Meets an evidence-based need re health outcomes for Washington – **Fully Meets – evidence and consultation included in the application**

5. Added value and value for money

- Builds on existing provision and adds value
- Project will be based in Washington
- Provides access to other services and support including financial, social and health issues
- Expects to engage new local beneficiaries

Consultation comments:

- They have a great holistic approach to their aim of helping people of Washington. Benefit/Money advice is a very important addition to food banks etc. to ensure people don't just get a temporary fix but the service enables help to the person to fix the problem permanently. It is great Churches are involved in this type of community work and this should be seen as good practice for the whole of the City.
- Plans for future bids but no guarantees re suitability.
- Not a lot of detail re reaching new beneficiaries but strong links with others who are supporting

Application No.2

Name of Project	Washington Healthy Lifestyles
Lead Organisation	Washington Millennium Centre

Total cost of Project	Total Match Funding	Total NF requested
£40,412	£20,412	£20,000
Project Duration	Start Date	End Date
1 year	April 1 st 2020	March 31 st 2021

Project Proposal

This proposal will continue the Healthy Lifestyles Project delivery currently being funded jointly by Area Committee and the Millennium Centre. The project offers a community led, personalised approach to encourage and support people to live healthier lifestyles and improve their health and wellbeing through making positive lifestyle changes, including increasing physical activity, healthy eating, reducing alcohol intake and stopping smoking through advice, information and support. The project will be delivered at WMC by trained staff (2 staff members) supported by the gym staff and is aimed at residents 40years+ who are at risk of or have suffered from medical conditions. Health education and encouraging lifestyle changes are the key strands of work, to help reduce the impact these illnesses can have on individuals and on the NHS. The project aims to help people help themselves. Regular physical activity can help maintain cognitive function, reduce the risk of cardiovascular disease, help maintain the ability to carry out daily living activities, reduce the risk of falls, and improves mood and self-esteem. The work addresses both Area Committee outcomes (**Health & Well Being**) and some of the CCG outcomes (**Early prevention, Obesity, and Physical activity**). This proposal will expand the current offer to new residents by reducing the eligibility age down to 40 and to a lower age limit re obesity and diabetics and pre-diabetics of 18, to improve the offer and broaden the reach. These strands will be managed by staff currently completing a level 4 obesity and diabetes qualification

as an extension to his exercise referral qualification. Good referral mechanisms in place - to GPs for specialist support or referred to the programme by their GP, Practice Nurse or other healthcare professional if they believe that a programme of physical activity would be of benefit to the individual.

A 12week physical activity programme is designed specifically for those 40 years+, are inactive and have a health need. This will include 1:1 gym-sessions and an exercise programme, Easyline low intensity/impact circuits, Pilates, and Move to Improve with regular reviews. On completion of the 12week programme a review will be provided with the opportunity to continue to be physically active and/or continue other lifestyle improvements. Options will include mainstream activities within the Centre, Sunderland Walking for Health programme, activities as on the Wellbeing site. A 24week review is an option for those with those still using the centre and who choose to continue. The first 12 weeks will be at no cost to the participant and to encourage and support them to continue with the activities and lifestyle changes they will be offered the opportunity to continue to be part of the project at a reduced cost (50%) when compared with the regular centre charges for a further 12 weeks. Monthly healthy lifestyle/health promotion messages will be promoted on site in the centre, on the centre Facebook and wellbeing.org pages, and display boards and pop ups will be placed in centre to support the CCG's full priority list, promoting health advice and messages. We have a high footfall in the centre covering all age groups due to the range of activities on offer, the soft play facilities, gym and the use of the centre by Oxclose Youth Project.

Partnership

The Millennium Centre has a good track record of working in partnership and not duplicating the work of others. The offer will not duplicate the NHS offer and will focus on education and tier 1 support exercise referral and higher need individuals will be signposted to specialist services provided by the NHS as it would be the GP who would be the lead to refer into these specialist services. Staff working on the project will develop new links as appropriate and as opportunities arise. Other partners identified in the application include **Washington MIND, Slimming World, Active Sunderland Walking for Health programme, NHS STEPS to Health, Health Centres and GP Surgeries, Sunderland GP Alliance (Washington Area), Oxclose Youth Project, NHS Screening Services Co-ordinator and Sunderland College**

Objectives and Outputs and Milestones

Objectives and goals	Forecast Dates
New leaflet produced and circulated	28/4/20
Diabetic and pre-diabetic support pathway established	30/6/20
Obesity support pathway established	30/6/20
6 health promotion displays in centre	30/3/21
12 health posts on social media platforms	30/3/21
90 residents complete 12week reviews	30/3/21

Output Code	Target 2019/2020				Target 2020/2021				Target 2021/2022			
Beneficiaries					30	30	30	30				
Health programmes					1							

120 new beneficiaries for 2020/2021 is projected to be those who participate directly in the 12week project. There will be over 5,000 beneficiaries who will see the health promotion advice and guidance displayed in the centre or through one of our partners. This figure is on the low side as our social media page currently reaches over 3,000 people and when they share or depending on their page settings can then reach over 10,000 - though not all of them will be Washington residents. Add those figures to our average monthly footfall and 5,000 is not unrealistic.

Budget and Funding

Item and Description	Total Costs	Match Costs	NF Contribution
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96 hours of fitness classes	£2400	£400	£2000
Gym staff 1300 hours	£15,080	£9080	£6000
Gym Memberships	£9000	£3000	£6000
Admin support	£1000	£1000	NIL
Publicity	£500	£0	£500
Room hire	£4440	£2440	£2000
Project manager 312 hours	£4992	£1992	£3000
Management Fee	£2000	£1500	£500
Equipment	£1000	£1000	NIL
Total	£40412	£20412	£20000

Project Management & Monitoring & Systems

The Millennium Centre has robust policies and procedures (including financial) in place and all staff are trained to an appropriate level to ensure they are qualified to deliver the centre's offer, which includes this project. Financial Management Systems are reviewed every three years to ensure good practice and meet all charity law requirements. The project will be monitored in a range of ways - the manager provides regular reports to the Washington Millennium Centre Trustees, Project staff's operational activity is aligned to the outcomes and milestones contained within the application, Staff are managed by the Centre Manager and they meet regularly to monitor progress and ensure targets, milestones and outputs are achieved. The manager and Advisor to the Trust meet regularly to review the project and they will complete monitoring returns in line with the requirements of the grant. Any lack of progress against targets will be reported and steps to resolve the situation will be included within the reports. Any budget deviations will be reported and explain in the QMR return re individual clients

A robust screening and monitoring system is established and will be used to monitor, assess and evaluate the health improvements of residents engaged on the programme. Case studies will be produced where appropriate (with agreement from individuals) to demonstrate their progress and the quality and value of the project.

Monitoring and evaluation will also include a customer satisfaction survey which will give users the opportunity to feed back their opinions of the project. This information will be used to inform the ongoing development and improvement of the project.

Sustainability

The expectation is more people will self-refer rather than be referred from their GP or health professional. This is based on current experience, how we continue to promote the project and the impact the healthy lifestyle strand will have along with the number of people coming into the centre to talk about health issues. Currently more residents are sent to their GP practice to get their screening PAR Q signed off saying they are fit to exercise than we get residents saying their GP or health professional has sent them to do the exercise referral programme. Based on experience we believe the split will be around 70-30 in favour of self-referral.

The referral pathway set up 2 years ago shows how the project links to other services like Move to Improve and specialist provision, which is now NHS Steps to Health, as we mention in the application the GP is the professional who is at the heart of the referral process. The current arrangement with the local practices will continue and we hope through our work with the Sunderland GP Alliance and Susan Currien more referrals will be made by the local practices. This project offers patients an exit route from NHS STEPS to Health (and our lead Christine meets with Gavin Cogden the service manager several times a year to keep him updated) or from a specialist service, so extends the period of support someone will have to help them recover or improve their health. Those who wish, will have the opportunity to continue after the 12 weeks at a subsidised rate and will continue to receive support and advice from staff. Activity can take place at the Millennium Centre. This project will refer into other initiatives, e.g. Washington Mind who can provide counseling and psychological support for those people who might self-refer but are dealing with issues that impact on their ability to make lifestyle changes. The Centre is committed to using this project as a pilot to facilitate a funding bid to one of the larger funds as that is the best way to sustain the work in the longer term and have the biggest impact. We will continue to support residents through exercise referral

after the life of the project but some elements may need to have a charge attached to it, which will be discussed with trustees to ascertain elements of the project could be embedded in the centre offer.

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is 104/140 (Average of SCC & CCG Scoring)

1. **Evidences a good track record of successful delivery and previous experience** of similar projects in the application. The proposal is clear with regards to what it will deliver and how. Project delivery will be in Washington predominantly out of the Washington Millennium Centre. Project Management and monitoring systems robust and clearly explained with examples given. Milestones realistic, time lines and activity clear and relevant. Potential risks identified
2. Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. **Addresses a number of priorities**
3. This proposal has **evidenced good partnership working** and is committed to further developing those partnerships. Long list of proactive partners identified in the application.
4. This proposal meets the project outcomes as detailed in the published Project Brief:
 - Enhance work and programmes already identified as meeting local health inequalities and Builds on best practice and learning from previous initiatives – **Fully meets - identifies existing programmes and how will enhance; learning from previous initiatives e.g. lowering eligible age**
 - Encourages collaboration and partnership working – **Meets. And comprehensive partnership working identified**
 - Meets the shared priorities as identified above – **Fully meets**
 - Be innovative - **Not new or innovative but uses a range of methods**
 - Evidences how it will be sustained post funding - **Charges introduced and mention of future longer-term plan. Recording outcomes and gathering evidence to inform future longer-term bids for funding. Some case studies already evidence change in lifestyle and clients able to self help and refer re further activity**
 - Meets an evidence-based need re health outcomes for Washington – **Meets – evidence focused on Washington North Ward**
5. Added value and value for money
 - Project will be based across Washington with 2 dedicated posts
 - Expects to engage/beneficiaries - **Many methods of reaching beneficiaries including partners, VCSN, Facebook, users of the Centre, referrals. Adds value to existing users**
 - Match funding – good levels of Match funding – more than 50%

Consultation comments:

- Plans for future bids but no guarantees re suitability.
- Could strength links with GP practices?
- CCG concern raised re possible duplication with free NHSE Programme that also deals with health lifestyles

Application No.3

Name of Project	Healthy Washington
Lead Organisation	Bowes Railway Museum

Total cost of Project	Total Match Funding	Total NF requested
£7972.60	£2974.40	£4998.20
Project Duration	Start Date	End Date
10 – 12 months	October 2019	Summer 2020

Project proposal

BRC will engage local residents in social activities to enable them to progress into volunteering in Washington. This will address the CCG priorities of social isolation, loneliness and improving health through companionship and increasing physical activity and the Area Committee priorities of health and well-being and social isolation. The target group is likely, but not exclusively, to be the elderly, retired and those who are unemployed and/or suffered health issues. We will develop an early intervention project with local young people - who are congregating in relatively large numbers around the Bowes site in Springwell and displaying anti-social behaviour, and from discarded items found it appears they are experimenting with alcohol and drugs. The project will initially be based within the facilities at Bowes Railway site in Springwell and will adopt a social subscribing model as part of its engagement model but also in its delivery, in that the sessions will be delivered over a number of weeks to have lasting impact on the people who attend and allowing time to build confidence and progression at a rate appropriate to each individual. The social activities developed will be easy access with 'come for a cuppa' sessions or a luncheon club and then more specific sessions will be developed to respond to the interests of those engaged and may include art sessions such as textiles, drawing, woodwork, blacksmith skills, wreath making. We will develop games/sports sessions which may include dominoes afternoon, card games, yoga and relaxation sessions through to outside activities such as developing walking routes, gardening or nature club. We will encourage participants to buddy new members and extend social circles and use local transport to improve confidence and extend their social experiences. We will work with our existing volunteer base to develop their skills and confidence, to buddy other residents to attend the Healthy Washington project. As participants progress they will be made aware of services for their benefit and supported to engage with those services. The project will build on best practice and learning from previous delivery and will respond to the findings of the Adult Lifestyle Survey 2017 by encouraging moderate physical activity, improving wellbeing through social interaction and exploring new activities and targeting residents who have lower life expectancy than other Washington wards.

Partnership

BRC have developed links with social care providers of services for young people with autism and individuals experiencing mental health difficulties - this offer has only been accessed by services in Gateshead and Durham and we would use the Healthy Washington Project to encourage access by groups from the Washington area. The project will work in close partnership with the Washington VCS support project, Clean and Green environmental volunteering project, Washington Mental Health Men's Group and will actively refer to services offered by Washington MIND and Millennium Centre. BRC have actively pursued a partnership approach to working over the last 3 years, working with Springwell Residents Association, Springwell Village Community Venue, and regularly attend the Washington VCS network and Sunderland Heritage Network forum. We will work with local GPs and health centres and Washington Trust, Washington Old hall, Washington VCS Project, Clean and Green and Washington Arts centre to share information and receive referrals. We work with the Little Onions Club, Washington Mental Health Men's group and anticipate that they may be an onward referral for some of our participants.

Objectives and Outputs and Milestones

The project will open October and will

- Work with 30 people - 8 will progress into volunteering and 12 will participate in support services additional to the Healthy Washington Project. We will train 6 buddies who will contribute to the future sustainment of the project and will also work to maintain the viability of Bowes Railway activities or Washington Clean and Green Project, lead walking routes or contribute to gardening projects. Opportunities will also be developed with local Community Centres to offer luncheon clubs, play activities, working with the Washington VCS Project, Keep Washington Tidy project etc.
- Engage participants in other services - such as the Health Champions and smoking cessation support provided by our partner SNCBC, weight management and healthy eating support at our onsite tearooms and engaging with active Sunderland
- 25% of participants will progress into a volunteering opportunity which may include moderate physical activity in environmental works at the Bowes site

How much NF funding is requested?		
£4998.20		
What will it be spent on? (budget headings/totals)		
Please provide detailed costs of each item/activity and the amount you are requesting. Please include quantity and the description of goods		
Itemised list of all costs	Cost	NF Contribution
Staff – average 12 hours per week @ £15.15 per hour inc. on-costs for support worker or senior youth worker or specialist workshop staff - 32 weeks of delivery across 9month period	£5817.60	£4363.20
Activity Resources and equipment	£1235.00	£635
Insurance, management, utilities contribution	£920.00	£0
Totals	£7972.60	£4998.20
How much match funding has been/will be secured? (please include funding sources)		
Match funding has been secured from Bowes Railway Company reserves - £1454.40 towards salary costs and in-kind costs from utilising site equipment, resources, group meeting space and insurance for activity costs		

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is 103/140 (Average of SCC (Weighted) & CCG Scoring)

This application:

1. **Evidences a good track record of successful delivery and previous experience** of similar projects in the application.
2. Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. **Addresses a number of priorities** including loneliness, social isolation and mental health as well as health and wellbeing, volunteering/social prescribing, and physical activities
3. This proposal has **evidenced good partnership working** and committed to further developing partnerships
4. This proposal meets the project outcomes as detailed in the published Project Brief:
 - Enhance work already identified as meeting local health inequalities and builds on best practice and learning from previous initiatives – **Meets**
 - Encourages collaboration and partnership working – **Meets - comprehensive partnership working identified.**
 - Meets the shared priorities as identified above – **Fully meets**
 - Be innovative – **Not innovative**
 - Evidences how it will be sustained post funding – **dependent on referring to other services.**
 - Meets an evidence-based need re health outcomes for Washington – **Fully Meets – evidence included in the application**
6. Added value and value for money
 - Addresses youth related antisocial behaviour
 - Project will be based in Washington
 - Provides access to other services

Consultation comments:

- Could be more focused with regards to targets v activities – trying to be all things to everyone
- No connection between older and younger target groups – missed opportunity re intergenerational work?

Application No.4

Name of Project	Movers on the Move
Lead Organisation	Sunderland Empire Creative Learning

Total cost of Project	Total Match Funding	Total NF requested
£6,350	£1,350 In kind/staff	£5,000
Project Duration	Start Date	End Date
30 weeks	November 2019	May 2020

Project Proposal The project will look to establish a weekly group open to all adults and over 60s living in the Washington area and will offer 15 free taster sessions followed by a free set of 15 Core Movers sessions to increase opportunities for people of Washington to take part in physical exercise. Sessions will involve a 2hour dance session which hones-in on both ballet and contemporary dance techniques. Each session will aim to engage between **15 - 20 participants**. The group will be responsive to the locality profile of Washington and reflective of the Area Committee priorities to combat social isolation and loneliness and provide further opportunities for physical activity within the area. The sessions will be accessible for a range of abilities and can be tailored to complete beginner level through to the more experienced. Whilst focused on exercise, our sessions are also designed to increase confidence whilst allowing the opportunity to learn a new skill. The sessions are structured as follows:

- 1 hr: Ballet techniques focusing on developing core strength and balance. Comprising of gentle stretches and toning exercises for arms, hips, legs and feet. This also includes a full warm up for the class. This activity is done using chairs to support balance.
- 15 minutes: Break with tea and coffee. We use this time in the sessions as an opportunity for the group to bond and socialise with others in the group to develop new friendships.
- 45 minutes: Contemporary choreography: participants will learn a phrase of movement to a piece of music. This activity encourages participants to move freely whilst remembering choreography to support memory and co-ordination.

2 qualified CLCP staff members will lead the sessions. Both practitioners have extensive experience in dance as well as working with a wide range of adult participants and older people.

Outcomes: increase confidence through physical activity, positively impact social isolation, increase possibilities for arts engagement with the view to encouraging friendships through our project. We will complete a series of qualitative and quantitative data collections throughout the project, for example, participants confidence, physical and mental improvements will be measured at the start of the project, using self-assessment questionnaires and throughout the project as well as collating group feedback after each taster session. Evaluations of the sessions will also be captured through an evaluation form created by Creative Learning & Community Partnerships. We hope to develop a core group who will want to continue the group after the project end where we will look to introduce a small and appropriate nominal fee to ensure the sustainability of future sessions. We would like to ensure that this activity can continue in Washington.

Partnership

The project will seek to establish and nurture partnerships between CLCP Sunderland Empire Theatre and community venues in Washington. We will consult within community venues in Washington and hope to increase engagement with the arts in these venues whilst reducing social isolation for participants. We will be sign posting members of the group to supportive and wellbeing organisations within the locality. We would like to collaborate with Arts Centre Washington as a potential venue for Movers whilst increasing community engagement at their venue also. We will also be liaising with health groups including Washington Mind to ensure that we continue to provide suitable provision for our participants who may be experiencing social isolation and/ loneliness as well as other health issues.

How much NF funding is requested?
£5000

What will it be spent on? (budget headings/totals)		
Please provide detailed costs of each item/activity and the amount you are requesting. Please include quantity and the description of goods		
Itemised list of all costs	Cost	SIB Contribution
15 x Taster Sessions (including practitioner, prep and delivery)	£2400	£2400
15 x Core Sessions (including practitioner, prep and delivery)	£2400	£2400
Refreshments	£60	£60
Portable Speaker	£75	£75
Promotion	£130	£65
Travel	£100	£0
How much match funding has been/will be secured? (please include funding sources)		
Creative Learning & Community Partnerships would be providing project coordination time to the value of £1350 over 30 weeks of the project IN KIND.		

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is [102/140 \(Average of SCC \(Weighted\) & CCG Scoring\)](#)

This application:

- Evidences previous experience** and delivery of a similar projects (Coalfields).
- Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. **Addresses a number of priorities** including loneliness, social isolation and as well as health and wellbeing and physical activity
- This proposal **has does not evidenced knowledge of local partners** although does intend to liaise with local community venues and Arts Centre Washington
- This proposal meets the project outcomes as detailed in the published Project Brief:
 - Enhance work already identified as meeting local health inequalities and builds on best practice and learning from previous initiatives – **Partially Meets**
 - Encourages collaboration and partnership working – **Partially Meets** - intend to liaise with local community venues and Arts Centre Washington. Limited evidence of knowledge of partners in area.
 - Meets the shared priorities as identified above – **Fully meets**
 - Be innovative –**Innovative** A different type of activity for older people not usually on offer.
 - Evidences how it will be sustained post funding – will introduce a charge to ensure sustainability.
 - Meets an evidence-based need re health outcomes for Washington – **Fully Meets – evidence included in the application**
- Added value and value for money
 - Project will be based in Washington

Consultation comments:

- Mentions Arts Centre but no other venues identified yet – will it be the same venue each time? Same 30 participants? Are costs of venue hire included in the cost breakdown? Confirmation of venues caused significant delays in delivery in the Coalfields.

Application No.5

Name of Project	Washington Mind Group Support
Lead Organisation	Washington MIND

Total cost of Project	Total Match Funding	Total NF requested
£8,300	£0	£8,300
Project Duration	Start Date	End Date
15 months	October 2019	December 2020

Project Proposal

Poor sleep and enduring pain can impact negatively on all long-term conditions, making everyday life so much harder to deal with. If poor sleep and enduring pain are managed better then you can begin to focus on what you can do and not what you cannot. You are then empowered to manage your long-term conditions rather than them managing you. The proposal will deliver a sleep course and a pain management course to help empower people to take back control of their lives. This will be supported by a range of other therapies.

Sleep management and sleep hygiene course (3 x 4week course) 4 sessions, with a maximum of 6 participants, exploring the barriers to sleep and how to overcome/manage them using techniques such as good hygiene – turning off phones and screens before bedtime, diet, etc., routines, relaxation exercises, meditation/mindfulness. The Epworth Sleepiness scale will be used at the start of each session to help focus where the participant needs most help. This scale will also indicate if further medical advice should be sought by the participant.

Pain management group (3 x 4week course) 4 sessions, with a maximum of 6 participants, to give people with pain management issues an introduction to self-hypnosis to enable pain reduction. Sessions will concentrate on relaxation exercises, meditation/mindfulness, self-hypnosis, guided imagery for pain reduction. A basic Numeric Pain Scale will be used at the start and end of each intervention to record the participants' journey each session. This scale will also indicate if further medical advice should be sought by the participant.

Mums Matter (2 x 12week course) 12 sessions, with a maximum of 12 participants. New motherhood is often imagined to be a time of great joy, happiness and excitement. However, we know that the reality for many mums can be far from this with low moods, anxiety and worrying thoughts and feelings. Here at Mind, we support mums to manage the everyday, nurture themselves and dispel the many myths of motherhood. This 12week group will offer a wide range of perinatal mental health information, which covers topics such as causes, specific types of mental health problems, self-care, friends and family, and further support and services.

Additional Alternative Therapy Sessions - Provide complementary treatments for the benefit of those people who are accessing the above groups and who are experiencing or who are at risk of developing, mental ill health and/or emotional distress.

The work addresses both Area Committee outcomes and some of the CCG outcomes:

1. Area Committee **Health & Well Being** - collaborative work to seek solutions to address area priorities
2. CCG – people living with **social isolation and loneliness, early prevention, mental health and long-term conditions**
3. Key local health inequalities – ALS Ward data

In addition, where currently **demand for services far outweighs capacity** the additional resources will increase capacity in local mental health provision,

Partnership

Washington Mind has established strong partnerships with other local organisations, working with organisations throughout Sunderland, Washington and the Coalfields. Wellbeinginfo.org is used as a signposting tool to ensure that clients receive the best care and support, which means referrals to other organisations if MIND cannot meet their individual needs. Group work will work with those people at an early prevention stage and although there are services within in the area who offer pain/sleep management, these are of a much higher level and under GP/hospital referrals. Washington Mind is an active member of the voluntary and community sector and we are involved in a variety of strategic networks across the city. We co-ordinate the Sunderland Time to Change Hub, the Suicide Prevention Action group and the Heath Champions network and manage the regional www.wellbeinginfo.org website that has a directory of over 500 local organisations. At triage stage of our referral process, we will also offer group work to those people who will benefit from attending.

Objectives and Outputs and Milestones

Objectives and goals	Forecast Dates
Advertise for therapist and start to advertise groups	01/10/19
Launch Mums Matter 12week course. Offer complimentary therapies	01/10/19 – 31/12/19
Sleep and pain management group. Offer complimentary therapies	01/01/20 – 31/03/20
Sleep and pain management group. Offer complimentary therapies	01/04/20 – 30/06/20
Mums Matter 12week course. Offer complimentary therapies	01/07/20 – 30/09/20
Sleep and pain management group. Offer complimentary therapies	01/10/20 – 31/12/20
Evaluate project to secure future funding	01/12/2020

Output Code	Target 2019/2020				Target 2020/2021				Target 2021/2022			
Beneficiaries			12	12	12	12	12					
Health programmes			1	2	2	1	2					

Budget and Funding

Item and Description	Total Costs	Match Costs	NF Contribution
3 x 4week sleep management/hygiene @ £500 per course	£1500	£0	£1500
3 x 4week pain management @ £500 per course	£1500	£0	£1500
2 x 12week Mums Matter @£1000 per course	£2000	£0	£2000
Therapist £11 per hour over 60 weeks, 5 hours per week	£3300	£0	£3300
	£8300		£8300

Project Management & Monitoring & Systems

Washington Mind have successfully secured funding from both statutory and independent providers to deliver projects and have monitoring and financial monitoring systems in place to meet the financial and output monitoring requirements of all grants. We have a comprehensive database so that statistical monitoring is accurately collated on a monthly basis with quarterly and annual reports to identify trends and ensure target groups are accessing our services. There are documented policies and procedures in place that help to maintain consistency and efficiency within the organisation, enabling the service to achieve National Quality Standards.

Sustainability

Organisation's policy is to continually look to identify new sources of funding for successful pilots

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is [95/140 \(Average of SCC & CCG Scoring\)](#)

1. **Evidences a good track record of successful delivery and previous experience** of similar projects included the application. The proposal is clear with regards to what it will deliver and how. Project Management and monitoring systems robust and clearly explained with examples given. Milestones realistic, time lines and activity clear and relevant. Potential risks identified
2. Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. **Addresses priorities**
3. This proposal has **evidenced good partnership working**
4. This proposal meets the project outcomes as detailed in the published Project Brief:
 - Enhance work and programmes already identified as meeting local health inequalities and Builds on best practice and learning from previous initiatives – little mention of existing programmes and

links with this project. Are the participants existing clients? **Partially meets. Identifies learning from previous initiatives**

- Encourages collaboration and partnership working – **Partially Meets. Limited partnership working identified**
 - Meets the shared priorities as identified above – **Fully meets** addresses social prescribing and mental health and will improve mental wellbeing and address long term conditions
 - Be innovative – **Some innovation - new type of activity on offer**
 - Evidences how it will be sustained post funding - **Charges introduced and mention of future longer-term plan. Recording outcomes and gathering evidence to inform future longer-term bids for funding. Some case studies already evidence change in lifestyle and clients able to self help and refer re further activity**
 - Meets an evidence-based need re health outcomes for Washington – **Meets**
5. Added value and value for money
- Project will be based across Washington

Consultation comments:

- It is clear who should benefit but not how they will be reached. Are they existing beneficiaries being offered an additional service? Or new beneficiaries?
- Weak on partnership working. Mentions referrals to other organisations but not specific. Indicates that there are no other services or organisations providing something similar in Washington.

Application No.6

Name of Project	Active AIM (Activation Information Motivation)
Lead Organisation	Active Families NE CiC

Total cost of Project	Total Match Funding	Total NF requested
£14,522	£2,350	£12,172
Project Duration	Start Date	End Date
12 months	October 2019	October 2020

Project Proposal

This project will attempt to tackle the high levels of inactivity and obesity in the Washington areas of the city, with a focus on young people aged 8-11 years. We know that children tend to be more active when their parents themselves are. ACTIVE AIM will educate and inform whilst also motivating everyone who takes part. The aim of the project will be to deliver fun, engaging, accessible, and affordable sessions within community settings in Washington. We will run this project over the next 12 months in 6week blocks of activity offering two different times of the week/weekend to cater for all. After the programmes families will be invited to a free celebration event where they can take part in various activities and have lunch. This will give us a chance to speak to the families and do some further evaluation work to see how they are finding making positive lifestyle changes. Active Families will run these twice a year and invite all previous participants along. Sessions proposed will be inclusive and interactive and will educate, enthuse and encourage both adults and their children to tackle health related issues. We have a wide range of activities we can provide which will include Family Glow Festivals, Family Fun Days, Regular physical activity sessions, Smoothy Bike Riding, Healthy Cookery sessions and Easy to Follow Eating and Well-being plans. Initial Session Plans (list of topics/programme of activities) are:

1. Eat The Rainbow • Kangoo Jump Fitness An Introduction
2. Sugar - what is in our food • Kangoo Jump Family Games
3. Good Fats & Bad Fats • Kangoo Jump Bootcamp
4. The Hidden Dangers of Salt Snacks & Healthy Food Swaps • Kangoo Jump Family Circuits/Kangoo Jump Silent Disco

5. Understanding Food Labelling/ Lifestyle Choices • Kangoo Jump Family Games

6. Mind Over Matter • Kangoo Jump Olympics kid

If successful Everyone Active have kindly offered discounted family swim vouchers, KB fitness will offer local fitness classes for free for 8 weeks and then at a further reduced rate at this. This will give young people and families the opportunity to continue to lead more active lives outside of the school holiday periods. We will link in with other organisations such as Washington Mind to provide an adult only and family session to tackle the ever-increasing mental health issues being experienced in this area. Using the Rainbow Family Centre we will encourage local families to make positive health changes to their lifestyle. This idea is new and innovative using a form of physical activities and education that is fun, interactive and fully inclusive. The entire programme will be open and accessible to families in the local area surrounding The Rainbow Family Centre.

Partnership

Active Families North East has established numerous links and strong partnerships to further enhance our service offer. We feel this strong community spirit is an essential part of making projects such as this run successfully. For this proposal our key partners will Rainbow Centre, KB Fitness, Everyone Active and Washington MIND. For some time, we have used the Rainbow Family Centre as a venue for some of our parent & child fitness classes. It is a venue that lends itself well to being accessible and within easy reach for those around. The currently isn't another session of this type in the local area or at this venue so we feel that combined with our experience and expertise we can deliver a successful programme from this venue. We are also keen to strengthen links with organisations from the VCS network that Active Families is part of.

Objectives and Outputs and Milestones

Objectives and goals	Forecast Dates
Purchase Equipment to assist with quality delivery	1/10/2019
Liaise with partners for purchasing incentives (Everyone Active, KB Fitness)	1/10/2019
Work with partner organisations to agree when they will deliver their sessions (Washington Mind)	1/10/2019
Produce marketing plan and material to promote our offer	1/10/2019
6 x 6 week blocks of activity delivered	10/12/2020
Reduce levels of inactivity in Washington	10/12/2020
Reduce levels of childhood obesity in Washington	10/12/2020

Output Code	Target 2019/2020				Target 2020/2021				Target 2021/2022			
Beneficiaries				60	60		60					
Health programmes				2	2		2					

Budget and Funding

Item and Description	Total Costs	Match Costs	NF Contribution
Kangoo Boots Children/Adults x 30 pairs	£6,000	£1,000	£5,000
6 (6-week programmes throughout the year) x 2 staff (2 hours a session) £90 a session	£3,240		£3240
Room Hire x £10 an hour x 2 (6 programmes)	£720		£720
Recipe Cards	£200		£200
Fruit/Veg Hampers 4 weeks out of 8 to match recipe cards	£360	£180	£180
Programme Admin	£600		£600

Marketing/Advertising	£600		£600
Family Swim Vouchers x	£1,440	£720	£720
Family Boogie Bounce Fitness Classes	£450	£450	
Washington Mind Classes x 2 hours x 12 sessions	£912		£912
Total	£14,522	£2,350	£12,172

Project Management & Monitoring & Systems

Throughout the project we will monitor its progression by keeping weekly registers of attendances and also ask participants for feedback. From a monitoring point of view we will use registration forms and session registers to monitor participation. The programme directors will meet regularly to ensure the project is on course to deliver its outcomes and is a success. We will use a budgeting sheet to track the project from start to finish so that we are able to remain on target. All receipts will be kept and filed accordingly and invoices for both staff and any equipment/materials will be sent and paid as needed. These will also all be filed using the same system we already have in place and have used successfully for some time.

Sustainability

Clients to progress to self-supporting activities and take advantage of negotiated incentives to continue on programmes and practises.

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is 80/140 (Average of SCC & CCG Scoring)

- 1. Evidences a track record of some delivery and previous experience** in other areas of the City. The proposal is clear with regards to what it will deliver and how. Project Management and monitoring systems are identified. Milestones realistic, time lines and activity clear and relevant.
- 2. Evidences it meets at least one of the key priorities of the Washington Area committee as well as CCG and strategic approach. Addresses priorities** - obesity and physical health, mental health
- 3. This proposal does not evidence local knowledge re partners and other services in the area. Identifies Limited partnership working.** States no other similar service. No mention of schools/ nurseries/youth and play groups etc.
- 4. This proposal meets the project outcomes as detailed in the published Project Brief:**
 - Enhance work and programmes already identified as meeting local health inequalities and builds on best practice and learning from previous initiatives – little mention of existing programmes and links with this project – LAF, schools?. Are the participants existing clients? **Partially meets.** Some learning from own initiatives but lacking in reference to learning from other initiatives
 - Encourages collaboration and partnership working – **Partially Meets. Limited partnership working identified**
 - Meets the shared priorities as identified above – **Fully meets** addresses social prescribing and mental health and will improve mental wellbeing and address long term conditions
 - Be innovative – **Some innovation - new type of activity on offer**
 - Evidences how it will be sustained post funding – **no detail on how the offer can be sustained** although proposed that some clients to progress to self-supporting activities and take advantage of negotiated incentives to continue on programmes and practises
 - Meets an evidence-based need re health outcomes for Washington – **Limited.** Little reference to identified need – mentions deprivation. Focused on Washington North only
- 5. Added value and value for money**
 - Project will be based in Washington - only mentions it being offered to children and families from the local area surrounding the Rainbow Centre.

Consultation comments:

- Not detailed about how beneficiaries will be reached – schools? Youth providers?

60 beneficiaries identified for each of 3 quarters. Not clear if they are new.

Technical Assessment

	Mickeys Place	Healthy Lifestyles	Bowes	Movers	MIND Groups	Active Families
Score (140) SCC / CCG	129 123 / 135	103.5 114 / 93	103 106 / 100	103 98 / 107	95 75 / 115	80 74 / 85
Funding requested	£4,750 (Small Grant)	£20,000 (Full SIB)	£4998 (Small Grant)	£5000 (Small Grant)	£8,300 (Full SIB)	£12,172 (Full SIB)
Match	In kind	£20,412	£2,974	£1,350 staff	£0	£2,350
Beneficiaries	20 – 30 per session All ages	120 Over 40s Over 18s (pre-diabetic)	30 Elderly/retired Young people	20 – 30 per session Over 60s	60 Mums All ages	180 Families Children 8 - 11

Officer Recommendation: Approve

- **Mickey's Place: ShARP & St Michael's & All Angels** **£ 4,750**
- **Healthy Lifestyles: Washington Millennium Centre** **£20,000**
- **Healthy Washington: Bowes Railway Museum** **£ 4,998**
- **Movers on the Move: Sunderland Empire Creative Learning** **£ 5,000**
subject to the following terms and conditions
 - i. **Appropriate local venues confirmed before funding released**
- **MIND Support Groups: Washington MIND** **£ 8,300**
- **Active AIM: Active Families** **£12,172**
subject to the following terms and conditions:
 - i. **Confirmation of wider reach than Washington North**
 - ii. **Confirmation of better targeting re beneficiaries – how will families be targeted**
 - iii. **Contact with local schools, organisations and groups**

TOTAL **£55,220**

Washington Area Committee is requested to approve an additional £15,220 Neighbourhood Fund (2019/20 budget) and £40,000 (CCG) to deliver the Healthy Action in the Community Programme as detailed above

Applications for Washington Safe Care

CALL FOR PROJECTS

Washington Area Committee would like to invite Washington based Voluntary and Community Sector (VCS) groups, and public and statutory providers to submit a full application to deliver the Washington Safe Care Project.

Washington Area Committee wishes to see proposals which address the Area Committee's priorities of Health and Well Being, young people and safe. Applications will be considered from VCS groups who have a Management Committee, constitution and bank account with dual signatories. VCS groups must adhere to accounting requirements in accordance with the Companies Act.

Introduction and Background

Following Councillor interest in the SAFE priority and specifically around multiple risk behaviours in young people including their understanding of healthy relationships (care versus control) the warning signs of grooming, sexual exploitation and potential dangers of misusing social media and devices, substance misuse etc, initial discussions took place with strategic leads, police and local secondary school around the possibility of a partnership approach to address the aforementioned issues. The Washington Area Committee would like to receive applications to deliver a locality approach that brings existing services together and explores innovative ways of working to provide a young person-centred approach.

The following is recommended as a Call for Projects:

Washington Area Committee is seeking applications to identify and establish an appropriate partnership protocol which will

- Establish pathways from cross sector partners to refer young people displaying risk behaviours into this project, in particular Police, education, health and children's services
- Understand the relationship and recognise links between cluster risk behaviours and tailor a partnership approach to target multiple behaviours rather than focus on single behaviour issues building on the existing service delivery
- Develop practices that include individual, group level, school, parent and community components and identify programmes and support which creates a young person centre-focused approach which includes involvement and agreement from the young person and their family
- Provide support for locality working that delivers a range of Living Skills for young people – coping with peer pressures, bullying, managing money etc.
- Have knowledge of and take good learning from previous young person focused projects funded through SIB
- Provide co-ordination and support to deliver a range of initiatives to address emotional well-being and mental health of young people – particularly those already identified as in need and waiting for help and support.

Expected Outcomes

- Co-ordination and management of a partnership approach to deliver the proposed Washington Safe Care Project and ensure partners commit to that approach and a robust referral mechanism to bring everything together around the young person.
- Development an approach to information sharing with relevant services and providers – identifying who does what, signposting to support resources – including online and social media.
- Innovative working with existing local organisations, partners and providers who deliver early help for those young people identified as in need and waiting for help and support.
- Programme to improve parenting practices with regards to young people's acceptable behaviours and outcomes

- Establish programmes in schools to help develop healthy and positive relationships (understanding care versus control)
- Provide a programme that delivers a range of 'Living' Skills for young people – coping with peer pressures, bullying, managing money etc
- Identify and establish key areas of opportunity for developing innovative and novel interventions to sustain the project delivery.

Application No.1

Name of Project	Safe Care (new name to be determined with YP involvement)
Lead Organisation	Washington MIND

Total cost of Project	Total Match Funding	Total NF requested
£44,012	£4,250	£39,762
Project Duration	Start Date	End Date
1 year	1 st January 2020	31 st December 2020

Project Proposal

This proposal will deliver a Youth Information, Advice and Counselling Service (YIACS) model. Our **Safe Care** Project will demonstrate how a YIACS model can contribute to safeguarding young people, potentially complementing the work of the overstretched statutory and other voluntary services. The project will involve a new post, recruiting an experienced and knowledgeable person to oversee and manage a partnership approach that will bring together key partners and map out existing resources and pathways, to accessing services. This project co-ordinator will work alongside our young people's interns and in partnership with local service providers who work with those already deemed to be at risk to gather this information. We know services are already available **and this project** will give young people, families and carers and the wider partners working with local young people, a **key contact** which is crucial to systems coming together and working in a joined-up way. This approach will enable the **strengthening of existing referral pathways** into appropriate services with a better understanding of what young people need, information sharing with relevant services and providers, clarifying who does what, and signposting to support resources.

The context of risk for our young people is key. Making youth participation central to the project will help us to determine risk behaviours from the perspective of the young people themselves. An appreciative enquiry approach will be taken to help us to gather the context as to:

- Why young people engage in risk taking behaviours?
- What services would they want to access?
- What support do they need?
- What is missing for the young people in Washington?
- Why aren't young people accessing services and 'hearing' about risk?

We are looking at a group of young people who do not traditionally access services, a particularly hard to reach group. We would need to meet with young people across Washington to identify how the project could work, this will inform the setting up of drop-in facilities both at The Life House and complimenting what is already available. As with the YIAC model, we will adopt a one stop shop approach to support, inviting partners from relevant services to be available during drop-in sessions. e.g. advocacy, sexual health. Early in the delivery of the project we will host a young person led Conference that will help launch the project and bring partners together, this will include an 'Information Village' style format. We would use a variety of methods including best use of digital resources to gather information – working with people and organisations that young people trust. We will take a structured approach to participation, facilitating young people led activities, and meeting with young people in settings that they identify as being safe. The initial phase of the project will focus on establishing risk from a young

person's perspective, examining the underlying causes, and exploring solutions to this. This collaborative approach will create a sense of ownership on behalf of young people, increasing the likelihood of the project's success. This model is one which young people have identified as one that works (See Altogether Better), and one which allows them to feel both heard, and valued. Working with the young people themselves and going to the places they go will make this project innovative, because truly hearing the voice of young people is surprisingly rare in young people's services.

The Co-ordinator post would map out current provision (for young people engaging in risky behaviours) and provide and develop a referral pathway by providing information surrounding what each service provider delivers and the work they undertake. We would work closely with local providers including Prevention and Early Help to ensure a cohesive approach to the project. **Signposting to appropriate, specialist existing services is key.** This information will be available for young people based upon the YIACS model in a place where young people are able to access this information e.g. on-line, schools, colleges, youth services.

www.wellbeinginfo.org a digital resource, will develop pages and supporting fact sheets that are accessible and understandable – offering access to support numbers, websites, apps and helpful services should young people feel the need to reach out for support. Making best use of the site and further developing the app (this was a valued resource identified in the Self Harm Evaluation), we will ensure there is a variety of ways to find out about and access to resources that

- Improve parenting practices with regards to young people's acceptable behaviours and outcomes by providing resources and service information and breaking down barriers to access.
- Develop healthy and positive relationships (understanding care versus control) through partnership work and the provision of services and resources.
- Coordinating the co-delivery of a range of 'Living' Skills for young people – coping with peer pressures, bullying, managing money etc.

Washington Mind will use innovative approaches to engage those young people who are most disengaged from public services in meaningful dialogue. In addition, when young people are not in school, they are not only potentially exposed to additional risks they are also likely to have poor academic attainment, increasing this risk further. The interactive effect of risk and protective factors has substantial implications for the design and implementation of any successful preventive interventions. Our approach will be to proactively increase protective factors. For these reasons, our one stop shop will also link young people with training providers and apprenticeship opportunities, reducing risk by creating hope. We will work collaboratively with young people to increase their life chances.

One of the areas highlighted by young people in the **Self-Harm evaluation report** was barriers to accessing support because of associated stigma and discrimination around mental health issues and seeking help. We will extend the work of the Sunderland Time to Change Hub (hosted by SCC and coordinated by Washington Mind), accessing a range of free resources and training for schools. This will help to inspire and equip secondary schools, colleges and youth organisations to deliver mental health anti-stigma activities with young people.

Partnership

Effective partnership working will be crucial to the success of this project and we will build on existing partnerships and develop new ones to ensure this. While there are no similar projects in the area we have already established strong working relationships with the local Together for Children, CAMHS and CYPS organisations and are included in the Transformational Plans and represented on the associated work streams. Washington Mind is an active member of the voluntary and community sector and we are involved in a variety of strategic networks across the city. We co-ordinate the Sunderland Time to Change Hub, the Suicide Prevention Action group and the Heath Champions network and manage the regional www.wellbeinginfo.org website that has a directory of over 500 local organisations. We collaborate on key strategic partnerships including the CAMHS Partnership, the Suicide Prevention Action Group and the Altogether Better Alliance (and contribute to their related work streams). We

chair the Workplace Alliance and we are currently supporting the university with their Suicide Safer Universities agenda and planning.

We will build on the partnership work established in the Understanding Self-Harm project and work collaboratively with our local partners from schools, colleges, police, probation, carers, and Together for Children encouraging and facilitating more effective communication among practitioners. (An effective 'Partnership Steering Group' was established and resulted in proactive partnership working). All sectors working with this age group are under pressure, there is often evidence of high levels of staff turnover and limited capacity for the joint working. This project will establish ways of improving joint working recognising the importance of good, frequent and open professional communication between agencies.

Objectives and Outputs and Milestones

Objectives and goals	Forecast Dates
Project Co-ordinator in post	1/1/20
Establish work plan for project	30/1/20
Host conference and project launch	1/3/20
Contribute to and complete mapping exercise	1/3/20
Complete first quarterly report (report every quarter)	31/3/20
Training delivered to local schools	30/06/2020
Complete evaluation report	31/12/20

Output Code	Target 2019/2020				Target 2020/2021				Target 2021/2022			
Beneficiaries				36	36	36	36					
				3	3	3	3					

Budget and Funding

Item and Description	Total Costs	Match Costs	NF Contribution
Coordinator salary and oncosts	29,428		29,428
Overheads related to the post	2,942		2,942
Management costs	2,942		2,942
Online resources	3,000	1,500	1,500
Volunteer/ intern expenses	1,200		1,200
Launch/conference	1,500	500	1,000
Training	1,500	1,500	0
Evaluation report	1,500	750	750
Total	44,012	4250	39,762

Project Management & Monitoring & Systems

We have successfully secured funding from both statutory and independent providers to deliver a number of projects and have monitoring systems in place to meet the monitoring requirements of the grants. We have a comprehensive database so that statistical monitoring is accurately collated on a monthly basis with quarterly and annual reports to identify trends and ensure target groups are accessing our services. There are documented policies and procedures in place that help to maintain consistency and efficiency within the organisation, enabling the service to achieve National Quality Standards. A robust policy for operational management of finance and financial monitoring systems are in place. The Services Manager (with the support of the Finance officer and

Treasurer) is responsible for the day to day running of the project and will have overall responsibility for grant returns.

Sustainability

Building on the recommendations from the Self Harm Evaluation we aim to continue the process “whereby young people have an equal footing in the partnership”. There is a significant body of evidence locally and nationally that suggests that including young people in evaluating and developing public services improves the quality, performance and outcomes. YIACS offers potential to address the recognised crisis in mental health services for young people and the data required for an effective evaluation will be considered from the offset. The evidence collected will be used to source future funding for the project. here is a significant body of evidence locally and nationally that suggests that including young people in evaluating and developing public services improves the quality, performance and outcomes.

This application has been submitted through Area Committee’s SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is [150/165](#)

- 1. Evidences a good track record of successful delivery and previous experience.** Washington MIND key partner in Time to Change, Suicide Prevention Group, led Time to Care, is lead for Health Champions Network and hosts the regional wellbeinginfo.com. Collaborative relationship with CAMHS, suicide Prevention Action Group, Altogether Better Alliance and Chairs the workplace Alliance. Clear application with detailed programmes, understanding of current/existing provision, clear on how to engage with young people and families and understanding of online and social media support. Project Management and monitoring systems robust and clearly explained. Milestones realistic, time lines and activity clear and relevant. No risks identified for this particular project.
- 2. Evidences it meets at least one of the key priorities of the Washington Area Committee – Safe, Health and Well-Being**
- 3. This proposal has a clear understanding of existing service provision and can build on previous engagement with partners. Lots of knowledge evidenced re existing pathways and services.**
- 4. This proposal meets the project outcomes as detailed in the published Project Brief:**
 - Clear referral pathways and clear how the partnership approach will be managed and co-ordinated. Local drop-in, safe places, and referrals to current provision if appropriate. Good knowledge of other relevant services/provision.
 - Evidences how it will information share and co-ordinate with relevant services and providers – identifying who does what, signposting to support resources – including online and social media. Specific staff recruited to co-ordinate and utilises young person’s interns. Lots of experience re social media/online support and working with young people (mental health, self-harm and risky behaviours)
 - Identifies practices which creates a young person centre-focused approach - **YIACS** model puts young people at the centre of the project. Local pathways. Will strengthen existing provision and is based on what young people need and identify
 - Includes programmes to
 - Improve parenting practices
 - Programmes in schools to help develop healthy and positive relationships
 - Programme that delivers a range of ‘Living’ Skills for young people – also looks at addressing training and vocational opportunities post-16
 - Provides support for locality working
 - Builds on relevant recommendations from the Public Health evaluation of Time 2 Care and Altogether Better
 - Be innovative – Clear suggestions of innovative working with existing local organisations, partners and providers who deliver early help for those young people identified as in need and waiting for help and support. recognises new approaches and ways of working with young people at risk, e.g. the YIACS model as a basis for this project. Aims to work with the hardest to reach/engage

- Evidences how it will be sustained post funding - will look for further funding however not identified where. Extends the Time to Change Hub, digital resources help with sustainability often young people's preferred medium.
5. Added value and value for money
- Project will be based across Washington with a dedicated post
 - Expects to engage hardest to reach young people
 - Match funding – good levels of in-kind Match funding

Officer Recommendation: Approve

Application No.2

Name of Project	Washington Safe Care
Lead Organisation	Together for Children

Total cost of Project	Total Match Funding	Total NF requested
£40,000	£0	£40,000
Project Duration	Start Date	End Date
12 months	October 2019	October 2020

Project proposal

The project will focus on two main areas - **universal support and targeted support**:

The **Universal** aspect which will focus on a preventative population approach to educate and support young people before issues emerge or at the early stages of emergence. Pre-existing services will be co-ordinated to deliver short, high impact brief interventions on specific topics such as peer pressure or the long-term impact of an unhealthy lifestyle. Information for parents and carers will also be developed.

Targeted support which will focus on the development of robust but simple pathways to support for groups of young people displaying emerging challenging or risk-taking behaviour and for individual young people and families with more immediate need. In addition, the provision of Early Help education and support to local services who offer services to all young people such as schools and youth providers to enable them to lead Early Help plans

1. Universal sessions will be delivered by relevant local professionals (e.g. local GPs) to inform young people of the support available to them and how they can access this support. The project will target integration of regular termly sessions e.g. workshops, assemblies, PHSE lessons etc. into secondary schools which will be delivered to suit school policy and pupil age groups. Young people will be encouraged to become involved in the development and design of information. Delivery of sessions within primary school settings will also be included as an aspirational target. Alongside face to face sessions, digital (video and text) and hard copy resources will be developed to provide young people, parents / carers and professionals 24/7 access to advice and support in a format that suits them best. This support follows the structure of projects successfully deployed in Washington such as Time 2 Care.

2. Targeted support will be delivered based on the gradient of need of individuals. A simple assessment tool, based on multi-agency assessments and information emerging in relation to Adverse Childhood Experience's (ACEs), will be developed to enable cross-sector partners to grade need of individuals and identify appropriate action This will sit in front of a more complex back office pathway. In instances where a young person is assessed as displaying:

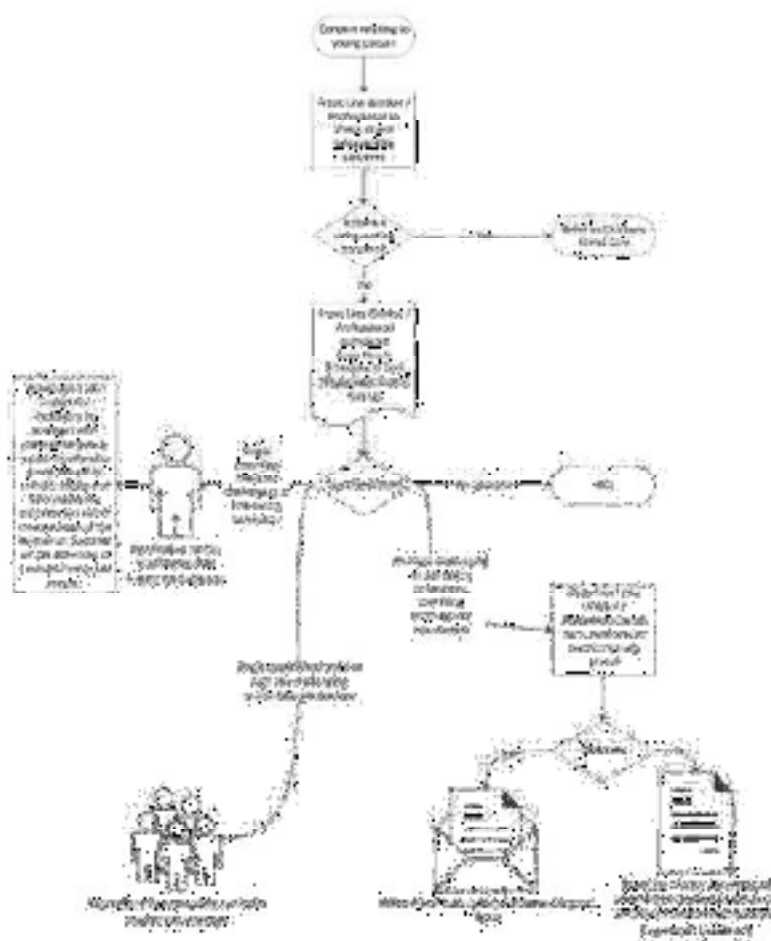
- emerging low level challenging or risk-taking behaviour in one specific area - professionals / front line workers will be directed to signpost the young person to a group session where relevant professionals will provide advice and information with the view to minimising the risk of reoccurrence of the behaviour. These sessions will build on the prevention messages and be delivered by the known professionals discussed in the Universal section and (evidenced in the application as **Appendix 1**). The

sessions will complement the Police-led V.I.P (Vulnerability, Investigation, Problem Solving) meetings process.

- established and/or high risk challenging or risk-taking behaviour in one specific area - professionals/ front line workers will be advised on how to refer the young person to relevant services to address the concern.
- multiple challenging or risk-taking behaviours requiring multi-agency intervention - the professionals / front-line workers will be advised on how to initiate the Early Help process. Services in a position to lead an Early Help plan will be supported through the project to do so.

Work with local services and commercial enterprises (e.g. local cafés) to provide more safe places for young people to meet to socialise and spend time out of the family home at times and in locations that suit them will also be a focus of the project. A centralised young person's hub housing professionals offering drop-in advice and support as well as activities and areas for socialising will be available for all young people within Washington at the Rainbow Family Centre in Concord. The hub will have flexible opening times to suit demand. In addition to the work with young people the project will lead a pilot with schools and parent groups. Work will be conducted with young people and parents / carers to develop self-sustaining community-led groups. These groups would be empowered to develop and deliver support and advice to peer groups. Work with parents will also focus on development and delivery of information to parents and carers based on high-profile topics. Content and format (face to face / digital etc) will be guided by schools, public health, parents and carers to ensure the information is relevant.

Appendix 2: Example of Support for Young People Pathway



Who: To avoid delays in implementation, existing experienced **TfC staff** will be allocated to the project. A manager with experience of overseeing multiple young person targeted support projects will be allocated to actively coordinate the Washington Safe Project (1 day per week). Support staff will also be allocated to the project to work with parents, young people and professionals.

The post holder's role is not to lead multi-agency working but to encourage and facilitate agencies to use their resources collaboratively to positively support young people and their families. This approach empowers local services to lead support and is proven to encourage longer term sustainability without the costly ongoing requirement of central coordination. The way in which support by these services is offered may change if the multiagency partnership developed as part of the project deems that resource can be deployed more effectively and / or efficiently. For this reason, any change will be the result of time/cost/benefit analysis and will be expected to deliver better value.

Partnership

The primary focus of the project is to facilitate joined-up working between agencies within Washington. One of the first coordination tasks will be to map all agencies working within Washington, identify their function and how they are deployed. The mapping activity will be followed by work with any agencies who are delivering similar services to ensure they are doing so in a complimentary manner.

Objectives and Outputs and Milestones

Objectives and goals	Forecast Dates
Map all agencies working within Washington, identify their function and how they are deployed	31/12/2019
Consult schools and youth providers within Washington to identify any gaps in provision	31/12/2019
Current pathways mapped and recommendations of amendments escalated to relevant parties	31/12/2019
Establish young people and parent groups to direct project and ensure there is a demand for services being developed	31/12/2019
All agencies involved in project as providers of advice and support identified	31/12/2019
Establish or attach onto existing Washington based quarterly multi agency governance group meetings with membership from senior leaders from the community (e.g. a councillor, school governor etc.) and agencies working within Washington to oversee and scrutinise progress and address any major barriers to progress	31/12/2019
Establish or attach onto existing Washington based monthly multi agency operational group meetings with membership from frontline management of agencies working within Washington to ensure that: <ul style="list-style-type: none"> the scope of the project is understood at all levels by each partner the role of each agency involved in the project is understood To ensure long term sustainability the group to be chaired and led by members, project coordinator will act in a support role.	31/12/2019
Refreshed pathways developed and agreed by all parties	31/03/2020
Paper based needs assessment to be used by people working with young people developed. This will use the 'Signs of Safety/Well-being ' methodology	31/03/2020
Agencies in a position to lead Early Help plans briefed on process. Support in place to provide extra guidance.	31/03/2020
Agencies involved in project as providers of advice and support in a position to deliver sessions in secondary schools	31/03/2020

Portfolio of advice and support briefings developed for young people ready for deployment in secondary schools	31/03/2020
Portfolio of hard copy advice and support resources developed for young people ready for deployment in secondary schools	31/03/2020
Rainbow Centre to be a functioning Young Person's Hub with professionals offering advice and support to young people	31/03/2020
Engage with local services and commercial enterprises (e.g. local cafés) to identify suitable venues for young people to meet to socialise and spend time out of the family home	31/03/2020
Development of a Charter Mark for local services and commercial enterprises (e.g. local cafés) to ensure they are safe and welcoming places for young people	31/06/2020
Work with any agencies who are delivering similar services within Washington to ensure they are doing so in a complimentary manner	31/06/2020
Pilot delivery of information and advice for parents and carers and requested by these stakeholders	31/06/2020
Coordinator to begin handover of duties to multiagency operational group and initiate development of future targets by group	31/06/2020
Digital offer developed (e.g. online / app): Young Person Needs Assessment (for professionals / front line workers) Portfolio of digital advice and support resources developed for young people. Portfolio of digital advice and support resources develop ed for parents/carers	31/09/2020

Output Code	Target 2019/2020				Target 2020/2021				Target 2021/2022			
Beneficiaries - secondary school population				n/a	Whole secondary school population over 3 x quarters April 20 – Oct 20							
Beneficiaries – brief interventions (5 or 6 one hour sessions per person)				12	12	12	12					
Programmes to support young people – secondary schools				n/a	25	25	25					
Programmes to support young people - brief interventions (5 or 6 one hour sessions per person)				12	12	12	12					
Programmes to support young people – 50 weekly drop in at Rainbow Centre and other evening venues				12	12	12	12					
Programmes to support parents and carers – 50 parent focussed drop in sessions				12	12	12	12					

Budget and Funding

Item and Description	Total Costs	Match Costs	NF Contribution
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1 x 1 day per week Coordinator	£4,500		£4,500
Staffing support to deliver 75 two-hour sessions /briefings/inputs into schools and community settings for young people	£6,000		£6,000
Staffing for 50 Brief Interventions for young	£5,200		£5,200
Staffing for 50 weekly drop ins for young people on a Friday night	£5,600		£5,600
Staffing for 50 parent-focussed drop-in sessions	£1 ,800		£1,800
Work within the community to develop voluntary groups and resource (to ensure long-term sustainability)	£5,000		£5,000
Premises Cost	£1 ,900		£1,900
Staff time and resource cost to develop Assessment tool , support and training materials, Digital tools and materials	£8,000		£8,000
Consultation with groups	£2,000		£2,000
Total	£40,000		£40,000

Project Management & Monitoring & Systems

The objectives and goals section outline milestones which will act as controls to monitor progress. Progress reports will be produced monthly and reviewed internally to ensure progress is on track. Establishment of a multi-agency governance group with membership from senior leaders from the community (A councillor, school governor etc.) and other agencies working in Washington will ensure impartial scrutiny and oversight of progress is in place. As a high proportion of the budget costs will be incurred through staff expenditure they are expected to remain static. An expenditure report will be produced monthly and reviewed internally to ensure progress is on track.

TfC has a robust standard monitoring process in place that will ensure risks are assessed and mitigated and any issues that emerge can be escalated via established routes.

Sustainability

The proposal empowers local services to lead support and is proven to encourage longer term sustainability without the costly ongoing requirement of central coordination. Establish or attach onto existing Washington based monthly multi agency operational group meetings with membership from frontline management of agencies working within Washington - to ensure long term sustainability the group to be chaired and led by members and the project coordinator will act in.

This application has been submitted through Area Committee's SIB procedures and using the formal Neighbourhood Fund governance protocols and guidance, the application has been assessed and the Panel score is [58/165](#)

- 1. Has a good track record of previous experience.** Not clear how beneficiaries targeted. Unclear with regards to added value from 'existing staffing'. **Excessive amount of milestones with actual project delivery some time after project commencement. Focus seems to be on mapping and consultation. Some elements of this should have been carried out to inform the application**
- Evidences it meets at least one of the key priorities of the Washington Area Committee – Safe, Health and Well-Being
- This proposal **does not evidence knowledge of existing provision in the area (local).**
- This proposal meets the project outcomes as detailed in the published Project Brief:

Comments and Score:

- Clear referral pathways with named partners in place? **Referral pathway included, no named partners in place, management and coordination detailed however by existing staff with no clarity on capacity**

- Does the application evidence an approach to information sharing with relevant services and providers – identifying who does what, signposting to support resources – including online and social media. **No evidence of understanding of existing provision**
 - Clear suggestions of innovative working with existing local organisations, partners and providers who deliver early help for those young people identified as in need and waiting for help and support. **Only details TfC services and YDAP**
 - Identifies practices which creates a young person centre-focused approach **Provides a young person pathway diagram**
 - Includes programmes to
 - Improve parenting practices with regards to young people’s acceptable behaviours and outcomes - **Pathway places young person at centre however struggling to identify parent practices/support**
 - Programmes in schools to help develop healthy and positive relationships (understanding care versus control) **States will establish parent groups however no information on what this will entail**
 - Programme that delivers a range of ‘Living’ Skills for young people – coping with peer pressures, bullying, managing money etc - **No mention**
 - Provides support for locality working that delivers a range of Living Skills for young people – coping with peer pressures, bullying, managing money etc. **No mention**
 - Builds on relevant recommendations from the Public Health evaluation of Time 2 Care and provides co-ordination and support to deliver a range of initiatives to address emotional well-being and mental health of young people **Briefly mentions evaluation. Some provision detailed however not clear on other delivery**
 - Identify and establish key areas of opportunity for developing innovative and novel interventions to sustain the project delivery. **Will develop self-sustaining community led groups however no information on how these will be self-sustaining, recognition of support needed or capacity of community.**
5. Added value and value for money
- Project will be based across Washington with a dedicated post one day per week
 - Unclear on how targeting beneficiaries,
 - Existing staff resources - what additional beneficiaries will be worked with over and above current cohorts
 - No Match funding identified

Officer Recommendation: Decline