

NEIGHBOURHOOD FUND**ALL PROJECT DETAIL TAKEN VERBATIM FROM APPLICATIONS****Application No. 1**

Funding Source	Neighbourhood Fund
Name of Project	Activities for Young People, Sunderland North
Lead Organisation	Southwick Neighbourhood Youth Project

Total cost of Project	Total Match Funding	Total NF Application
£46,500	£6,500	£40,000
Project Duration	Start Date	End Date
One Year	January 2020	December 2020

The Project

The outlined project is designed to develop and deliver a programme of activities for young people across the whole of north Sunderland.

Five organisations will work together – Sunderland Community Action Group, North East Sports, I Am Sports, Sunderland North Community Business Centre and Southwick Neighbourhood Youth Project; who will coordinate and lead on the project.

This way of joined up working will ensure that we do not duplicate any of the work and it will allow us to meet all of the needs and issues that the young people in our communities present - we will be able to address these collectively using our combined strengths, expertise and resources where they are best served.

The five named organisations each have bases within the wards where activities will be delivered from. They also each have a successful track record of delivery and a history of working with young people with positive outcomes and impact. They are well known amongst the population of young people and trusted as places where they will be safe.

Providing safe spaces for young people, and youth work sessions where issues can be explored can have a positive impact on mental health and emotional well being,

A report, commissioned by the House of Commons, and published earlier this year, recognises that the current mental health services for young people are failing, with only 3 in 10 receiving NHS funded treatment. The report also states that 1 in 8 young people have a mental health disorder. Shocking statistics like these are unfortunately what we come across in our work, and they are becoming more common place. We understand that we have a vital role to play in helping young people and we have a variety of strategies that we would like to utilise more across the next 12 months in order that we have a greater impact and positive difference in the lives of young people;

We would like to have activities that improve the diet of young people – having a healthy and balanced diet can have a positive impact on our emotional well being. We will work with young people to plan healthy eating programmes, these will be focused around education and cooking; and using local stores and low cost ingredients to compile recipes that are healthy, manageable, in budget and able to be took home. The young people we work with enjoy these types of activities, and cooking a meal together, sitting around a table is a good opportunity to build up relationships and create memories and friendships.

Part of our delivery will focus around music too, working alongside Sunderland Music hub to bring young people together once a week, working to create individual and group pieces. Music has been found to have a positive effect on emotional health and gives young people a creative outlet. It is another diversionary activity that we will be able to provide and it will allow us to meet the identified interests of young people.

The project will also work to improve the self esteem of young people; those with a high self esteem are known to be less likely to suffer mental health issues or have a negative image of themselves. Our activities and programmes work to show the young people that they are valued, that they matter and that there is a service – and adults that care about them and their well being. We will engage the young people in learning around social media, stereotypes and expectations and body image. We will work to show them what healthy relationships look like, within family, peer groups and intimate – helping them to realise that surrounding themselves with people who are positive about them will assist in positive mental health.

We want to create a culture where young people can share what is on their mind – talk about what bothers them, their fears and anxieties about life. By having this culture in our organisation young people will share more and we will be able to offer early interventions. We already have access to a great number of young people and we will be able to offer interventions to those who need it. This will reduce the number of people we have to refer to external services. In Sunderland, there is currently a 20 week waiting time for a young person to see a counsellor; we would hope that our service could help to reduce that, and we will, of course, share best practice with other organisations in the city, especially what works well and helps to make a difference to mental health and well being.

We would also promote exercise using a range of fun activities designed to improve the fitness of young people, exercise is also important when maintaining good emotional health and well being, also helping to improve self esteem, and reduce depression. The young people will have the opportunity to build their confidence and try out activities that are often denied to them due to the usual cost. Our programme will also look to the future and we will work with Everyone active to introduce the young people to the services that are on their doorstep, we will talk to the young people, find out what their interests are and encourage them into a more active and healthier lifestyle.

Many of the youth work sessions we deliver will also be focussed around identified issues, determined via statistical data from public health but verified by young people through the conversations we have with them. We have a wide variety of skills and training to allow us to effectively support young people with these issues, including Mental Health First Aid, Youth work, sports coaching, sexual health, substance misuse, first aid, safeguarding, health champions, suicide prevention, teaching, smoking cessation, gambling awareness, etc.

A piece of work will be carried out in St Peter's where Youth workers will also work alongside and support young people to develop a range of informal educational booklets and posters which will highlight and address current issues: Sexual health, Teenage pregnancy, Smoking, and Drug & alcohol misuse; and offer signposting and referral pathways for young people.

Once complete these booklets and posters will be made available to local schools, Youth groups and other community venues across the north area of Sunderland which will extend their reach and impact.

Within all of the youth work sessions we will encourage young people to be natural leaders and nurture their involvement to become peer educators or to take on a more active role perhaps as part of a youth council.

The work will be coordinated and we will have delivery on each weeknight, this will mean if the young people want to visit five different projects they can do so without missing out on one, it also

means we can work together and share resources to bring young people along to the different aspects of the project – or signpost to services such as C Card or smoking cessation.

A timetable of delivery is set out below:

DAY	ORGANISATION	VENUE
Monday	SCAG	Dame Dorothy Hub - 2 hour session - inc C Card access
Tuesday	SNCBC	Winchester House - 2 hour session - inc C Card access, smoking cessation
Wednesday	Fulwell	Fulwell Library - 2 hour session
Thursday	Redhouse	St Cuthberts - 2 hour session
Friday	SNYP	SNYP - 2 hour session - inc C Card access

The above timetable would complement other youth activities that are offered and run alongside a wider programme. We would also continue to provide separate and more comprehensive activities during school holiday periods.

The main focus of the partnership aspect will be for the five named organisations to work together and coordinate a programme of activities for young people, we will meet regularly to share best practice, resources and discuss emerging themes and how to best address them. We are confident that our collective approach will avoid duplication and offer a wider mobility to our young people.

Our history and willingness to work with others for the benefit of young people means we have built up strong networks across the city and can call on specialist services when needed. We will continue to work with Sunderland C Card to offer delivery outlets in our communities so young people can access the service when they need to. We will also take advantage of their free training to upskill staff members and better equip ourselves to help drive down teenage unwanted pregnancy in the area.

We can refer into B 2 B for young mums, and North East Young Dads and Lads for the young dads we may come across – these two specialist organisations can work with young parents on a range of issues and offer support.

We can have YDAP visit the youth sessions and deliver workshops and presentations to the young people around drug and alcohol misuse, and we can also refer into YDAP for any young people who may need one-to-one support and interventions for addiction.

We have good relationships with other organisations in the area such as Sunderland Carers Centre, Sunderland Mind, Headlight, Sunderland counselling service and Sunderland Safeguarding Children's Board.

We have set aside an amount for leaflets which will be printed and then given to the five partners for dissemination in their communities. We also recognise the great number of people who engage with our services via social media, collectively we have over 9000 members/followers and this has potential to reach thousands more via facebook ads which cost less than £5 a time, so we propose 10 of these over the course of the project to ensure as many young people as possible know about what is on offer. Both the leaflets and ads will clearly display acknowledgement of Sunderland City Council North Area Committee

Recommendation - Approve – The People Board considered the results of the formal appraisal and recommend approval of the application which delivers to the Activities for Young People and Health and Wellbeing Priorities

Application No. 2

Funding Source	Neighbourhood Fund
Name of Project	Youth People Project Sunderland Aquatic Centre
Lead Organisation	Everyone Active Sunderland Aquatic Centre

Total cost of Project	Total Match Funding	Total NF Application
£19,950	£3,900	£16,050
Project Duration	Start Date	End Date
One Year	January 2020	December 2020

The Project

The project that we will outline below will be run by ourselves but we want to make clear that we believe this can be a large project which can include all VCS Network members. We want to make it a strong collective focus in terms of finding the correct participants to take part in this project, what a great thing for current youth providers in the area to be able to signpost the young people they engage with to!

We believe that through our innovative project which we will outline below we will meet the area priorities including:

- Addressing Mental Health Issues
- Building Emotional Resilience
- Peer Support and Mentoring
- Providing a Safe and Supported Environment for young people to meet

We also believe that by giving something structured, exciting and new to do, particularly on a Friday evening we will be able to address the joint public health/area committee priority of reducing alcohol related hospital admissions in those under the age of 18 through our diversionary activities.

We would like to run 10 x 5 week projects for 10 young adults aged 14-18 per project, so 100 14-18 year olds will be a beneficiary of the project in total. Following on from the initial 5 weeks each participant will receive a free 6 month Everyone Active membership to sustain their activity. We envisage this being 2 projects per ward, so 20 participants from each ward in total. We will run no more than two five week programmes at a time and the next two will directly follow on from this and so on.

The first 5 weeks will be an opportunity for the participants to access one instructor led small group training class and one free swim per week for five weeks. It is during this initial period where we envisage that peer groups will be formed, making the draw of coming to the sessions stronger.

Following on from this initial 5 week period is when they will receive their free 6 month Everyone Active membership. At this point they will also be able to nominate a friend outside of the project to receive a free 14 day gym pass to accompany them along, it is through this method we believe we can attract more than the stipulated targeted outputs.

We believe through this project we have provided a creative and innovative programme of activities which is outside of, as well as anyone else's, our core offer.

The outcomes are achievable and the activities have been based around consultation with young people and discussions with community groups who provide for young people in the area. It was noted that a leisure centre was seen as a positive and safe environment for young people, although not always accessible so this will help to break down the barriers. It is hoped that through word of mouth to their peer groups we will see even higher outputs with this age group in the future.

We see this as a clear gap that we are looking to fill in terms of a sustained physical activity project for a now very image conscious teenage generation. We will look to work with schools, vcs groups and speak with groups who already hang out around our centre using us for our free wifi and heat.

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.

We will utilise a mix of posters, flyers and social media to target this particular age group and their parents.

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

Application No. 3

Funding Source	Neighbourhood Fund
Name of Project	Southwick Kids Alive
Lead Organisation	The Salvation Army

Total cost of Project	Total Match Funding	Total NF Application
£8,000	£3,000	£5,000
Project Duration	Start Date	End Date
Unknown	January 2020	Not Known

The Project

As a local Community organisation, working in what has often been deemed as “hard to reach” families, our aim is to build a project that includes not only the young people, but families, encouraging parents/children to come together.

We do this in a variety of ways, using both onsite activities, but also give the families the opportunities to explore different areas and cultures.

Our Kids Victory Programme, is a cooking programme that builds on the skills used during War times, using modern day ingredients, to make a healthy family meal, with the tools as set out within war time rationing.

Alongside this healthy cooking, time is taken to look a budgeting, teaching not only the youngsters - using the funds they have to buy sweets etc, or for parents family budgets and by sitting and working through this, how they can save money with just a few changes. How by saving just a few coins a week, this mounts up over the weeks until you can purchase something really special.

This gives the families and young people a sense of achievement, of cooking a meal from scratch, seeing the end result and taking it home to enjoy with the rest of the family.

Alongside the cooking, it's good for families to spend time outside of their normal habitats, to see that there is life beyond Southwick. To go on days trips to various places within the region, opportunities to experience/explore and complete new challenges and to meet/make new friends.

Again these experiences helps build their self esteem, helps with their mental health wellbeing and gives them an opportunity to have fun alongside learning about the different areas within our region.

Finally it is always good to bring Communities together, building on partnerships and links, we do this through the avenue of Community Events, again offering opportunities to see what's on offer within the City - sharing information, information on health issues for both adults/children, experiences of different cultures etc.

Throughout all these activities, we have the children/families at the heart of everything we do, we aim to ask them what they would like to experience and we try to do our best to fulfil their wishes.

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

Application No. 4

Funding Source	Neighbourhood Fund
Name of Project	Activities for Young People
Lead Organisation	Sunderland Young People's Bike Project

Total cost of Project	Total Match Funding	Total NF Application
£5,481.25	£490	£4,991.25
Project Duration	Start Date	End Date
11 Months	February 2020	December 2020

The Project

We will work in partnership with SNYP, SNCBC, Salvation Army and all primary and secondary schools throughout the North area to engage young people of all ages in a recreational sporting activity, develop community cohesion and promote health and fitness and improve mental health and well-being. We will provide 4 cycle rides services/activities per ward not only to underprivileged and marginalised groups but all young people and children whose lives will greatly improve by having accessible and sustainable cycling experiences and out of centre visits.

The sessions will provide young people of all abilities develop or increase cycling activities, whether it's to learn a new skill, cycle with family, commute, save money or get fit. Consultation will take place to identify the type of cycling activities young people want to participate in whether it be gentle coastal bike rides or more taxing rides on Mountain Bike tracks in designated areas often over rough terrain throughout the local area and beyond, to develop endurance, core strength and balance, bike handling skills, and self-reliance. We will promote outdoor activities at local attractions i.e. Hamsterley Forest and Chopwell Woods delivering a range of activities such as den building, orienteering, play and activity trails and treasurer hunts. These out of centre activities will encourage young people to try new experiences, develop and sustain an interest in a sporting leisure activity to develop their health and fitness and improve mental health and wellbeing, create a sporting discipline for life and develop an interest in the local environment and experience visiting different areas away from the estates.

In addition to the bike rides we will provide one drop-in session a week for young people to learn how to maintain and repair their own bike, check tyre pressures and test brakes and provide resources to do so.

We will work with younger children and their families to encourage social interaction and safe cycling using new and existing locally recognised routes, making young people road worthy and confident. The park café will provide nutritional well balance ingredients for young people to prepare and make their own packed lunch, they will be encouraged to experiment with new foods and explore different tastes and learn where foods come from. The programme will tackle food poverty, help alleviate the pressure on families during holiday periods to provide additional food and recreational activities. Participation will improve young people's nutrition and wellbeing, reduce financial and emotional strain on families and address obesity and poor mental health.

Sunderland Young People's Bike Project have delivered a range of holiday and Play Ranger provision in Thompson Park, supported by the City of Sunderland. We successfully provided a diverse programme of activities for young people to participate in sports and environment projects helping them take ownership and pride in the park. We will use lessons learn from this programme to develop additional activities to continue to engage those who participated in this programme. We will display and promote literature and contacts details regarding existing provision in the ward and resources and services available.

All SYPBP instructors are all qualified Mountain Bike Leaders and have years of experience working in youth work, they have the knowledge and experience of working closely with young people, acting as a confidant and role model. They have all completed Safeguarding Training and know the signs and symptoms for which to look out for, when working with troubled young people. They are aware of the protocol to follow and the level of reassurance appropriate to give. They are aware of the range of services available to provide specialised support and information.

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