

## Area Budgets Report

### Physical Activity to Improve Health – SIB Project Applications

Following the development of a project brief in July 2018, a call for projects was made via the Coalfield VCS Network. Projects have been assessed and scored against criteria, and all Coalfield Area Councillors have been consulted. Projects recommended for approval by the People Board are listed below.

Project Name	Organisation	Funding Requested
Let's Move It, Move It	ELCAP	£4,782
The project will: <ul style="list-style-type: none"> <li>• Run from January 2019 to December 2019</li> <li>• Develop a Community Garden with raised beds accessible to those with limited mobility and wheelchair users. A small team of community gardeners will tend to the garden and grow vegetables and soft fruits for local lunch clubs and welcome cafes. Training will be provided to ensure the project is sustainable beyond the 1st year.</li> <li>• Provide twice monthly fitness sessions as part of the OPEL Club. Once a month Sit N B Fit will be delivered, and once a month North East Dance will provide a monthly Move n Groove session.</li> <li>• Purchase equipment to provide a range of medium to high intense activities such as circuit training, boot camp, clubbercise etc aimed at younger females.</li> <li>• Provide a monthly tea dance on a Friday afternoon in the Welfare Hall to offer another opportunity for the more agile to gather together but at the same time better their health through the gentle activity of a tea dance.</li> <li>• Provide £5,752 of match funding towards the community garden and OPEL club</li> </ul>		
Project Name	Organisation	Funding Requested
Movement and Irish Dance	B Active N B Fit	£5,000
The project will: <ul style="list-style-type: none"> <li>• Run from November 2018 to November 2019</li> <li>• Work in 10 venues (including church halls, sports centres, local community organisations and sheltered accommodation) tbc across the Coalfields area for 12 weeks each, delivering exercise, movement and dance, ceili dance, swing, and Irish dancing. There will be therapeutic exercise, sit n b fit and seat to feet for those who are new to exercise</li> <li>• Provide a social activity motivator who will work towards reaching over 500 people indirectly through flyers and information, and 120 directly helping to increase physical activity, reduce social isolation and increase social cohesion</li> <li>• Improve physical and mental wellbeing increasing confidence, strength, stamina, balance, coordination and social health</li> <li>• Collect Data such as personal progress plans health check questionnaire and evaluation at the end of each 12-week program we will also talk about sustainability, sign post and provide ongoing support if needed.</li> <li>• Target individuals through existing networks and groups across the coalfields area, including GP practice managers, Carers Centre, ShARP, Coalfield Multi Disciplinary Team and social workers</li> </ul>		
Project Name	Organisation	Funding Requested
Walking Football	Houghton Sports and Wellness Centre	£4,985
The project will: <ul style="list-style-type: none"> <li>• Run from November 2018 to November 2019</li> <li>• Provide a free weekly walking football session targeted at men and women aged 50+</li> <li>• Provide gym staff and personal trainers to regularly speak to the participants about maintaining a healthy lifestyle, diet, suitable exercises based on their ability levels and</li> </ul>		

signposting them to other sessions

- Provide a free family swimming pass to each participant who attends three sessions or more in a calendar month
- Target an average attendance of 16 participants weekly, with up to 40 unique participants anticipated
- Work in partnership with Durham FA to make sure that the session is advertised on the FA's website and media channels
- Advertise through Everyone Active's Sunderland based leisure facilities and through partners within the local community such as GPs, Houghton Primary Care Centre and the Steps to Health programme
- Work with Active Sunderland and the VCS network to target harder to reach groups, with particular focus on those groups engaging with people aged 50+
- Advertise in local pubs and clubs and community centre
- Undertake monitoring to show number of people benefiting, and impact of the project
- Provide £3,290 match funding to cover referee costs, equipment and family swim passes
- Draw on experience gained delivering a similar project at Washington Leisure Centre

Project Name	Organisation	Funding Requested
Indoor Bowls	Houghton Sports and Wellness Centre	£5,000

The project will:

- Run from November 2018 to November 2019
- Provide a free weekly two hour bowls session targeted at men and women aged 60+
- Give advice and information about maintaining a healthy lifestyle, diet, suitable exercises based on their ability levels and signposting them to other sessions
- Provide a free family swimming pass for Hetton Community Pool to each participant who attends three sessions or more in a calendar month
- Target attendance of 24 participants weekly, with up to 50 unique participants anticipated
- Provide a coach and volunteers to help run the sessions and provide an exit route, for those that wish to, into the club.
- Work in partnership with the Steps to Health programme to make sure that the session is advertised to those in need of light exercise and social inclusion
- Advertise through Everyone Active's Sunderland based leisure facilities and through partners within the local community such as GPs, Houghton Primary Care Centre, local pubs and clubs and community centres.
- Work in partnership with other initiatives and projects
- Undertake monitoring to show number of people benefiting, and the impact of the project
- Provide £3,748 worth of match funding (rink hire costs of £1060 and family swim passes to all participants attending three sessions or more in a calendar month £2688)

Project Name	Organisation	Funding Requested
Bloomin' Good Health	Acumen Community Buildings Ltd	£4,876

The project will:

- Run from January 2019 to December 2019
- Encourage physical activity through gardening and using the grounds of Houghton Rectory Park for other activities.
- Engage with those who currently don't exercise at all or exercise very little.
- Focus on older people and young women by working with community groups who already have some connection with these demographics, encouraging intergenerational integration as well as wellbeing outcomes.
- Use a gardening tutor to develop community engagement with gardening ranging from planting bulbs and hanging baskets to building willow structures.
- Aim to engage with at least 50 people during the year and to run twice weekly sessions to help people become interested in gardening.
- Provide a progression route to enable participants to gain a City and Guilds accredited

qualification at Award, Certificate or Diploma level in Practical Horticulture if they wish.

- Record progress toward the outcome “people look after their physical health, maintain a healthy lifestyle and keep safe”.
- Work closely with Space4, Events2gogo, St Michael’s and all Angels Parish Church, Hetton New Dawn, YMCA (delivering Princes Trust Team Challenge), Groundwork (delivering NCS) and other local groups.
- Promote the programme through the VCS network with tasters, tree walks, plant identification trails, light gardening and treasure hunts.
- Work with Friends of Rectory Park and Gateway Wheelers
- Apply for match funding to extend delivery of accredited training in horticulture. (These applications are underway at present and will total £8,152 in match funding if successful)

Project Name	Organisation	Funding Requested
Seated Exercise	St Aidan’s Communitiy Group	£1,404

The project will:

- Run from October 2018 to September 2019
- Provide a regular weekly programme of seated and gentle exercise
- Target those more isolated or vulnerable members of our community.
- Aim to support those that are able to engage in a wider programme of activities either at St Aidan’s or in the surrounding area.
- Work in Partnership with Sit N B Fit.
- Work with 20 – 30 individuals
- Work with local churches and community organisations to target individuals
- Aim to improve physical fitness and core strength
- Monitor progress of individuals
- Provide room hire and management time as match funding

Project Name	Organisation	Funding Requested
Kepier Senior Football	SNCBC	£5,000

The project will:

- Run from November 2018 to October 2019
- Deliver 2 hours of structured football training/coaching at Kepier Academy one evening a week on the 3g astro pitch/sports hall for both males and females aged 18+
- Be supported by a qualified Sports Coach from SNCBC
- Develop a number of 5 a side groups who will then take part in competitions representing the Coalfields Area Committee and SNCBC
- Identify appropriate training opportunities e.g. coaching, refereeing etc and will support the service users to access these and encourage and support them to also become volunteers
- Deliver issue-based health information including topics around healthy life styles, body image, drugs, legal highs, alcohol, smoking cessation, mental health, sexual health (including contraception) etc
- Work with 50 individuals during the life span of this project
- Promote the health benefits the project will bring
- Link and work in partnership with local community and voluntary sector groups and organisations including Keep Active, SCC Sport and Leisure and Live Life Well to ensure service provision is not duplicated
- Carry out a community audit to ensure we are aware of other provision within the area and through the wider voluntary and community network and will ensure we do not duplicate any provision

Project Name	Organisation	Funding Requested
Penshaw Wanderers	Penshaw CA	£2,410

The project will:

- Run from January 2019 to January 2020
- Provide a new walking club in January to coincide with new year resolutions to get fit. The

club will take place every Monday afternoon and will last between one and two hours

- Combine healthy activity to improve fitness, with meeting new people, targeting social isolation
- Utilise the surrounding country side and park areas, around Penshaw/Herrington for an afternoon of walking and socialising
- Provide sessions for two ability groups
- Provide volunteers to push wheelchairs for those who just want to get out and socialise
- Provide walking poles to anyone who feels they would be helpful on these walks
- Build on relationship with Friends of Herrington Country Park and use their local knowledge and their already marked routes within the park
- Provide refreshments and a social opportunity at the CA at the end of the walk
- Signpost those who feel that they could tackle something more challenging to local ramblers' groups within our area
- Ensure volunteers have the first aid training necessary to deal with any accidents while out on the walk and carry mobile phones, to contact emergency services if needed
- Provide £240 match funding

Project Name	Organisation	Funding Requested
Food For All – Community Garden	Hetton New Dawn	£4,965

The project will:

- Run from January 2019 to December 2019
- Develop a community garden at Downs Pit Lane Allotments (Hutton Street)
- Turn a currently neglected allotment into a useful environmentally friendly area
- Create a therapeutic natural environment which will holistically benefit the whole community including the elderly and those living with physical, learning and sensory disabilities and mental health problems
- Produce home grown fruit, vegetables and herbs and attract and encourage bio-diversity
- Encourage social interaction and provide opportunities for physical activity in fresh air
- Promote keeping healthy, physically and mentally, and promote feelings of calm/control
- Work with groups of up to 5 people four days a week
- Train volunteers to assist those benefiting from the activity
- Work with over 50 local residents
- Grow a variety of fruit/vegetables/plants/flowers which would be used by the people who grow the food and to support the Foodbank and Welcome Cafes
- Use the funding for tools, equipment, training, and towards sessional worker costs
- Provide match funding of £4,657 (pending outcome of funding application)