

## NEIGHBOURHOOD FUND

## ALL PROJECT DETAIL TAKEN VERBATIM FROM APPLICATIONS

## Application No. 1

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Redhill Man Club
<b>Lead Organisation</b>	All About You North East CIC

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£7,990	£3,040	£4,950
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	January 2020

## The Project

Redhill Man Club

We look to launch a club for men which will addresses mental health issues and the increasing incidence of male suicide. The Office for National Statistics latest data on suicide in the UK shows that the highest incidence of suicide is in the North East and seen a large increase over 2017. Nick Stripe, head of health analysis and life events at the ONS, said: "We saw a significant increase in the rate of deaths registered as suicide last year"

The main age groups this affects is middle aged men and just recently there has been incidence of suicide in our area. Males aged 45 to 49 years had the highest age-specific suicide rate (27.1 deaths per 100,000 males) but rates among the under 25s have generally increased in recent years as well.

The report from the ONS said while it has been known for years suicide is a gender and inequality issue there is still no plan across the Government to reach those in need. This has to stop and we need to take action.

The proposed group would meet once per week for 2 hours and the funding would allow us to run this club for an initial 12 month program. Groups will revolve around a non judgemental, open minded approach encouraging males of all ages to speak out amongst friends and residents in their own community. Sessions will be informal and open to all and will offer a chance to chill out and relax in a safe place but also with the option of an engaging physical activity such as football/walking football, archery, fencing etc.

We will be working in partnership with the Downhill Hub and we will also be utilising their centre for the physical aspect of the group.. We will also utilise the facilities at Downhill Hub for everything from jumpers for goal posts to plans for the group to run a sports day event as a fundraiser fr mental health charities. This aspect was considered important during discussions with residents about this group, they were very clear in their desire to give back.

Physical activity and exercise have long shown a positive affect towards mental health and evidence has shown that physical activity can benefit those suffering from PTSD and trauma, depression, anxiety, stress and ADHD. Physical activity also gives benefits to sharper memory and thinking, higher self esteem, better sleep, more energy and stronger resilience.

We also would include day trips out for attendees of the club including a day trip to a shooting range and the others to be decided by themselves. This helps build confidence, camaraderie, team building and a chance to have a break from the norm. Further to this we have enquired to Sunderland AFC as they offer free tickets to groups such as this.

We will engage similar groups in the city such as Veterans In Crisis and Sunderland Music Hub to bring music therapy activities back to the North as this has also been shown to have positive affects on mental health also.

These plans and sessions are build around feedback and evidence and falls in line with guidance from Public Health England in their State of the North East document where they stated "A more integrated approach to population health, tackling the determinants of poor physical and mental health, is required". These healing tools will make up the main structure of the group and it's sessions.

We will be working closely with Downhill Hub as a partner organisation and the Hub have expressed a desire, if successful, to see these groups running at their other new centres in Sunderland in Ford and Washington.

We will also work with IMPACT North East and their S.W.A.G.E.R group to ensure no duplication and also access to specialist staff who will attend these new sessions also

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority with the following condition:**

- **The project engages with Northumbria Police and Tyne & Wear Fire and Rescue to ensure they can promote the project to potential beneficiaries.**

## Application No. 2

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	
<b>Lead Organisation</b>	Grace House NE

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£5,805	£1,690	£4,115
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	January 2021

### The Project

The project will provide a programme of activities for young people with SEND (age range 13 to 21) that will improve mental health and wellbeing, addressing issues at the earliest stage (particularly with mental health) reducing social isolation and loneliness. The programme will consist of weekly 2-hour sessions during the year of the project and will include mindfulness, health and nutrition, art and music therapies and some physical activities. The sessions will be outside of school hours or during school holiday periods. Grace House participated in the City-wide consultation for CYP with SEND, we are using the data from that as the basis to develop this project along with discussions from the Interagency Strategic Group. The project will be delivered at Grace House, those involved in the consultation stated that they do not feel comfortable in mainstream settings, preferring community venues. The session will include some free time to socialise and to have healthy snacks or light meals together. The CYP stated that their anxiety often makes them feel socially isolated and reticent to go out. Where it is found that participants have depression or other long-term mental health conditions, they can be referred to One Place Your Space project at Grace House for counselling or other support service offers. The project will support 15 to 20 CYP with SEND from the North area of the City and will achieve the following outcomes:

- Improve the emotional resilience of 15 to 20 CYP with SEND through participation in this project
- Reduce social isolation by bringing CYP together in an informal setting where they will have the opportunity to socialise, have peer support and form friendships.
- Reduce inequalities for CYP with disabilities through access to a programme that will be free of charge (costs of activities have been cited as a barrier)
- Improve overall health and wellbeing through delivery of bespoke activities that address health and nutrition, physical exercise as well as build confidence and self esteem
- Physical activities will promote positive behaviour changes as an early form of prevention (obesity and associated long term health conditions can be an issue with CYP with SEND)

Southwick ward has some indicators of severe deprivation: 87% with poor health indicators compared to 19.8% in England, 29.8% children living in poverty compared to 14% in England, 46.3% have no car compared to 25.8% in England. These are some of the indicators we need to improve upon. (OCSI – Community Insight May 2019). We will measure the outcomes through informal feedback such as comments and discussions from project participants, as well as more formal feedback.. We use the Warwick -Edinburgh Wellbeing Scale at beginning and end of interventions to measure mental health and wellbeing. We use the YP-Core form and where communication is difficult, we use the sad/smiley face evaluation tool. We encourage and support participants to write their case studies and personal histories, we also use photographs and video clips (with permissions) We work in partnership with City of Sunderland College, Portland and Sunningdale Academies, and Barbara Priestman who all refer CYP with disabilities to Grace House and will support delivery of this project. We work with Sunderland Carers who provide sibling support for the One Place Your Space Project and Springboard who refer CYP with disabilities to the Volunteer Plus project and the CRT project #Skills at Grace House. We work with the WEA to deliver activities and courses for families during school holiday periods. Keep Active have delivered courses specifically designed for CYP with disabilities such as health and nutrition and will support delivery of this project. We work in partnership with HOPS on the Wellbeing Works project to support people into volunteering and employment. We work with Friends of Thompson Park and Home-Grown CIC to promote opportunities for CYP with disabilities and with People First. Grace House specialises in support services for CYP with disabilities, across age range 0 to 25 years of age.

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority.**

### Application No. 3

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	On Your Bike
<b>Lead Organisation</b>	Sunderland Community Action Group (SCAG)

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£8,200	£5,000	£3,200
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	December 2020

### The Project

The “On Your Bike” scheme will offer older people the opportunity to ride a bike for free supported by our qualified staff team. If a client isn’t confident about riding a bike, that’s not a problem as we can arrange a cycle plan, training programme & Support to make this happen. If a client hasn’t been on a bike in a very long time or may have never ridden a bike before we can help and support clients to achieve it. We have a wide range of cycles to suit all abilities, our cycles are fully maintained to a high standard and are designed to offer a pleasant cycling experience. For those who need added support we can provide a fully qualified “Bike Buddy” to ride along with them. This can be done on a single setter cycle or on a two-setter tandem cycle. Our bike buddy will support the client while cycling, building a one-to-one supportive relationship, while encouraging the client to improve their overall confidence, fitness, health & wellbeing. We can also provide fixed training cycles housed at the Cycle Hub. Fixed cycles are a great way to learn to ride a bike building confidence before the client advances to a moving cycle outdoors.

Cycling is:

- Low impact – it causes less strain and injuries than most other forms of exercise.
- A good muscle workout – cycling uses all major muscle groups as you pedal.
- Easy – unlike some other sports, cycling does not require high levels of physical skill. Most people know how to ride a bike and, once you learn, you don’t forget.
- Good for strength and stamina – cycling increases stamina, strength and aerobic fitness.
- As intense as you want – cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.
- A fun way to get fit – the adventure and buzz you get from coasting down hills and being outdoors means you are more likely to continue to cycle regularly, compared to other physical activities that keep you indoors or require special times or places.
- Time-efficient – as a mode of transport, cycling replaces sedentary (sitting) time spent driving motor vehicles or using trains or buses with healthy exercise

Our scheme will:

- Promote independence, improve health and encourage an active lifestyle.
- Improve fitness which will improve health & wellbeing
- Prevent or delay more expensive forms of intervention
- Promote positive mental health
- Reduce social isolation and help build confidence and self-esteem
- Signpost people to other organisations for information and services

This program will offer one free cycling session per week x 50 weeks per year for older people who may have a range of health needs. Sessions will be delivered from our St Peters Cycle & Sports Hub in St Peters ward. We will Utilise the River Wear sculpture trail and surrounding area, offer an amazing opportunity for cyclists to get out and about and enjoy the open air in fantastic surroundings. Clients can contact us direct or be referred via a partner organisation.

SCAG already have a strong working relationship with its “Raising aspirations” partners across the north. Our partners include “SNCBC, Northeast Sports, SNYP and I AM SPORTS”. We have also delivered a

range of services and support to other likeminded organisations across St Peters ward, including Forget me knot CIC, Roker URC, St Andrews Church, Friends of Roker Park, CEED, Enon church, Social Chef and Media Savvy. We have also built up a strong working relationship with Dame Dorothy school which resulted in a new Youth & Community Hub opening in St Peters ward in the Summer of 2019. We would also welcome the opportunity to support and promote a range of CCG Health Priorities across the North, including referrals from other partner organisations linked to the North Healthy Action in the community scheme.

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority.**

#### Application No. 4

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Volunteering at the Mill
<b>Lead Organisation</b>	Sunderland North Community Business Centre

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£6,480	£1,800	£4,680
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	December 2020

#### The Project

SNCBC propose to engage local residents to encourage them into activities taking place at Fulwell Windmill with the hope that they will progress into volunteering at the site. We anticipate engaging 30 people of which 12 will progress to formally register as volunteers. The project directly contributes to the CCG priorities of social isolation, loneliness and improving health through companionship and increasing physical activity. The target group are likely, but not exclusively, to fall into categories such as the elderly, retired and those who are unemployed and/or suffered health issues.

The project will enable participants to attend a weekly support session at the Mill to explore such as gardening, planting, drawing, reading and simply socialising by discussing the heritage and sharing memories of the area. We hope participating in those activities will then enable them to explore more structured volunteering options such as tour guiding, promoting the site to local schools and businesses, supporting events and family activities as well as supporting the maintenance of the Mill structure.

The project will be promoted to local health services and GPs with the aim of encouraging 'social subscribing' as part of its engagement model. Also the project has been designed to be delivered over a number of weeks to have a lasting impact on the people who attend and allowing time to build confidence and progression at a rate appropriate to each individual. We will encourage existing participants to buddy new members and extend their social circles and we will also work with our existing volunteer base to develop their skills, and in turn confidence to be able buddy other residents to attend the 'Volunteering at the Mill' project. As participants progress within the project they will be made aware of wider services for their benefit and supported to engage with such as the Health Champions, smoking cessation support, weight management and healthy eating support at our onsite tearooms and engaging with Everyone Active activities.

This application seeks to cover the costs of sessional support worker time to engage participants, deliver weekly sessions, train buddies, deliver specialist sessions and develop appropriate volunteering opportunities primarily at the Mill site but also within the wider North Locality.

Fulwell Mill and tearooms have recently been renovated following a partnership approach between Sunderland City Council, local residents and SNCBC. This proposal builds on those working agreements and also compliments, and does not duplicate, the work of the Southwick Raising Aspiration Project, led by SNYP with whom we have discussed this application. The project seeks to forge further partnership working with local residents and improve access for such as local schools, families and regional and national visitors.

**Recommendation** - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority with the following condition:

- Consideration is given to address any transport challenges for those who wish to participate in the project.

## Application No. 5

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	All Grown Together
<b>Lead Organisation</b>	Sunderland Home Grown CIC

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£5,996.80	£1,000	£4,996.80
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
Six Months	January 2020	June 2020

### The Project

The purpose of Sunderland Home Grown CIC is to change the lives of people with disabilities and barriers, living in Sunderland so they can lead a more active life, develop their skills and confidence, and become a greater part of the community.

We are wanting to provide 3 days' support over a 26 week period for 30 individuals. Over the past 3 years we have successfully developed our site and activities to include amenity horticulture, production horticulture, training and delivering certificated training. SHG works in partnership with Friends of Thompson Park, Friends of Fulwell, local councillors especially Southwick ward, NHS and many other groups in the Sunderland area.

This project will address an identified gap in services by engaging with individuals whose circumstances are being adversely affected by issues such as the welfare reform, health issues, unemployment, poverty and lack of opportunity. We currently have funding to support 66 individuals from the most deprived areas of Sunderland through the CLLD funding, but we have identified a need for similar support for those with identical issues but post code falls outside the funding areas. We have had many vulnerable adults from Fulwell and Roker areas that cannot access CLLD support. Also SHG will continue to offer support to those leaving the CLLD programme that are wanting to continue to work in the local community.

We will provide a bespoke programme to meet the need of 30 individuals, focusing on their prime reason to partake in the programme. This could be for a number of reasons from entering the jobs market to help improve one's health and well-being removing social isolation and improve confidence through the use of horticulture. The project will be 26 weeks' availability offering a role on roll off access so no one will be put off waiting for a start date. We would be looking to sign post individuals to access other facilities from this programme. We also provide; information, support, advice, guidance, and a learning hub. Onsite we deliver a number of services including mentoring, advocacy, health and wellbeing training, personal development programmes, volunteering, and work-placements.

Our impact on the local community offers an improvement in both physical and mental health and wellbeing. Offering horticulture base work to meet the individual's ability health and skills, removing social isolation, meeting new people, having a sense of belonging, light exercise and improving Sunderland's environment and green spaces. We have an inclusive ethos with all work that we undertake and strive to promote accessibility to everyone in the community irrespective of gender, race, age or ethnicity. Horticulture has proven to be a fantastic tool to improve anxiety, depression and increase self-worth and confidence. The project will reduce social isolation and give individuals a reason to get out of bed and become part of a team. From results working with an individual on the project can improve the lives of a whole family. All participants agree an action plan and progress and outcomes are documented throughout the participation of the individual.

Sunderland Home Grown works with:

- NHS Mental Health Services, Monkwearmouth Hospital, Project Choice- offering Social and therapeutic horticulture
- Sunderland City Council -CLLD project, working in Thompson Park and wards in Sunderland
- Friends of Thompson Park, Friends of Fulwell – helping improve the local community

- Sunderland College, Vocational Pathways, Job Centre Plus, Northern Rights Working - with individual to help with employability skills
- Local Communities- people using the park access our facility and others that follow us on social media partake in workshops and volunteering

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority.**



## Application No. 6

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	The Castle Outdoors
<b>Lead Organisation</b>	Sunderland North Community Business Centre in partnership with Hylton Castle Trust

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£5,762.50	£800	£4,962.50
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
Ten Months	January 2020	October 2020

### The Project:

Sunderland North Community Business Centre (SNCBC) have developed a project in partnership with Hylton Castle Trust (HCT) to develop a walking route in and around the grounds of the Castle and Dene area. The project will be led by a suitably qualified staff and proposes to engage with 80 walkers over a ten month period to participate in up to 20 walks, and to encourage some of those walkers to engage as volunteers to become buddies, to other residents to participate in walks. but also potentially to train as walking leaders. This project will directly address the CCG priorities of social isolation, loneliness and improving health through companionship and increasing physical activity. The target group are likely, but not exclusively, to fall into categories such as the elderly, retired, those who are unemployed and/or suffered health issues as well as attracting wider resident participation

The project will identify, and risk assess, a safe walking route around the Castle and grounds with 'trails; of different lengths and complexity to maximise participation from all sectors of the community regardless of their health status and barriers. We will explore with participants the opportunity to develop walks to link with other local green spaces, the coastal area and heritage assets such as Fulwell Mill and the Pier and may link with the magical animation tour that is currently being developed by the North Area Committee. Routes will be mapped as part of the project so they can be sustained beyond the life of the project by volunteers and self-guided walking.

The project will also promote healthy eating by delivering family 'picnics at the Castle' which will be delivered within the grounds, with a range of nature quizzes, sports games, pond fishing and other activities being available to engage local residents in the outdoors and improve companionship. We predict we will engage 80 adults and 100 children across the events and costs have been included for food and activities within this budget,

The project is based on a partnership approach for delivery between SNCBC and HCT and the Castle raising aspirations project which works closely with Castletown CA, Hylton Castle, TEF and Bexhill Primary schools, Castletown and Castlevue schools and will promote this project through those channels. We are also linking with Everyone Active to ensure our work does not duplicate anything that is already taking place in the area but also so that they can raise awareness of the service as well as our project potentially referring onto further physical activities available through everyone active.

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority.**

## Application No. 7

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Fit & Fun & St. Bede's
<b>Lead Organisation</b>	St. Bede's Community Venue

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£4,467	£0	£4,467
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
Three Months	January 2020	March 2020

### The Project:

St. Bede's Community Centre Project has recently been successful with funding from Sunderland City Council North Area Committee to support the refurbishment of the former St. Bede's Church into a Community Centre Project available for all members of the local community to access and enjoy. The newly launched project will be delivering a wide variety of activities and services including:

- Children's Dancing
- Social Group
- Keep Fit
- Toddlers
- Karate
- Luncheon Club
- Cheerleading
- Little Lambs
- Jam Club

In order to widen our offer and ensure the local community have access to a venue which addresses health and wellbeing our project aims to target the Early Prevention priority of the CCG and provide access to safe green space at our venue. Public Health Key Statistics for the Castle Ward identify excess weight in the ward is higher than the Sunderland average. Our current services and activities include exercise and healthy eating luncheon clubs and we wish to expand this by developing green space at the venue in order to provide a safe environment for games and outdoor sporting activities and in addition the delivery of community events for all to attend.

It is aimed that these outdoor activities will target children and young people with outdoor games, activities including sports days, nature trails, herb and bulb planting projects which will complement healthy eating projects within the Centre. In addition we believe that by using the outside space for regular community events all members of the community will be reached as our venue is located in an area with regular footfall to local shops, care homes and schools which will promote our centre and the services and activities on offer. These events will bring the community together addressing social isolation and loneliness by providing a wide variety of fun community events which also promote the activities on offer within the building which those that are socially isolated would benefit from attending. Members of our groups will be attending the events to showcase their groups and encouraging other members of the community to attend by offering befriending/mentoring opportunities to support those that are not confident of attending.

In order to utilise and expand the green we currently have available we wish to extend the fence, we have all the necessary permissions in place and the St. Bede's Community Centre CIO have lease ownership of the land.

St. Bede's Community Venue works very closely with Town End Farm Residents Association, North Wearside Parish and local ward councillors which ensures that we reach as many of our local community and residents as possible. We also engage with the local intermediate care home Farmborough Court in order to ensure they are aware of the services and activities we have on offer.

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority**

### Application No. 8

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Positive Steps
<b>Lead Organisation</b>	Southwick Neighbourhood Youth Project

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£1,360	Volunteer – In Kind	£1,360
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	December 2020

#### The Project:

We have been working with young people in Southwick for a long time, keeping our focus on improving their wellbeing and health. Over the past 18 months we have introduced a walking activity into our holiday provision at the request of young people who enjoy it.

We would like to utilise a small grant to build upon this work and create a monthly walking club for the young people where we would carry out a variety of walks both locally and further afield to places the young people choose. Some of our walking activities have included walks to Washington, the beach, riverside, Jarrow, high force, Penshaw, Muker and Keld, and parts of the Pennine Way. We are walking part of Hadrian's Wall during October half term after a request from young people.

The walks would take place on a Sunday, once a month as the young people do not want to take time away from their current attendance at the youth project and have identified this day as one they have free. We would use a grant to ensure every young participant has a healthy packed lunch and to cover transport/fuel costs for the walks further afield. We hope to build up the fitness and walking abilities of the young people and culminate the project with a challenge where they could do a sponsorship and be recognised for their achievement.

The project will address local issues around mental and physical health; during the walk we have time for conversations and discussions around other youth issues such as smoking, alcohol, sexual health, drug use etc, and we can offer early and brief interventions in these areas as well as having the knowledge to signpost to other services if needed.

We currently work with a range of identified partners and are part of networks, all with the aim of ensuring young people have access to opportunities and best practice. We would share the project details with members of the VCS network and in turn promote activities to the young people we work with if they are beneficial to their general health and well being. welcome any local group to join us on our local walks and see the positive things that young people are involved in. Elected members would also be welcome to come along.

**Recommendation - The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Health and Wellbeing Priority.**

## Application No. 9

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	
<b>Lead Organisation</b>	Impact North East CIC

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£6,072	£1,082	£4,990
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	December 2020

### **The Project:**

We want to provide our unique bespoke 360 family support and wellbeing services to children and families in the coalfields area. Our family services support parents to increase cohesion and parent skills, through 1-1 support, psycho-emotional-educational courses (Attachment matters, communication skills and child behaviour classes), and family fun events using fitness approaches. Alongside the Government approved Friends resilience program which will increase wellbeing and resilience in children and young people and adults but also reduce isolation and improve social participation. The program is based on a Cognitive Behavioural perspective and looks at ways to change negative thinking in fun and innovative ways. The interventions used are self-help programmes and are an early intervention initiative. However, alongside the programme we want to educate families on healthy eating and exercise too, so its addressing the mind, body approach.

### **Outcomes**

Evidence suggests that when families are happier and more cohesive there is reduced level of negative conflict, which leads to less substance misuse and negative coping strategies. By using our model we have proven in our work that we are effective in parental and family interventions, which improves the overall outcome of families and increases positive mental health in families and children. Working with parents to reduce the impact of their past experiences and decrease stresses factors leads to a healthier population. Increasing positive mental health and decreasing health inequalities. The FRIENDS Resilience program itself can help reduce anxieties, give participants self-help strategies to cope with stressful and challenging situations, reduce isolation and improve participants' social skills and participation, improve ability to focus, increase self-confidence and self-esteem and also enable them to develop relaxation strategies and emotional regulation. All of which increase mental wellbeing. Outcomes are measured using outcome tools for children and families recommended through the Anna Freud.

### **IMPACT/BENEFIT OF PROJECT**

The benefits of our 360 approach addresses families holistically, this is because each year over £47 billion is spent supporting individuals whose distress which has been effected by or caused through lack of family cohesion or lack of understanding and the ability to communicate. This project not only gives participants the skills to be able to help themselves but also provides generational learning that participants can pass on. For example, when children do a Friends resilience program parents have to engage also and have an e-book to help practice strategies or interventions learnt, which the parents themselves can do also. Another impact is that it can get people who are socially isolated out in their local communities and helps build social skills and positive support networks. This is because the program is suitable for those with autism, disabilities, mental health issues etc. it would just need adapting to the specific client group attending. It will also give males the opportunity to participate from an early age to reduce impact of mental health issues, self-harm and suicide in later life.

### **How will we demonstrate the outcomes**

During the time of the project we will be collating data using various forms of empirical data collection. These include both qualitative and quantitative information. Data collected with include; Strength's and Difficulties questionnaires, Core 10 forms, Wellbeing Stars, Scaling questionnaires, feedback forms and testimonials. What exactly used will depend on the intervention and age of the

participant. The outcomes will then be provided to yourselves and also posted on social media and our website. As with all the work we do we will be working in partnership with local VCSE organisations and services, as well as schools and other wellbeing services. This will include accepting referrals from them and also us signposting and referring participants to them if needed. For example, we have working relationships with various schools in the locality, Veterans in crisis, we are building a partnership with raising aspirations, and we have a mens group running in partnership with the council and the fire station. And we have clients who travel to Hendon, so it would be good to have workers out in the locality.

We will also be using venues in the North area where other projects are running so the participants can get more information on what's on offer locally. This could include schools, youth clubs or VCSE premises. We have an open access service and partners can refer in without waiting lists and fitting a criteria.

**Recommendation - Reject – The People Board considered the results of the formal appraisal and recommend rejection of the application.**

## Application No. 10

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Social Activity Navigator
<b>Lead Organisation</b>	B Active N B Fit CIC

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£4,900	£0	£4,900
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
11 Months	February 2020	January 2021

### The Project:

The Project Social Activity Navigator will deliver seven 20 week programs across the north area in sheltered accommodations, care homes, community settings, River life church and Sunderland Home Grown CIC based in Thompson Park. Our social activity navigator will develop a relationship with individuals and groups that will help reduce social isolation and increase social cohesion by providing therapeutic exercise using an holistic approach, engaging with those most vulnerable.

We will tackle long term conditions which are a major factor in loneliness and isolation, low mood and depression. We will also focus on poor health and wellbeing following a stroke and those who are physically challenged due to weight struggles. Older people feel starved of companionship and our project will use tailored programs of activity using music movement and dance, from the seat to feet, confidence, balance, strength, social integration, and Sit N B Fit. Activities group exercises social chats and reminiscing music equipment to stimulate movement

We look to engage with 70 individuals, and this will increase confidence social wellbeing and social engagement, improve physical activity increase mood and reduce loneliness.

Working in the community at a grass root level using a soft approach has a greater outcome of engagement.

We will use personal progress plans and evaluations to capture data. Participants will feel:

- More involved
- Less lonely
- More physically active
- Increased stamina
- Increased strength
- Increased balance
- Increased confidence
- Reduced feelings of isolation
- Made new friends

We will engage with:

- Sunderland home grown cic Thompson park
- Riverlife church redhouse
- Hylton view care home southwick
- Dodd court town end farm
- Heighcliff care home witherwack
- Housing 21 downhill
- Albany house
- The towers monkwearmouth

We will work in partnership with Sunderland home grown CIC, Gentoo, four seasons care homes ,SNIP GPs Social workers building on the great work theses organisation do being mindful of not displacement

**Recommendation - Reject – The People Board considered the results of the formal appraisal and recommend rejection of the application.**

## Application No. 11

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Health Project at Sunderland Aquatic Centre
<b>Lead Organisation</b>	Everyone Active Sunderland Aquatic Centre

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£5,256.76	£599.76	£4,657
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
One Year	January 2020	January 2021

### The Project:

For this project we will run 4 x 12 week adult and child learn to swim schemes for 12 adults and 12 children per scheme so 48 adults and 48 children in total accessing a 12 week scheme each. The children will be aged 4-36 months. Alongside this the adult and child will have the chance to swim for free in any public swimming session for a period of 12 weeks at Everyone Active sites.

The first 2 groups will take place January – March 2020 with the second two groups taking place November 2020 – January 2021.

We believe this will help to meet the priority aims of the CCG in the following categories:

- Early prevention
- Social prescribing
- Social isolation and loneliness
- Mental health (including young people)
- Obesity
- Physical activity

The session, as well as the free swimming, will provide new parents at risk of social isolation and mental health issues with a great way to keep fit and socialise in a safe and fun environment for both mother/father and the child. With the emphasis placed on teaching the child to swim this will be a less direct way of encouraging the adult to exercise and become more physically active. The learn to swim session will be for 12 adults and 12 children so will be a great way to socialise and meet like-minded people. We will hold two sessions each week per participant group. We will also invite parent/child to our meeting room after each session for a free tea/coffee and water/juice for the children.

Learning to swim is a key life skill for any child. Swimming lessons teach them independence, allows them to get active while enjoying themselves, gives them the ability to get themselves out of potentially life-threatening situations and enables them to fully enjoy trips to the seaside and beach holidays. Especially important when you live in the North Area of Sunderland next to beautiful coastline.

These classes are aimed at giving the child their first experience of the water, along with the parent's guidance. That introduction is provided through songs, games and support and it aims to promote water confidence, alongside offering a social environment for both parents and children. When the child reaches 19 months, they are encouraged to start independent water movement, leading to swimming on their own and, eventually, leading to the stage one pre-school class.

We will take the bookings through our booking system which is fully secure and can record attendances and feedback relevant information to the Committee. We would also be interested in offering stop smoking advice through a partner organisation and would be happy for vcs partners to come into the tea/coffee session afterwards to speak to the participants about what they have to offer.

We will use our links between Sunderland Aquatic Centre and the local vcs network groups and local Primary Schools to ensure our marketing reaches the targeted groups. We will also look to work with the local NHS to help us identify our targeted participants. Due to the nature of this project we envisage it being extremely popular with residents.

**Recommendation - Reject – The People Board considered the results of the formal appraisal and recommend rejection of the application.**

## Application No. 12

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	North Youth Social Action (NYSA)
<b>Lead Organisation</b>	Groundwork North East & Cumbria

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£6,924	£2,500	£4,424
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
Six Months	January 2020	June 2020

### The Project:

Groundwork has a proven track record of social action, having delivered National Citizen Service with 1,700 young people for more than three years. This has led to young people gaining confidence, new skills and friends, and enhancing their personal development. This programme puts the young people in the driving seat as they come up with the ideas that matter to them and then deliver social action that will make a change.

Working with young people to identify the spaces and aspects of the environment that matter to them, this project will empower them to deliver social action in a fun and engaging way. We will connect with young people around:

- practical volunteering to deliver environmental improvements or conservation tasks
- support projects that improve the safety of young spaces including playgrounds and play streets
- digital volunteering campaigns
- schools to encourage pupils to use local green spaces
- education in citizenship and conflict to promote behavioural change by encouraging pupils to resolve issues
- local green spaces within a larger park or open space to demonstrate the difference they can make

We will work with young people giving them a meaningful voice in helping to develop and lead activities. Doing this will:

- provide scope for young people to be creative and bring fresh ideas to how spaces can be developed and used
- offer a platform to replicate best practice using the skills and experience of the young people
- build their confidence to effectively engage in activities in the future.

The opportunities and benefits that we will access through engaging young people include:

- improving the wellbeing of young people by isolating them outdoors and the working practical and constructive
- giving young people the chance to extend their networks by mixing with people of different ages and backgrounds
- demonstrating that young people have an equal place in society and changing adults' perceptions of them
- developing worklife skills and ideas about future careers.

As well as providing benefits for young people, our project will also offer the chance to test new ways of working and support innovation in the environment by:

- harnessing the social networking capabilities of young people to transform the image and appeal of the environment and communities
- developing schools and developing leadership opportunities that generate new income for the region's economy
- building strong links with other local organisations who may create opportunities for projects which affect many young people eg. National Citizen Service projects and through environmental projects.

The project will involve the following:

- 12 weekly sessions of 1.5 hours with young people associated with partner organisations and venues, engaging young people with social action around their own environment be it a school, village, common space or park. Sessions will be indoor and outdoor based and will be led by the young people in consultation with them
- The aim is to work with 6 partner organisations across the 6 months of the fund as a pilot for future work in North Sunderland





### Application No. 13

<b>Funding Source</b>	<b>Neighbourhood Fund</b>
<b>Name of Project</b>	Victory Gardening Project
<b>Lead Organisation</b>	Salvation Army

<b>Total cost of Project</b>	<b>Total Match Funding</b>	<b>Total NF Application</b>
£5,000	£2,000	£3,000
<b>Project Duration</b>	<b>Start Date</b>	<b>End Date</b>
Unknown	January 2020	

#### The Project:

The Victory Gardening Project aims to work with individuals and families within the local community and beyond, seeing up a Community Garden, to be used by and for the local Community.

The project aim is to also bring families/individuals together so they are not isolated within their own homes, build their self-esteem and also to help them with their health and wellbeing on a variety of ways.

The programme will consist of them growing vegetables and possibly some fruits, utilising what they grow as part of an ongoing cooking programme, which encourages families/individuals to cook a health meal from scratch, taking that meal home to share with their families etc. Alongside this they are also taught budgeting skills.

This is using skills and experiences taken from war times, using basic ingredients, vegetables grown within the garden to produce a meal.

The Victory Garden (Dig for Victory) is where we give the individuals the tools, seeds and information to learn how to do this for themselves. Then, when money is tight, they know where they can get freshly grown produce and food to eat.

Our aim is to work in partnership with other local organisations and also get local food stores involved to promote and share what the project has to offer.

**Recommendation - Reject – The People Board considered the results of the formal appraisal and recommend rejection of the application.**