

Neighbourhood Community Development Partnerships- Application for Funding 2019-20



Amount of funding requested:

£10,006

Which **neighbourhood** is this project for:

2

Project title:

Living Well in and around Lee Green

Please read Section D and the important information at the back of before submission

SECTION A: Lead organisation

Organisation	Lee Green Lives
Lead Contact	Roz Hardie
Telephone	020 7998 1004
Address incl Post Code	Lee Green Community Centre 3 Leegate London SE12 8SS
Email address	development@lgl.org.uk

Partner Organisations	Lee Fair Share, Blue Ribbon and Lewisham Artworks
Lead Contacts	Lorraine Spenceley < leefairshare@hotmail.com > – Lee Fairshare Trevor Pybus - Trevor.pybus@blueribbonfoundation.org.uk Laura X Carlé 07789362068 www.lauraxcarle.com
Telephone	020 7998 1004
Address incl Post Code	c/o Lee Green Lives
Email address	See above

SECTION B: The Project

Which local health and wellbeing priorities does your application address – please see guidelines for additional information on each priority

Addressing social isolation and men's health inequalities	

1. Describe the project:

- **What are the aims and objectives?**
- **What activities will be delivered?**
- **How will you measure the success of your project?**

Living Well in and around Lee Green **aims** to support people to reduce social isolation and stay well in Lee Green and adjacent wards. It is based on the principles of the national *Five Ways to Wellbeing*.¹

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

Our **objectives** are:

- To reduce social isolation, particularly faced by socially excluded communities
- To encourage people to live well through healthy exercises and walking
- To provide well-being opportunities through creativity
- To target the social isolation faced by men in the area

Delivery

Led by Lee Green Lives, the project will be delivered through a consortium of local groups which will offer a holistic package of activities for people in Lee Green and adjacent wards to enable people to stay well and mitigate stress, depression and ill-health linked to being physically inactive. This will complement the advocacy and support services that we provide, supporting people to move on from challenging situations and stay well through promoting opportunities to socialise, be creative, exercise and access to local green spaces.

Specifically, the activities will include:

A. Keeping Healthy, Well and Connected - led by Lee Fair Share

One day a week for 48 weeks – blended sessions of:

- A weekly 'Keeping Healthy, Well and connected afternoon tabled based discussion group, led by a skilled facilitator to enable people to share conversation and light refreshments – 7-10 beneficiaries per week;
- A weekly walking group, targeted at participants in the above group, to encourage healthy exercise, walking to local green spaces –5 beneficiaries per week;
- A weekly chair-based exercise group, targeted at older and disabled participants in the above activities but open to other sign-ups –5 beneficiaries per week;

- Occasional gardening sessions as an alternative to walking in the local community green spaces

B. Healthy exercise for seniors led by Lee Green Lives

One day a week for 46 weeks – sessions led by Lee Green Lives

Two weekly healthy exercise sessions, targeted at older people in the local communities with emphasis on black and minority ethnic (BAME) communities

15 beneficiaries per week

C. Get Crafty in Lee Green – led by Lee Green Lives/ tutor via Arthouse

One day a week for 46 weeks – sessions led by Lewisham Arthouse/ Making Works

Crafts for wellbeing sessions, supporting older people and those with physical and learning disabilities to keep well by engaging in art

10 beneficiaries per week

D. Men's Group led by Blue Ribbon

One day a week for 46 weeks – scoping and delivery of a Area 2 Men's Group – led by Blue Ribbon

5 beneficiaries per week

E. Community Giving in Lee Green – Led by Lee Green Lives

To provide volunteering / timebanking opportunities for at least 10 people during the project's duration. Across all activities there will be a connection where participants are encouraged to give e.g. through men's group undertaking community support activities, through craft work being displayed locally and skills being shared between participants

Success criteria and evaluation

We will evaluate the project against the beneficiary numbers detailed above (outputs) and against the following outcome-based questions via a survey for all participants and volunteers:

Once to ten scale (0 = not at all, 10 = a great deal)

Since taking part in the project I feel more **connected** to my local community.

Taking part in Living Well in Lewisham has encouraged me to **be more active**

Take Notice – I have increased my knowledge of where to find other opportunities in Lee Green and the area around

Free text

Since taking part in the project I have **learned**

Taking part in the project has enabled me to **give back to the community** through

2. Who in the community is your project targeted at and how will you ensure that the project supports people across the neighbourhood? How many people do you estimate will directly benefit from accessing your project?

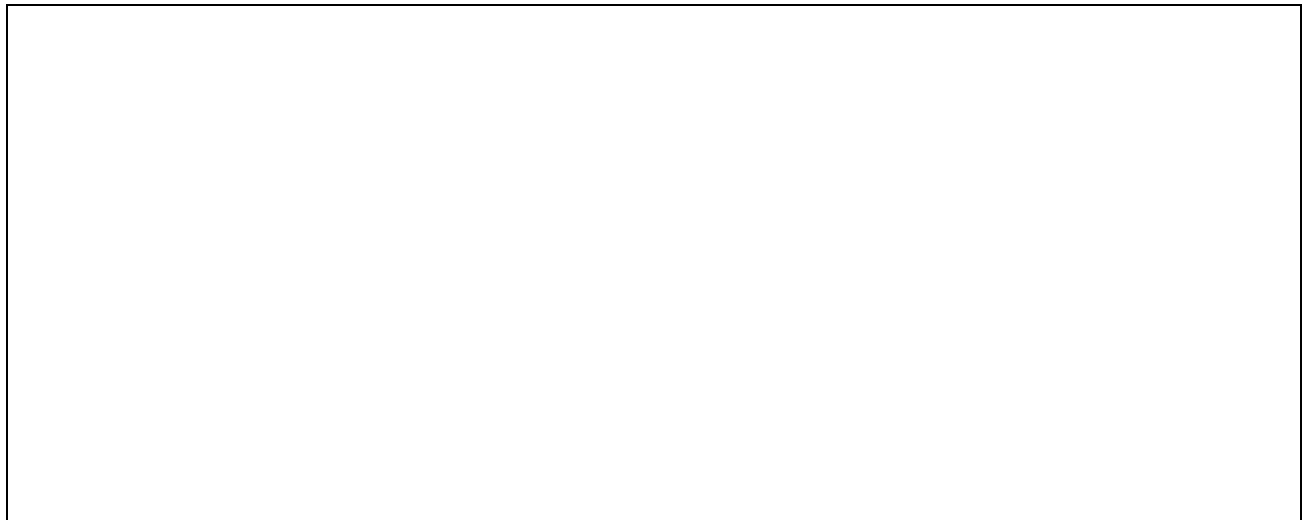
The project is targeted specifically at socially excluded groups in our community, including those living in the concentrated areas of social housing and temporary accommodation in Neighbourhood 2 with whom already work closely:

We have prioritised these groups as:

- Social isolation is nationally recognised as particularly acute for older people. According to Age UK, more than 2 million people in England over the age of 75 live alone, and more than a million older people say they go for over a month without speaking to a friend, neighbour or family member. This was backed up by our Lee Green survey in 2019 where 48% of 222 respondents said community facilities for older people should be a priority
- Health related issues linked to nutrition, access to exercise and diabetes risk are disproportionately high in some BAME Communities. In a recent study in the UK by age 80, twice as many British South Asian, Black African and African Caribbean men and women had developed diabetes compared with Europeans of the same ageⁱⁱ
- Men's health is a priority area for Area 2 and Community Connections as a whole because of the borough wide gaps analyses undertaken by Lewisham Connections show this as an urgent area for development. This is echoed by research from Lewisham Healthwatch where men surveyed identified *having a trusted person to speak to, a friend, or a support group as a need*ⁱⁱⁱ.
- Access to green space is associated with a range of better health outcomes and income-related inequality in health is less pronounced where people have access to green space.^{iv}
- Our recent Lee Green Survey showed 60% of respondents wanted community activities to support creativity, and 42% wanted local healthy exercise opportunities

We will ensure that it is targeted appropriately by:

- Monitoring our beneficiaries
- Using our existing well-established links with Clarion Housing's residents on the Leybridge and Newstead estates, working with Lewisham Homes and other local landlords to promote to their tenants
- Working closely with local community facilitators (Community Connections) to encourage referrals
- Using an outcomes star (or similar for clients with learning disabilities) to monitor the difference that participation in the projects makes



3. How will the project address local health and wellbeing priorities?

The project is intended to address local priorities, particularly through the reduction in social isolation and by keeping people physically active.

All activities are intended to meet at least one of the Five Ways to Wellbeing

Connect

The project will enable people to connect across local communities by providing structured opportunities for people to meet in an accessible community setting and through volunteering opportunities

Be Active

The gardening, healthy walks and exercise classes will encourage increased physical movement in line with the *Lewisham Whole System Obesity Action Plan*^v The local area has two relatively big parks.

Take Notice

The project will encourage participants to identify local activities more generally in the borough and become more engaged in local decision making e.g. it will run parallel to the work we are currently doing with Clarion to improve tenant participation

Keep Learning

The project will employ tutors to increase participants knowledge of exercise

Give

The project will encourage local giving particularly through regular volunteering/ time banking but also through encouraging participants to support broader initiatives where ad hoc volunteers are required such as helping with one-off community events.

4. Locations and times where the activities will take place:

Mondays – afternoons for Lee Fair Share element at Lee Green Lives Community Centre

Thursdays and Fridays for exercise sessions/ craft activities and men’s group – based on availability of facilitators – at Lee Green Lives Community Centre with walks going to local parks (including Manor House Gardens and Manor Park)

Throughout the year and across Lee Green – volunteering opportunities including in open spaces

5. Outline the key risks associated with the project and how you will minimise their impact. (If you are planning an outdoor event, for example, what would happen if it rained?): **Remember a risk assessment should be completed.**

Key risks

– the activities “fill up” with participants who are not our target demographic or who already have accessed significant opportunities in the borough.

We will mitigate this through working closely with community facilitators and encouraging GP referrals/ signposting

- Some of the client group have additional needs or can exhibit challenging behaviour
We will mitigate this through ensuring at least one trained activity leader who is DBS checked per activity and a minimum of one other responsible adult supporting each activity.
- Some clients may present other issues or safeguarding concerns – we will deal with this on a case by case basis, following existing procedures, referring to other services

and/or other elements of the LGL offer e.g. Advocacy service, adult safeguarding referral.

6. How will you ensure sustainability of your work once the project funding ends?

Our interventions are based on an “Asset Based” approach, to encourage increasing self-motivation and independence from our participants rather than fostering an over-reliance on the local offer. We will evaluate the project and its components seeking funding from alternative sources where the biggest impact has been made and outstanding need is identified. During the end period of the delivery we will work with community facilitators to ensure participants are supported to alternative activities where appropriate.

SECTION C: Project Costs

How much will the project cost? If you are unable to provide precise information please estimate, but indicate where you have done this. Please also note that expenditure and income must be the same.

Expenditure (the costs of delivering the project)	
See spreadsheet attached detailing breakdown	
Total Project Expenditure	£17335

Income (where the money is coming from)			
Neighbourhood Fund requirement	£10006		
Other Council funding (please specify) – main grant	1000		
Crowdfunding	0		
Other Funding – LGL unrestricted reserves from fundraising	1638		
Awards for All	4692		
In Kind Funding – Volunteer/ Timebanking hours calculated at London Living Wage – not counted in total cost	2490		
Other funding (please specify)	Applied for	Confirmed	
Total Project Income			£17335

SECTION D: Terms & Conditions

By completing and signing this application form you will be accepting your project will be subject to the following terms and conditions:

1. The grant will only be spent on the purpose detailed in the application unless otherwise agreed in advance by the Council in writing.
2. On confirmation of the award you will receive an email confirming the final award amount, notification if supplementary documents are required and a bank form for immediate completion. Payment will only be made once this and any required supplementary documents are returned.
3. In exceptional circumstances, the grant can be withdrawn or withheld at the Council's discretion.

4. Any part of the grant that is not required for the purpose approved must be refunded to the Council.
5. Repayment of the grant can be required at the sole discretion of the Council if:
 - The Council finds that any false information has been supplied to the Council;
 - the work undertaken is not the work for which the grant was approved (if the Council has not been informed of, and approved, these changes in accordance with point 1);
 - the grant has not been spent within one year unless otherwise agreed by the Council;
 - your organisation becomes insolvent or goes into administration, receivership or liquidation, and the grant has not already been spent on its intended purpose, or;
 - there is any other breach of any of the conditions in this form.
6. The grant is made on a 'one-off' basis and does not carry any commitment to future funding of the project.
7. The grant cannot be made as "match" funding against any other Lewisham Council funded initiatives.
8. The project shall be required to return completed monitoring forms and a financial breakdown of how the grant was used mid-year and at the end date of the project. Failure to do so will render the project ineligible for future grants. A template monitoring form will be forwarded to successful applications as part of the confirmation process.
9. One representative from the project partnership to attend quarterly neighbourhood development partnership meetings.
10. The grant shall be specifically acknowledged within your annual accounts for the year in which it was received.
11. The grant and Lewisham Council will be acknowledged in all printed materials that the organisation produces about your project, and acknowledged appropriately elsewhere.
12. The Council / CCG may use your name in any publicity material.
13. The Project shall comply with any legal obligations that may be relevant in order to carry out the scheme, such as planning, licensing, employment, health and safety, insurance and equal opportunities legislation.
14. Receiving a grant from Lewisham Council does not constitute the grant of planning permission, or any other permission, and in no way prejudices future decisions of Lewisham Council or the Local Planning Authority. You must obtain all relevant permissions.
15. Lewisham Council reserves the right to share the information you have provided with relevant parties (e.g. Charity Commission) where appropriate.
16. Any Value Added Tax (VAT) payable by your organisation is your responsibility and Lewisham Council shall not be obliged to pay any additional amount.
17. Lewisham Council requires all organisations signing for an award to hold the following documentation. By signing this form you hold the relevant documents for the project the Council are pledging against, and your organisation agrees to provide these to Lewisham Council if it is deemed necessary.

Required documents:

- Organisation's constitution or governing document.
- Equalities and Diversity policy and procedures.
- Public liability insurance.

Project specific documents:

- Health & safety policy.
- Volunteers' policy.
- Child protection and vulnerable adults safeguarding policy.
- Statement evidencing that all staff & practitioners are DBS checked to the required standards for the project being undertaken.
- Risk Assessment.

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DECLARATION

*I the undersigned confirm the information given in this application is correct. The organisation is neither established for profit nor is conducted for profit. We will inform the relevant officer of Lewisham Council of any changes in the organisation's contact details or circumstances that would affect this application or the use of any grant relating to it. **This declaration can be typed and sent in electronically***

Signed: _____ Rosalind Hardie _____
on behalf of the organisation

Name in block capitals: _____ ROSALIND HARDIE _____

Position in the Organisation: _____ BUSINESS DEVELOPMENT OFFICER _____

Date: _____ 31/10/19 _____

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IMPORTANT INFORMATION FOR APPLICANTS

The deadline for submitting this form is midnight on Thursday 31st October 2019.

The total funding available is £22,500

Funding awarded is subject to formal approval by the Executive Director for Community Services or Mayor and Cabinet depending on the value of the award.

Funded organisations must ensure that:

1. A bank account is in operation into which payment can be made, please note we will not pay into individual bank accounts.
2. All legal and insurance liabilities associated with the project are fulfilled.
3. Appropriate safeguarding measures are implemented such as DBS checks.
4. All projects are completed by 31st March 2021
5. A completed monitoring form with appropriate information is provided at the end of the project. Failure to provide this will result in the organisation being ineligible for future funding.
6. All financial evidence, including receipts, is kept for at least two years after submission of monitoring information.

Please return your completed application form to:

Contact: Local Assembly Team

Email: NCDP@lewisham.gov.uk

Address: Cultural & Community Development Service, 3rd floor Laurence House,
1 Catford Road, SE6 4RU

Tel: 020 8314 7858

If you have any questions about the above requirements or anything else related to this application form please contact the Local Assembly Team (contact details above)

For Completion by Officer upon successful application

Documentation	Required Yes / No	Comments
Constitution / Terms of Reference		

Public Liability Insurance		
Health & Safety Policy		
Equal Opportunities Policy		
Risks Assessments		
Evidence of DBS Checks		

References

ⁱ The Five Ways to Wellbeing are a government-backed set of evidence-based public mental health messages aimed at improving the health and wellbeing of the whole population

<https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

ⁱⁱ Public Health England

ⁱⁱⁱ Men Talk Health, Lewisham Healthwatch, July 2018 <https://www.healthwatchlewisham.co.uk/wp-content/uploads/2017/02/Men-Talk-Health.pdf>

^{iv} Local action on health inequalities: Improving access to green spaces – Public Health England https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/357411/Review8_Green_spaces_health_inequalities.pdf

^v *Lewisham Whole System Obesity Action Plan*

<http://councilmeetings.lewisham.gov.uk/documents/s44626/Item%208%20-%20Lewisham%20Whole%20System%20Approach%20to%20Obesity%2019%2007%2016.pdf>