



Executive Member for Health & Wellbeing
2 March 2016

Decision to be taken on or after
10 March 2016

Ward: Various

Key Decision: No

Adur Competitive Community Grants Budget 2015/16 – Round 3

Report by the Director for Communities

1.0 Summary

- 1.1 This report requests the Executive Member to consider the allocation of the 2015/16 grants budget in the second round of applications. Eight applications were received before the closing date of 8th February 2016. The applications total **£31,351** and the amount in the grants budget is **£40,849.80**.

2.0 Background

- 2.1 There is no legal obligation on the Council to provide financial or other assistance to voluntary and community groups. The Council currently provides grants to voluntary groups in two ways: through ongoing contracts and Service and Funding Agreements with a number of key providers, and through a small grants programme which is subject to applications made on the application form **see Appendix 1**.
- 2.2 The Council also supports voluntary groups through the granting of discretionary rate relief and subsidised rents. However, the recommendations in this report do not apply to these forms of support.
- 2.3 The eight applications received in the third round of 2015/16 grants will be scored against the criteria set out on the application form – see copy of scoring criteria in **Appendix 2**.

3.0 Proposals

A summary of each of the Eight applications can be seen below.

3.1 Age UK West Sussex – Chair Exercise Classes for over 65s

Funding of £5,400 has been requested by Age UK West Sussex to set up and run new classes at two of their clubs in the Adur area to engage the older people in Southwick and Shoreham. Age UK West Sussex currently provides weekly clubs in this area in Marsh House on Mondays and at the Shoreham Centre and Southwick Methodist Church on Wednesdays. At present there is not much in terms of gentle, chair based exercise on offer in these areas so it is hoped that by setting up a new class in two of their locations it will encourage social inclusion and provide activities to improve mobility and wellbeing.

Age Concern West Sussex was founded in 1957 by West Sussex County Council with staff seconded from the council to manage its affairs. In 1972 the organisation changed its name from West Sussex Association of elderly People to Age Concern West Sussex and in 1980 the organisation first employed staff independently of the council. In April 2010, the name was changed to Age UK West Sussex (AWS).

Over its long history, AWS has moved from a focus on 'welfare' to developing a role in the policy and planning of services for older people across the County with a staff team of nearly 100 supported by 300 volunteers across the organisation.

AWS is an independent charity and a member of the Age Concern federation plus a Brand partner with Age UK, the national charity. Our mission is to improve the lives of older people in West Sussex.

AWS offers many services to older people across West Sussex; we run 5 centres with a wide offer of activities; 2 sets of Community Clubs in Adur and Crawley; Home from Hospital and Take Home and Settle services from the main hospitals in the county; Help at Home and an Information and Advice service plus a Trading company that sells age-related insurances.

The project is aimed at the older generation wishing to improve their overall level of health and fitness with a slow paced, chair-based, low impact class.

As people are now living longer there's a growing need for people to maintain a good level of fitness and our projects will enable people to do this in an affordable way. Our qualified teachers will make the classes fun and safe and at the same time help people to reduce some of the age relating conditions including mobility.

The classes are a great way to socialise and have fun as well as making friends. After the session there's time for tea and a chat and an opportunity to find out what else AWS has to offer locally.

3.2 Community Stand Up Paddle boarding (SUP) Club

Sasha Chisholm is a fully qualified and experienced SUP Instructor, personal trainer and mountain bike leader. She is in the process of setting up Moxie Unleashed / Adventures and has requested funding of £5,000 to secure appropriate facilities to base the project, to contribute to additional equipment and for ongoing overheads.

SUP (stand up paddle boarding) is the fastest growing watersport in the UK and Sasha has introduced over 100 local people, of all ages and abilities to the sport.

While there are commercial SUP outlets, for the majority of the Adur community these are unaffordable, making this sport inaccessible to the community.

With community funding the project will be able to provide subsidised and therefore affordable SUP sessions and club events for the community.

It will be a fun, informal, vibrant hub and meeting point for people to find out more about fitness, nutrition, family activities and how to engage in a healthier lifestyle.

Land-based activity, exercise and fitness classes will be offered for people of all abilities/ages either in a group environment or on a one-on-one basis.

Working with the Adur & Worthing Wellbeing team as well as local organisations such as Guildcare, Corner House and Mind, activities can be shaped and tailored to meet community needs.

Outdoor activity is a powerful medicine and Sasha believes, key in improving physical and mental health and overall wellbeing.

A qualified and experienced SUP Instructor (stand up paddle boarding), Personal Trainer and Mountain bike trail leader, Sashas focus is leading and instructing people in outdoor activity. She works with people of all ages (from 7-75 years old), of all abilities and from all walks of life, offering a range of activities that can be tailored to the individuals' needs and goals. From a one-off session that's just for fun and get some fresh air to a programme designed to learn a new skill or train for a competitive event, coaching sessions work across the board.

While any form of outdoor activity is stimulating and beneficial, Sasha has found that people particularly find an immediate benefit from SUP sessions. They are focused, learning new skills, (perhaps with the perception that it's going to be difficult), gently exercising their whole body (without realising it as they're concentrating on not falling in!) and then they realise they're gently paddling along the river (or on a calm sea) and it's peaceful and quiet, they can watch the world from a different perspective, and it's fun, and new, and different and allows for some time away from a phone or computer or any life demands ... other than keeping their balance! It's wonderfully calming and rejuvenating.

3.3 Company Paradiso – The Rally Project

A recent poll carried out by the National Union of Students found that an alarming 78% of young people said they had experienced mental health problems in the last year. 33% said they had had suicidal thoughts. ¹

Company Paradiso have requested **£5,000** to support the Rally Project. The Rally Project is a 3 month pilot project which aims to address this crisis by supporting young people in Adur aged 14 to 26 who have mental health issues, with particular focus on anxiety and depression. The project will serve as a launch pad for a longer project, continuing with further national funding from August 2016 onwards.

The project will run weekly sessions supporting between 6 and 12 young people in each session, and expects to support and signpost 20 to 30 young people in the duration of the 3-month period. The funding will be used to employ an experienced youth worker with counselling experience to run the sessions. Weekly sessions will focus on 'resilience' for young people and will be developed through partnership working in the Adur District. This project will work with other local youth services, health professionals and GPs to refer young patients to the project. The Youth Worker and Project Director will prioritise establishing good links with GPs in the

¹ <http://www.theguardian.com/education/2015/dec/14/majority-of-students-experience-mental-health-issues-says-nus-survey>

Adur area and promoting service provision. They will be responsible for running weekly sessions and for supporting young people to attend regularly, through social networking and through personal contact with young people and their parents / carers. They will also, as the project develops, support the group to advocate for good mental health more widely, and plan a promotional / celebratory event in July 2016.

The project aims to:

- Run a 13 week project which focuses on community wellbeing, inequality & deprivation & partnership working.
- Support and signpost 20 to 30 young people overall, and work with 6 – 12 young people each week
- Emphasise the importance of getting out of the house and away from phone & computer screens, socialising with others, exercising, eating well and having a schedule to the day. Each session will include a meal for young people.
- Establish a group with agreed ground rules that will welcome newcomers, and support the stages in young peoples' journeys towards wellbeing, through individual counselling where required (offered by the Find It Out Centre and other organisations), and complementing existing intervention services to promote positive mental health and reduce the use of prescription drugs
- Enable participants to support others (helping others has been shown to produce the single most reliable momentary increase in wellbeing of anything we do)
- Facilitate participants, as much as possible, to lead on activities, develop independence, make the project their own and plan its future
- Identify and work towards qualifications for young people, such as Duke of Edinburgh Awards and the Arts Awards (Jon Potter is a trained Arts Award facilitator)
- Motivate and inspire young people through creative, innovative and youth-led campaigns, discussions and events, for example, designing slogans, artwork and images, then running a campaign on Snapchat
- Signpost young people, when the time is right, to other education, training and employment opportunities. This includes accessing Company Paradiso and Esteem's other activities such as Esteem's regular Monday evening Drop-in, activity days and projects in the UK and abroad
- To establish and develop this provision for young people and make it well known in Adur.

This project is aimed at disadvantaged and vulnerable young people aged 14 to 26 in Adur District who are experiencing diagnosed or un-diagnosed mental health issues. We expect to work with an increasing number of young people experiencing anxiety and depression, based on previously mentioned evidence. We will prioritise those referred by health professionals or health navigators through the Clinical Commissioning Group Scheme. We will be working with and supporting young people who are using anti-depressants and other prescription drugs, and complementing existing intervention services to promote positive mental health.

3.4 Hove & Adur Sea Cadets

Hove and Adur Sea Cadet Unit is part of the national Sea Cadet organisation, the Marine Society and Sea Cadets (MSSC), which was formed in 1854. They were

formed in 1942 and since then most of their cadets have come from the city of Brighton and Hove and from the Adur District of West Sussex.

Funding of £2,000 has been requested to put towards the development of the Lizard Boating Station.

This proposal is part of the development of the Lizard boating station which the club have been carrying out since 2004. It is located in a sheltered, non-tidal part of Shoreham Harbour where it provides an excellent centre for nautical training and offers many advantages compared to the facilities provided by other local providers. Since they obtained the lease in 2004 they have carried out an extensive series of building works, including installing classrooms, toilets, showers, an elevated walkway and viewing gallery, wooden decking, and plastic Versadock docking facilities. As part of the refurbishment they have also purchased new boats and other craft, including a new rigid inflatable (RIB) and a number of kayaks and canoes. The total purchase cost of all these items has been over £100,000, funded by grants and donations from trusts and other bodies. Most of the labour has been carried out by the clubs own volunteers.

The next stage, and the one to which this proposal relates, is for the Lizard boating station to become a Host Unit Boating Station (HUBS). This is in accordance with the MSSC strategic vision to 2017 (www.sccheadquarters.com/strate~v), particularly the priorities of giving all cadets an average of 30 hours on the water, with all cadets achieving one external waterborne qualification, and of delivering measurable improvement to the onshore boating facilities and boating fleet. To meet those priorities the Lizard HUBS will provide boats and facilities to local units on a membership basis so delivering Royal Yachting Association (RYA) qualifications in dinghy and powerboat, British Canoe Union (BCU) approved training for canoe/kayak and National Rowing (NR) approved training for rowing. They aim to start to implement this vision for the 2016 boating season, which runs from April to October.

The club want to enhance their stock of boats by buying the new RS Quest sailing dinghy. This has been designed by RS Sailing, in conjunction with MSSC, to offer a low maintenance alternative for sailing schools and organisations. These bespoke dinghies will enable the cadets and staff to advance through our sailing pathways from beginner to RYA Instructor, including the RYA Seamanship Skills and Sailing with Spinnakers course. The Quest is light and easy to launch, stable enough to inspire confidence for those just starting out; it can carry up to four people and is dynamic enough to have fun getting to grips with spinnaker skills and planing conditions too. They are perfect for units wanting to inspire more young people to get out on the water.

MCCS will help units meet the national targets by offering to match fund one boat per unit for units who can show the greatest need. If we can raise 50% of the £4,470 price (£2,235) through our own fundraising, MSSC will match our contribution and give us the opportunity to own a brand new sailing dinghy at a fantastic discount. We are asking for £2,000 towards that figure. The balance we will fund from other sources.

3.5 Independent Lives – Voice for Disability

Independent Lives have been running for 10 years and would like to apply for funding of **£500** to help with the cost of transporting their members to group meetings and on outings.

The Independent Lives - Voice for Disability (Shoreham & Southwick) Group meets twice a month on a Wednesday afternoon. The Group's base is in Southwick Community Centre and they try to arrange outings approximately once a month. There is an annual membership charge of £5 per member plus £2.50 per meeting and an additional small contribution towards the cost of transport.

The members of the Group have varying levels of physical disability and are predominantly elderly. In order for the members to get to their Group meeting at Southwick Community Centre, they are collected from their homes and then returned to their homes in a community bus. A bus with lift for wheelchairs is essential. It provides a programme of speakers, as well as entertainment, raffles, visits to places of interest, meals out, etc. The majority of the Group's members are otherwise housebound.

The aim of our group is to offer members help with:

1. Social Contact & Stimulation
2. Activity & Exercise
3. Occupational/Educational Activity
4. Maintaining Independence

Until July 2015, the Group had been using Adur Community Transport buses. This was not a free service. Adur Community Transport ceased operation and they are now using Dial a Ride transport. Dial a Ride charges at least 50% more than Adur Community Transport per trip. Dial a Ride also uses a smaller bus and sometimes there is a need to make two trips to collect all the members.

3.6 Ropetackle Arts Centre - Join the Parade - 14 wards connected in 1 day.

Ropetackle have requested funding of **£4,700** to produce spectacular performances across all wards in Adur. Targeting each ward individually the group Hope & Social will travel in a variety of transport methods with different groups to each ward and perform in various locations with the local communities. These locations will be chosen by the public and refer to a favourite place individuals may have.

Each location will vary in scale, type and be a fitting representation of each ward, its local community and individuality. Locations may include a library, coffee shop, playground, park, sitting room, monument, the list is endless! The music played in these pop up locations will be accessible and participation will be encouraged.

After each performance the band will invite participants to follow them onto the next ward and a map will be produced so people can follow their journey.

The public will be able to download this map via various social networks and directly from the Ropetackle website.

Transport will also be varied and celebrate the array of activities and groups in Adur and comment on historical transport methods for example bus, bikes, kayaks, train etc.

The final performance will be a large-scale performance and all participants will be invited to attend. Each performance will be unique and accessible for all, inviting different groups and the general public to attend performances. Combining all wards and celebrating Adur as a whole through music performances and activities, getting as many people to Join the Parade!

3.7 Skyway Gallery

Funding of **£3,751** has been requested from Skyway Gallery to establish a public art gallery in Shoreham. Set in a public space, holding frequent exhibitions of a high standard throughout the year. Skyway want to engage a diverse range of people, from all ages, ethnic groups, people with disabilities and learning difficulties. The gallery will give artists an opportunity to exhibit and sell their work, increasing their profiles and audience.

The gallery will be established in the heart of the Shoreham Community Centre public space. This has easy and free access 6 days a week.

The gallery will create a destination for artists and art appreciators to gather, exchange ideas and sell their work. The Gallery will plan to run approximately 6 exhibitions per annum and hold 2 open art competitions, 1 for adults, and 1 for children. Skyway plans to create links with schools and colleges to develop educational opportunities that engage young people with the exhibitions.

The funding will enable Skyway to purchase and install the picture hanging system for the gallery. It will also provide the additional funds required to launch the gallery with its first art exhibition and set up a template to run further exhibitions.

The gallery will promote a strong and vibrant arts culture in the town contributing to its regeneration. It will attract visitors into the town, economically benefit the artists and associated businesses.

3.8 Southwick Cricket Club

Southwick Cricket Club (SCC) in collaboration with Shoreham Academy has identified the need to make available cricket nets to the local community.

This project would provide a local community based cricket club and school with access to a facility that matches the local needs of children, parents and adults, and when supplemented with training creates a unique child development opportunity.

Creating this new facility, not currently available to the local community (that has pockets of deprivation) will be a valuable community resource. It will also provide a unique training opportunity for local children. The benefits of physical activity, and team sports are well known and will promote not just physical, but social and emotional development. The school's cricket teams and after school clubs will make immediate use of the facility. SCC will relocate its training from locations in East Sussex to Shoreham Academy, which will relieve parents of logistical problems involved in travelling to the training venues. It is anticipated that as a result of the new facility numbers of children and adults participating in cricket training will increase feeding into the club's 5-year development plan.

The nets would be built on school property in a sustainable and secure environment, and would also be a valuable community asset to be shared by the school and other teams to develop young talent and support GCSE studies.

4.0 Legal

4.1 Section 1 Localism Act 2011 provides for the general power of competence and empowers Local Authorities to do anything which individuals generally do. This power applies to things that an individual may do even though they are in nature, extent or otherwise: (a) unlike anything the authority may do apart from the general power, or (b) unlike anything that other public bodies may do. Section 1 confers the power to do it in any way including, anywhere in the UK, for commercial purposes or otherwise for a charge, or without charge, for the benefit of the Authority, its area or persons resident or present in its area, or not.

5.0 Financial implications

5.1 There will be approximately **£9,498.80** remaining in this grants pot following the allocation of these grants, if all the applications are agreed by the Executive member

6.0 Recommendation

6.1 It is recommended that the Executive Member makes decisions concerning the allocation of the 2015/16 Adur Community Grants budget in line with the suggested scoring criteria.

Local Government Act 1972

Background Papers:

None

Contact Officer:

Jo Marshall-Inns
Communities Team Support Officer
01273 263311

Schedule of Other Matters

1.0 Council Priority

- 1.1 Work more closely with and commission our communities, the voluntary sector, public organisations, business and commercial sectors to develop and deliver services

2.0 Specific Action Plans

- 2.1 Develop ways in which the Councils can commission the Community and Voluntary sector to deliver services.

3.0 Sustainability Issues

- 3.1 Matter considered and no issues identified

4.0 Equality Issues

- 4.1 Scoring criteria include: 'targeting inequalities and deprivation' and 'target local neighbourhood improvement areas'

5.0 Community Safety Issues (Section 17)

- 5.1 Matter considered and no issues identified

6.0 Human Rights Issues

- 6.1 Matter considered and no issues identified

7.0 Reputation

- 7.1 Supporting the voluntary sector locally enhances the Council's reputation

8.0 Consultations

- 8.1 Matter considered and no issues identified

9.0 Risk Assessment

- 9.1 Matter considered and no issues identified

10.0 Health & Safety Issues

- 10.1 Matter considered and no issues identified

11.0 Procurement Strategy

- 11.1 Matter considered and no issues identified

12.0 Partnership Working

12.1 Partnership working with the voluntary and community sector.