

## Neighbourhood Community Development Partnerships- Application for Funding 2019-20



Amount of funding requested:

<b>£11,500</b>
----------------

Which neighbourhood is this project for:

Neighbourhood three
---------------------

Project title: "Come Fly with Me" Holidays at Home

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

### SECTION A: Lead organisation

<b>Organisation</b>	Diamond Club
<b>Lead Contact</b>	Lesley Allen
<b>Telephone</b>	07729785843
<b>Address incl Post Code</b>	Hartley Hall, Culverly Rd, Catford, SE62LD
<b>Email address</b>	lesleyaallen@btopenworld.com

<b>Partner Organisations</b>	St Andrews Church Brownhill Baptist Salvation Army St Laurences Church
<b>Lead Contacts</b>	Fr Lindsay Mckenna Pastor Armend Qehaja Michael Eden Fr Charles Pickstone
<b>Telephone</b>	fatherlindsay@gmail.com <a href="mailto:armendgjakova@yahoo.com">armendgjakova@yahoo.com</a> <a href="mailto:Michael.Eden@salvationarmy.org.uk">Michael.Eden@salvationarmy.org.uk</a> <a href="mailto:St.laurence@btconnect.com">St.laurence@btconnect.com</a>

### SECTION B: The Project

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

Social Inclusion	

## 1. Describe the project:

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

*A large partnership project co-designing and co-delivering a co-ordinated programme of activities for older people and their carers and families which will address some holiday poverty issues, reduce isolation and bring people together building local resilience.*

### Objectives

1. *To expand the provision of holiday at home sessions which have proved successful to work with more partnership organisations and therefore increase the number of people from the community benefitting from the project. Catford South alone had 2338 people aged over 60 (census 2011) with just one club one day a week so there is a great need which the partnership will contribute to addressing.*
2. *To address isolation, promote health and particularly mental wellbeing, address holiday poverty for families and support those living with Dementia.*
3. *To provide a co-ordinated programme of accessible activities for people to connect create friendships and establish relationships. Activities will be based around festivals and celebrations and the activities themed. Each session will have similar elements such as hospitality exercise, mental stimulation and information sharing.*
4. *To encourage intergenerational volunteering opportunities and give volunteers an opportunity to develop skills and address their own wellbeing needs. There will be training around Safeguarding and Dementia awareness.*
5. *To involve local residents in the delivery of the events making use of local talents and skills.*
6. *To provide support days for families, particularly in the summer months, as well as addressing some hard to reach groups such as men by provide activities which will connect and engage with them.*
7. *To extend local capacity, and co-ordinate joint working with other local faith and community groups to be involved in providing activities and to encourage and make it easier for older residents from different parts of Catford South to access activities and services around health promotion and improving mental wellbeing, reducing isolation and encouraging community cohesion.*

### Activities

*The project will deliver events throughout the year which will work out 6 summer events for older people, 4 events for families and 6 more events throughout the year across the differing faith organisations.*

- *12 full days of summer event activities for older people will be delivered across all the partnership organisations based on the theme of flying to different countries. A holiday experience will be provided at each event including virtual airline e.g. sunshine airlines, with the volunteers being airline crew, flight attendees. Each event will provide the experience of a different country and culture, with the entertainment and food themed around the country.*
- *In preparation for the holiday experiences, there will be a number of workshops throughout the year with everyone engaged in art and craft, making accessories, costumes and props, as well as rehearsing entertainment possibilities.*
- *In addition, family support fun days will be delivered allowing up to 100 people to access similar themed events including having a day at the park.*

### Success

- *Success will be measured by post event surveys to find out how participants felt about the event, post code will show where people have come from and equalities info to demonstrate the events are accessible and appropriate for a diverse population and men engaged.*
- *Register showing the number of people who attended each day.*
- *Photographs and videos of the events in action to support data above and provide a sense of each*



## **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 at:*

*6 local church leaders and their teams 4 in neighbourhood 3 and 2 on the border will provide venues, and create events for 100 people most coming from the neighbourhood three area to attend each. All six faith leaders have been part of preliminary discussions, are in support of delivering the programme and have expressed a keen desire to work together.*

*Older people who will be our main target audience for the 12 days and will include people living in care homes, those living with Dementia.*

*Families struggling with isolation and holiday poverty will be targeted for the 4 family support fun days through the different faith organisations.*

*As there will be a key element of addressing mental health and wellbeing then the project will be keen to recruit volunteers from the community and those looking to improve well being and they will work with TTT a mental health drop in support group to assist deliver some elements to the programme of events.*

*Those living with Dementia will be targeted as all the 16 events will be Dementia friendly with a Dementia Champion being at each of the events.*

### Supporting people across the neighbourhood

*The project will aim to engage with people in need of personal support, a service or information stall will be at each of these events and signpost then to weekly regular health promotional opportunities such as Yoga, Dance classes, Diamond club, Fellowship, Dementia and Reminiscence cafes in the local vicinity and other services via community connections and other services who attend.*

*The project will promote the events and help to target audience through posters, articles in newsletters including the positive ageing council and pensioners forum and through social media and through community connections libraries, shop windows, Table Talk and local assemblies, community centres as well as each church leaders' congregations and the best of all word of mouth through personal networks which evaluation shows is the most effective method.*

*Post codes will be checked when reviewing evaluations at the end of each event to identify gaps and where additional targeted marketing can be undertaken.*

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

The project will help reduce isolation and loneliness by connecting people during events and activities throughout the year. We know through studies that acute isolation and loneliness can impact gravely on people's health with a direct link to depression and can be a cause of hospitalisation and death.

Also, those living with Dementia and their carers will benefit as all the events will be Dementia friendly with a two Dementia Champions being part of the project.

Each event will have elements of exercise through either dancing, Tai Chi or Zumba again helping address balance and strength.

The creative element of the project delivering workshops in prop and costume making and preparing the entertainment through singing dancing and acting in preparation for the events will all have a positive impact on people's mental wellbeing.

The participation in the recent creative ageing festival evaluation showed an improvement in mood and confidence through the arts.

Those attending previous events have described feeling joyous and happy. Some carers from a local care home who brought five clients said it was lovely bringing people into their community and mixing with others outside of the home they described clients returning to the home with a spring in their step.

A gentleman who was recently widowed and whose daughter was concerned about his withdrawal and lack of interest was overjoyed to see her father laughing and chatting to others at a recent event. She said "it has given me hope for Dads future"

The events will deliver other benefits by having representatives from community organisations there to give advice take referrals and sign post attendees to areas of support, these will include community connections, table talk, Carers Lewisham, Mindshare, Time Bank and Energy champions there to help address fuel poverty. Two volunteers are already identified are in the process of undergoing training.

There will be a specific event planned to address the needs of men bearing in mind they are often a harder to reach group based on a men's shed experience which will include walking football, and men's mental health workshops, dominoes and playing Chess.

The family support days will assist those who struggle with holiday poverty and find it hard to provide stimulating activities for their children that they can afford. The family days supported by youth leaders from the faith organisations and teaching assistants and sure start workers will help deliver fun filled activities and parents can benefit from some arts and crafts, pampering sessions, as well as Yoga or Tai chi and a massage to address their wellbeing needs.

A healthy lunch will be served in conjunction with a nutritionist who is willing to run healthy eating workshops at the family days for children and parents which will look at good food and mood and cooking on a budget all of which will address local health and wellbeing priorities.



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

The project will be located at different faith-based settings across Neighbourhood three and nearby including:

- Holy Cross church, Sangley Rd, Catford, SE6-2LD,
- St, Andrews Anglican church, Sandhurst Rd, SE6-1XD,
- Brownhill Rd Baptist church, 292 Brownhill rd. Catford, SE6 1AU
- Hither Green Methodist Church, Catford, SE6 1RQ
- St Laurence Anglican church, 37 Bromley Rd, Catford, SE6 2TS
- The Salvation Army, 23-25 Brownhill Rd, Catford, SE6 2HE
- Catford Synagogue, 6 Crantock rd, SE62QT (Yet to confirm)

At least 12 days for older adults and four family days will take place over the course of the year and spaced giving attendees an opportunity to attend an event fairly regularly and usually monthly. The majority of days, 6 in total, will be concentrated in the summer school holidays a time which can be quite lonely for people as often clubs and activities close down. The events will be held between 11am and 3pm.

The project will culminate in a finale day at the largest of the venues.

#### 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.**

- One of the risks is having too many people wanting to attend the venues which have limited capacity although people will be asked to register first. The larger venues such as St Andrews and St Laurence's will be used for the summer activities as it has capacity for over 100 people.
- Due to older people attending with mobility issues, Dementia, and sensory impairments means all venues must be fully accessible with their own robust first aid procedure, Defib in situ with first aiders being knowledgeable in CPR. At least two first aiders will be in attendance. All volunteers will receive a Dementia Awareness session.
- Attendees not being able to come due to transport issues, VSL transport and Lewisham Community transport will be asked to assist with the project ensuring those who cannot use public transport can still attend.
- Each venue will have its own furniture etc so each venue will be assessed individually and have a risk assessment and include appropriate chairs, tables and kitchen requirements. All have been visited and appear appropriate for use.
- The number of volunteers will be sufficient for the session and no less than 10 per event. To date there are 35 volunteers who are identified as wishing to assist.
- Those leading will all be DBS checked and safeguarding of vulnerable adults and children will be adhered to. For the family support days all children will be accompanied by an adult. The Coordinator will ensure all health and safety policies for each venue are available and read and understood and although each venue has their own public liability insurance the Coordinator also has their own.

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

The project has opportunities to develop with more organisations working in partnership, this is what has been happening to date with originally one organisation delivering Holiday at Home type activities then three working together and now 6 wanting to work together substantially extending the offer for older people on more days and more locations. This work is already extending the number of activities they offer and can be built on individually by each church.

The model fits well with Social prescribing providing non-clinical options which has more impact on well-being than medication and if adopted by commissioners could be seen as value for money keeping people connected to their communities reducing isolation and loneliness and providing health opportunities.

Each church organisation recognises the need to support the local authority in the delivery of social activities and health initiatives to enhance the lives of the local residents especially in a time of cut backs and money saving requirements.

The opportunity to develop volunteering and intergenerational work is far reaching and can be used for many other events outside of this project especially in relation to connecting with our young people from the churches who we will be working with and the connecting schools especially in school holidays and Saturdays when these events will be delivered.

The role of volunteering is key in sustaining the longevity of this project. Much of the emphasis will be on developing their role and maximising their skills and time and recognising their value.

Other funding opportunities will be sought through housing associations assembly and social prescribing opportunities as well as funds for health and wellbeing.

Evaluation report will be produced and given to the new local Primary Care Networks with a view that they will consider the work when commissioning services to meet local need as part of their prevention and maintaining wellbeing priorities for the local population as a socially prescribed service.



## 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.*

<b>Expenditure (the costs of delivering the project)</b>	
Venue hire £100x16 sessions	£1,600
Coordination Cost £100x16 sessions	£1,600
Hospitality and refreshments £150x16 sessions	£2,400
Entertainment and exercise £200x 16 sessions	£3,200
Delivery of prep workshops and hall hire £70x10 sessions	£700
Publicity, banners and fliers	£400
Resources and decorations	£600
Evaluation and Admin	£400
Community transport £50x12 sessions	£600
In Kind volunteering of adults	£39,168
In Kind volunteering of young people	£1,828.80
<b>Total Project Expenditure</b>	<b>£52,497</b>

<b>Income (where the money is coming from)</b>		
Neighbourhood Fund requirement		£11,500
Other Council funding (please specify)		
Crowdfunding		
Other Funding		
In Kind Funding Adult volunteering 30 volunteers x 8 hours @ London living wage of £10.20 per hour x16 sessions		£39,168
In Kind funding- Young persons volunteering 6 volunteers x5 hours @ national living wage of £3.81 per hour x 16 sessions		£1,828.80
Other funding (please specify)	Applied for	Confirmed
<b>Total Project Income</b>		<b>£52,497</b>

## 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.

### 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:  
on behalf of the organisation

Lesley a allen

Name in block capitals:

LESLEY ALLEN

Position in the Organisation:

DIAMOND CLUB COORDINATOR

Date:

28/10/19