People Project Performance 2014/15

Below is a summary of all People based SIB funded projects delivering between October - March 2015. The information shows how they have performed against targets and what they have achieved to the end of March 2015.

Delivering the Heritage Action Plan	Output Target	Output Actual	Progress Indicator	Spend Target 2014/15	Spend Actual	Progress Indicator
				£6,442	£6,000	

This project was awarded £35,000 in October 2011 for the delivery of community heritage projects. Most projects were completed by July 2013 with the final project the Penshaw Village Atlas due for completion September 2013.

Unfortunately the project experienced a number of set-backs but was eventually completed by July 2014. Penshaw CA hosted a Launch event in February 2015 which was well attended by local people £442 was returned to Area Committee in September

Support for Older Peoples Projects	Call For Project – Small Grants

In January 2014 a second Call for projects for Support for Older People awarded the following organisations: (Total £12,270)

Space For Care.

A total of £2,170 was awarded to extend the existing Space 4 CARE support group for vulnerable adults with poor mental health from 12 to 24 places.

The SIB funding has enabled the organisation to introduce new activities such as refreshments, art & craft, games, I.T and allowed them to increase community social activities like meals out and trips. New referrals have been received from GPs, Mind, Sunderland Mental Health Team and word of mouth.

The increased number of craft activities made possible through SIB funding includes Art, glass painting, rug making, collage, stencilling and display work. This has helped to improve dexterity and concentration as well as a greater understanding of clients' emotional situation and needs, which has resulted in an improvement of their overall well-being and enables them to express themselves in a new and dynamic way. Meals out and outings have brought both enjoyment and increased confidence in managing in public spaces both in a group and as individuals. Many of the CARE clients now feel more able to access other groups within Space4 and other community projects.

Overall the project has exceeded expectations both in the amount of those attending regularly and in the positive impact of the activities. Clients report improved confidence and a sense of belonging which makes them feel part of the community.

Project now completed

HOPE Social.

Houghton Older People's Enterprise was awarded £1,500 to improve and deliver social activities which are caring, creative and fun for elderly people in the Coalfield through outings speakers and transports costs.

Project Completed August 2014

Social Activity Health Mentor.

B Active and B Fit were awarded £3,000 to work with Two Castles and Cherry Tree Gardens to create a holistic activity package for vulnerable and older people.

Project Completed August 2014

Luncheon Club

SHARP was awarded £2,600 to convert the current crèche area into a 'multi-use' space that will allow the organisation to host regular luncheon clubs and other activities for older people, vulnerable adults and carers.

The usage since its redevelopment include:

- Luncheon Club currently once a week and now being increased to twice a week
- Baby Clinic one morning a week
- Coffee Mornings for the Community
- Macmillan Coffee Morning
- Table top sale for 'Shiney Things'
- Book sale for 'Shiney Things'
- Music practice space for local people
- Metafit Classes

Project is now completed

IPad Engage

AGE UK was awarded £3,000 to deliver IPad engage training events providing practical help to older people in using iPads for activities.

Project Completed August 2014

Dementia Training SCC	Output Target	Output Actual	Progress Indicator	Spend Target	Spend Actual	Progress Indicator
Deliver one session per month to individuals and organisations within the Coalfield.	3	3		£5,750	£4,000	

£5,750 of SIB funding was awarded to enable delivery of training within the local community to improve awareness and understanding of dementia.

All sessions have been delivered but still awaiting final invoices therefore £1,750 still to claim.

Healthy Weight Call for Projects	Call For Project – Small Grants

This Call for Projects is made up of £15,000 SIB matched with £15,000 CCG funds. Projects that were awarded funding through this Call for projects are as follows:

Family Health YMCA was awarded £4,982 to deliver workshops with families

The project started in February 2014 with 5 sessions completed. Total of 14 families engaged all have reported that the sessions have had a positive impact on their home lives by eating healthier and cooking together as a family and making meals from scratch instead of microwave and processed foods.

The Family Health Project continued through the summer holidays & focused on children & parents working together to try new meal options. The project focussed on the families cooking familiar meals but using healthier ingredients. The course has particularly attracted young people who take on a carer role. The project also encourages young people & their parents to engage in physical activity utilising the facilities both within the centre and off site.

This project is now completed

Food and Ceramics ELCAP was awarded £5,000 to deliver family work, healthy eating, ceramics and ICT skills

Project was completed in July 2014.

Sports /healthy eating St Aidans was awarded £5,000 to deliver sports sessions and healthy eating classes

The project commenced in the 2014 Easter holidays with 62 young people attending over a 4 day period. The half term sessions in May were hit with bad weather which reduced the attendance to 15 per day enjoying a mix of exercise classes, healthy eating sessions and fishing.

By the first week of the summer holidays over 70 young people regularly attended the fitness sessions with 8 continuing to enjoy the outdoor experience of fishing. By the end of the summer holidays over 155 young people attended regularly some of the comments received included:

- It was great to be outside all day. It helped to boost my confidence
- Improved my confidence, fitness levels and teambuilding & socializing skills.
- Was great to be tutored by an ex professional footballer
- It was very well organised and felt confident in leaving my child

One final week of activities was completed in October half term with over 100 children attending each session. The group needed to bring in additional coached to meet the demand. A full final report was received which included an update on future projects which will include providing opportunities for older people to get involved in the activities.

This project is now complete

Tackle It-SAFC was awarded £5,000 to deliver coaching through classrooms and workshops.

During the summer term Tackle It Health was delivered to over 90 primary school children in the Coalfields area. Hetton Lyons Primary and Easington Lane Primary engaged in six-week courses delivered to four Year 5 and 6 classes

During the autumn term Tackle It was delivered to new classes at Hetton Lyons Primary and Easington Lane Primary over a six week period. Dubmire Primary also took part, which was the first time the course had been rolled out in the school.

The sports co-ordinator from the school commented:

'Our year 5 children lacked understanding of different types of fitness but the classroom and PE sessions allowed them to see for themselves the different components of fitness'

Outcomes since start of project:

- Four schools engaged in Tackle It Health
- 12 classes completed the Tackle It Health six-week course
- 255 young people engaged in Tackle It Health course
- Total males – 148
- Total females – 107
- 66 sessions delivered
- 251 participants improved access to and participation in football and sport
- 251 participants improved access to and participation in learning
- 251 participants improved awareness and increased knowledge of healthy choices
- 225 participants improved awareness and increased knowledge of safe choices
- 225 participants improved life chances
- 255 participants improved wellbeing

This project is now completed

Awareness Washington Mind was awarded £3,050 to deliver workshops with five themes including eating disorders

Project was completed in July 2014.

High Five SNCBC was awarded £3,640 to deliver healthy eating and fitness sessions.

The High Five sessions have attracted 40 individual families and 43 young people. The sessions encouraged families to make healthy lifestyle choices, consider portion size, healthy eating on a budget, food swaps, understanding food labelling and practical cooking activities have taken place. Exercise sessions also took place for both adults and children

The parents/carers kept a food diary and some identified that they needed to make minor changes to their families' diets. Portion size was an issue as well as the frequency of eating take-aways. Most now make weekly shopping lists and plan meals for the whole week resulting in better diets and healthier pockets.

This project is now completed

Trails, Snails and Scales was awarded £3,000 to deliver a trim trail at Elba Park and family outdoor fun

The project was initially delayed due to the contractors installing the Trim Trail. This was finally completed and signed

off in July and there has been very positive feedback from park users. 4 pieces of wooden climbing/balancing apparatus and 4 sets of thermoplastic markings were installed

Healthy activity sessions took place in January and attracted 29 adults and 128 children. Feedback from a Dads and Kids group was extremely positive. The session gave families lasting benefits helping them lead a healthier and active life.

Feedback from the Trim Trail has also been extremely positive with families commenting on how it makes the park much more interesting. They can set themselves and their children challenges as they walk around. There has been no negative feedback and no reports of vandalism or anti-social behaviour. Groundworks intend to build on the success and are looking to provide further equipment.

The project has given people the ideas and means to lead healthier lifestyles using the outdoors.

This project is now completed

Sexual and Mental Call for Projects	**Call For Project – Small Grants**

This Call for Projects is made up of £15,000 SIB matched with £15,000 CCG funds. Projects that were awarded funding through this Call for projects are as follows:

Peer Educator YMCA was awarded £4,918 to train young people to become peer educators for other young people

Project was completed in September 2014

Looking After Yourself SNCBC was awarded £3,640 to deliver workshops to eat well exercise and approach sexual health

This project was delivered with small groups of 6-8 young people. The sessions encourage young people to make healthy lifestyle choices including eat well, feel better, sexual health, benefits of exercise to mental health & well-being, believing in yourself and minimising risk taking behaviours. The young people identified a number of ways to keep safe such as ensuring they have a charged phone when they go out and letting someone know where they are going.

105 young people have attended the sessions and the feedback has been very positive. 10 young people were signposted for additional support to YDAP after realising they needed help and support with drug & alcohols issues.

This project is now complete

Healthy Young Minds Washington Mind was awarded £4,950 to raise awareness and hold workshops

Project was completed in July 2014

Can Do Fund	**Call For Project – Small Grants**

It was agreed that the balance remaining from the approved allocation from the Call for Projects above could be utilised to develop an 'opportunity fund' to encourage young people to design, develop and deliver small projects themselves. Young people would be expected to present their idea to the People Board who would agree whether the project receives funding.

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

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

Being healthy:
Enjoying good physical and mental health and living a healthy lifestyle

Improving skills:
Taking part in activities and learning to increase opportunities and achieve goals

Progress
After 3 rounds a total of £4,235 has been awarded leaving £9,907. It was agreed at the February 2015 People Board

to extend the initial timescale and continue to accept applications. To date a total of 10 youth groups have received grants for projects ranging from go-carting trips, equipment for a Duke of Edinburgh expedition, a theatre project for young people with learning disabilities and coaching fees to training young people as cricket coaches.

Each group has had to present their idea to the People Board which in all cases has proved to be, although frightening, a boost to their confidence when they receive their grant. Next round of applications will go to the July 2015 People Board

Celebrating Success - Herrington Burn YMCA (HBYMCA)	**Call For Project – Small Grants**

This project was awarded £1,964 to work with a group of 4-6 young people engaging them in the planning, recording and editing of a promotional piece of video or photography that will depict and publicise the improvements made within the Coalfields by the 'Love Where You Live' campaign.

The project engaged a small group of 6 dis-engaged young people all of who are excluded from school and are educated as part of HBYMCA's school inclusion programme. The group worked with Media Savvy to produce a DVD which reflects the improvements made within the Coalfields area as a result of funding allocated by the Area Committee.

The group gained hands on experience of filming, using equipment, reviewing and editing film etc. Individuals within the group young people gained an ASDAN media award accreditation and this goes towards a larger certificate of Personal Education Award.

The group had to work together to develop team working, communication skills and problem solving. All these skills are often difficult for this group of young people to achieve or address. This opportunity has clearly influenced their personal development, increased their confidence and self-esteem.

The celebrating success project faced a number of challenges in both the delivery and bringing together of the project itself. A number of deadlines were missed and the final product was delivered in May 2015.

Project now completed

Houghton Centre for the Blind	**Small SIB Grant**

£4,000 was awarded to the group at April's Area Committee. The organisation supports local people who are blind and partially sighted. Their aim is to provide support to these people and their families by offering social activities both at the centre and out at various event and venues.

The Centre has had considerable financial outlay over the past few years and reserves have been exhausted in order to carry out work such as adapting the toilet facilities to be DDA compliant, and repairs to the roof and exterior. The Centre is owned by the charity and is built on land owned by Sunderland City Council. The centre is run by volunteers who have little or no experience of applying for grants and a contribution of £4,000 towards running costs has allowed the centre to remain open and give the group time to develop a fund raising strategy.

Since the grant was awarded the group has become more involved with other groups and organisations in the area including the VCS Network, ELCAP and the Coalfield Customer Relationship Officer.

Project now completed

Community Transport Easington Lane Community Transport Scheme	**Output Target**	**Output Actual**	**Progress Indicator**	**Spend Target**	**Spend Actual**	**Progress Indicator**
Number of People Receiving job training	8	8		£25,000	£24,992	
Number of people employed in voluntary work	15	15				
Number of people going into employment	1	1				
Number of people using new & improved facilities	60	72				

The project was awarded £60,000 over 3 years at the April 2014 Area Committee to continue and develop the Shopper Bus Project. One new post of Transport Co-ordinator/Driver was created (24 hours pw). The main aim of

the role is to ensure the three year project meets the needs of the Coalfield community and long term funding is sought for the sustainability of the scheme post 2017.

The Community Transport Project continues to provide a valuable service across the Coalfields to many older and vulnerable people they report it is their life line and it is often the only time they get out to see other people in the week.

The project is on target with and continues to promote the service through leaflet drops and personal contact by the Transport Manager with Care Homes and GP Practice Managers. Community Consultation was carried out from from January to March 2015 and the results will be covered in the next Performance Report.

New targets have been agreed for 2015/16 these are:

Shopping trips – 18 per quarter
Door to door transport for lunch clubs – 24 trips per quarter
Social trips – 5 per quarter
People benefiting from the service – 50 per quarter

Volunteer Co-ordinator ShARP	Output Target	Output Actual	Progress Indicator	Spend Target	Spend Actual	Progress Indicator
Number of people accessing improved advice and support	100	126		£10,000	£10,000	
Number of people receiving job training	8	11				
Number of people employed in voluntary work	8	11				

ShARP was awarded £30,000 over 3 years at the April Area Committee to continue and develop the project previously funded through SIB.

The Volunteer Co-ordinator's role is:

- To co-ordinate services to ensure that we can help the maximum number of people including older people, vulnerable adults and carers
- To develop training/self-help materials for clients to support them in dealing with their problems themselves
- To develop a training plan and train volunteers as advice workers to add capacity to sharps advice service

One of the main aims of the project is to recruit and train volunteers as advice workers to assist paid workers to provide Information, Advice and Guidance to members of the public. The volunteers have been recruited from the existing volunteer team as well as being recruited into the project from local events.

The volunteers are from diverse backgrounds and age ranges and each has their own life experiences and skills to bring to the project. The volunteers undertake a comprehensive training programme which was developed by the Lead Advice Coordinator and is delivered by the qualified and experienced Financial Capability Trainer/Energy Adviser. The training covers all aspects of advice provision around energy and money advice, to enable the volunteers to give clients the skills they need to assist themselves and others in their community.

Once the training is complete the volunteers take on a number of roles within the project including delivering the training to subsequent volunteers supported by the Capability Trainer/Energy Adviser and Lead Advice Coordinator. The volunteers develop/enhance their own employability skills in listening, computer skills, interviewing, communication, delivering training, dealing with people face to face and on the telephone, office and admin skills.

The Project started as planned on 1st October 2014 and is performing above target.