

## APPENDIX 3

### Outputs, outcomes and case studies for the Grant Aid 2012/15 themes

#### Citizens Advice Bureaux (CAB)

##### Summary of funded provision:

A consortium which includes all the Nottinghamshire CABs: Ashfield, Bassetlaw, Broxtowe, Mansfield, Nottingham & District and Ollerton & District. This service provides free, independent and confidential advice across the whole of Nottinghamshire. Advice covers debt, welfare, housing, employment and other areas.

**Table summarising the services offered by the CAB Consortium**

	Welfare benefits	Money advice	Discrimination	Employment	Consumer	Immigration	Family	Housing	Taxes	Health	Education
Self-Help Information	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Assisted Information	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Generalist Advice	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Casework	✓	✓	✓								

Table of outputs and outcomes across the 3 years

Outputs / outcomes included:	2012/13	2013/14	2014/15	TOTAL 2012-15
Number of clients helped with problems	31,800	31,700	23,159	<b>85,871</b>
Number of non-debt problems	100,000	86,000	86,650	<b>272,650</b>
Number of debt problems	39,000	35,000	40,000	<b>114,000</b>
Number of clients provided with specialist debt help	6,300	6,000	7,000	<b>19,300</b>
Value of debt clients helped with*	£77m	£64m	£64m	<b>£205m</b>
Value of benefit gains for clients*	£13.4m	£10.7m	£14.7m	<b>£38.8m</b>
Number of volunteer hours per year	86,000	90,000	91,000	<b>267,000</b>
Value of volunteer time	£1.5m	£1.6m	£1.6m	<b>£4.7m</b>
Number of new volunteers recruited and trained	170	135	133	<b>438</b>
<p>*Debt and benefit enquiries accounted for approximately 74% of the CAB total enquiries each year.</p> <ul style="list-style-type: none"> <li>✓ Over 50% of volunteers went on to paid work each year.</li> <li>✓ 100% of clients were satisfied with the overall CAB service and said that they would use the service again.</li> </ul>				

## Children & Families, Play Forums and Youth Services

### Children & Families

#### Summary of funded provision:

To provide children and young people (and their families), with the early help support that they need.

#### Case studies/examples/quotes:

**Nottingham Nightspot:** *"The Grant Aid has been essential in helping Nightstop to provide emergency accommodation and support to young vulnerable people who find themselves homeless. The Grant contributes to the cost of office space, insurance and administration costs ...without the office space, we wouldn't be able to operate..."*

**A Place to Call Our Own (APTCOO):** *"...we provide social, emotional, and practical support to some of the most vulnerable people living with SEND and life limiting conditions within the community...APTCOO provides a holistic support service for children and young people (CYP) which is inclusive of their whole extended family and focused on learning, developing the tools families need to improve their resilience, moving out of depression and getting involved in their own development. It also provides CYP with an opportunity to increase their independent living skills and prepare for transition into adulthood. APTCOO provides a single point of contact and one stop resource centre, including crisis support, where families feel safe, improve their health, education and wellbeing, develop new skills and have fun within an all-inclusive 'community hub'....APTCOO works with other health, education and social care providers which helps to improve communication, to ensure services can be accessed at the right time, by the right person, in the right place, for example, the centre also hosts other complementary providers and agencies enabling families to benefit from joined up services and coordinated care...The changes to Grant Aid has helped APTCOO enormously with our planning of services and management of finances, Thank you!" APTCOO CEO*

### Play Forums

#### Summary of funded provision:

Seven Play Forum projects covering 7 districts received a Grant Aid contribution to help provide children with accessible play opportunities that meet their social, psychological, physical and spiritual needs. This involves direct work with children and by offering support, advice, training and shared resources to groups who work with children. Services include a Play Resource Centre, Toy Library, Loan Equipment, Positive Play, Street and Park Play, Play in Schools and Play Days. Some Play Forums also offer members an information service, a help line, advice on funding and childcare legislation, support with DBS (Disclosure & Barring Service) applications and other play services.

#### Case studies:

**Gedling Play Forum:** *"Through scrap store and resource centre membership we have benefitted over 5,000 children and young people per annum. Through Free Play activities we estimate over 7,500 per annum...Grant aid gives us our foundations - with this we can attract further funds to enable us to deliver a range of play based services and support for our community...[We] host regular Gedling Play Partnership meetings enables partners and service users to network, and promote play in our district. Our scrap store members tell us that we save them over £35,000 a year a year on materials - we also save them money on additional services [including training]...Additional benefits include being able to offer families with children with additional needs a place to meet, share and play. This encourages learning new skills, increasing feelings of self-worth and wellbeing. Through our Community play we help strengthen communities...encouraging active and creative family play strengthens families. Making this play free, providing additional support for families with children with additional needs removes many of the barriers families face in accessing community events - we now have families joining in with community events that would not have come if the support was not available..."*

**Mansfield Play Forum:** *“Through play children develop crucial interpersonal life skills. They learn how to solve problems, how to get on with each other, how to co-operate, negotiate, take turns and play by the rules. Play helps to develop positive emotional wellbeing in children as well as having a positive impact on their physical health. Community play organisations can provide innovative play activities using scrap materials - activities which would otherwise have been impossible to deliver due to financial restraints. Through our project, children learn the benefits of recycling...We are able to offer volunteering opportunities. Volunteers learn new skills, meet new people and gain valuable experience. Our structured volunteer programme enables our volunteers to experience a range of workplace activities. For many people volunteering is a stepping stone on their career path. However, for others they volunteer as they are unable to work due to health issues but who are able to do some work - volunteering for these people gives them back their self-respect, confidence and even ‘a reason for getting up in the morning’ ”.*

## **Youth Services**

### **Summary of funded provision:**

To increase opportunities for all young people to participate in positive activities.

### **Case studies/examples/quotes:**

**Nottinghamshire Clubs for Young People:** *“Young people gain raised self-esteem and confidence through attending our programmes. Some young people and volunteers have also gained accredited outcomes which has enhanced their skills and made them more employable. Young people have made friends and mixed with people from out of their geographical area thus lots of evidence of community cohesion has been witnessed.”*

**Rev and Go:** *“The Grant has contributed to reducing illegal riding of motorcycles by underage young men....the project has provided them with the motivation to gain numeracy, literacy and mechanical skills – and to extend the aspirations of members, many of whose personal self-esteem is exceptionally low. The project aims to continue the work of reducing young people's contact with the criminal justice system...”*

## Community Transport

### Summary of funded provision:

Community and voluntary transport schemes offer services for people who have difficulty using, or are unable to use public transport services

### Outputs and outcomes across the 3 years

Over the three years, outputs / outcomes included:	2012/13	2013/14	2014/15	TOTAL 2012-15
Number of Car admin hours	3,049	3,944	3,920	10,913
Number of Car drivers	292	290	294	As stated per year
Number of Car driving hours*	42,540	45,128	43,602	131,270
Number of Car miles	425,401	451,284	436,016	1,312,701
Number of Car trips	69,909	72,044	67,382	209,335
Number of Minibus driving hours*	17,633	17,260	19,378	54,271
Number of Minibus groups**	219	192	191	As stated per year
Number of Minibus miles	176,325	172,600	193,776	542,701
Number of Minibus passengers	57,280	57,703	60,523	175,506

\* Based on an average of 10 miles per hour while volunteering.

\*\* Across this period, there was an average of 158 minibus drivers per year.

**Car scheme** mileage increased by 2.5% over the report period, although an intermediate increase of 6% was recorded for year 2. The increase in usage is partly as a result of the introduction of wheelchair accessible Car Scheme Plus Ring & Ride services for individual bookings across most of the County. The number of car scheme trips shows a modest decline, which indicates that the average trip length has increased, which might reflect the loss of local bus routes or facilities, resulting in the passenger using the scheme for longer trips.

**Minibus (group travel)** activity shows a 5.6% increase in passengers over 3 years, which is likely to be the result of schemes taking an increasing role with providing transport previously provided through commercial providers, as the Council seeks to look at more innovative ways of providing transport solutions, and also as a result of the introduction of the Ring & Ride style services for individual bookings using a shared vehicle. The number of registered volunteer groups and volunteer drivers has remained broadly the same over the report period.

The estimates of **driving hours** are conservative, especially for the volunteer drivers. In addition to driving hours, some volunteers will also spend time assisting the client beyond the journey, i.e. shopping or into a medical appointment etc.

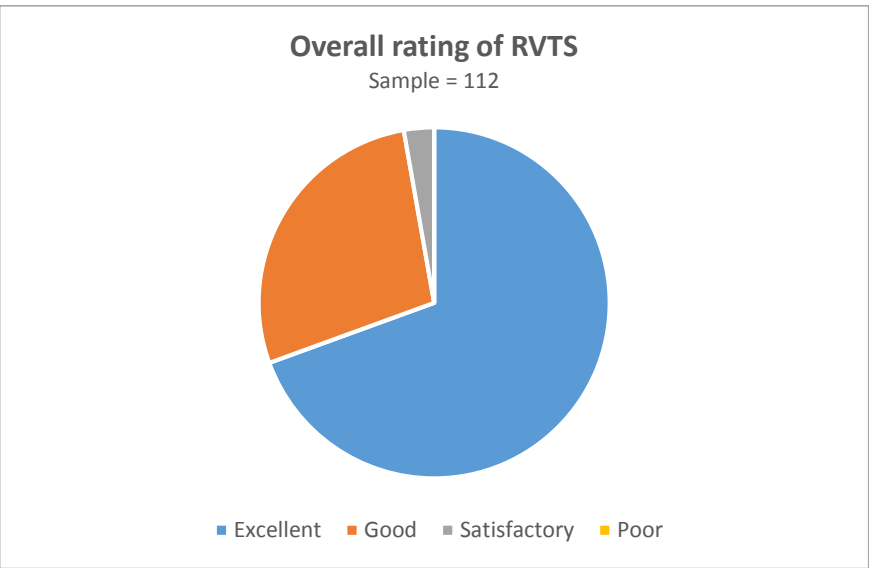
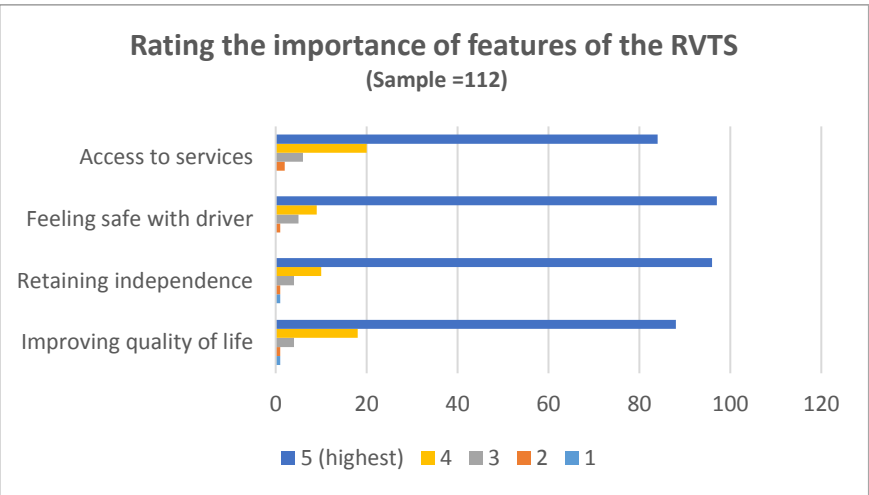
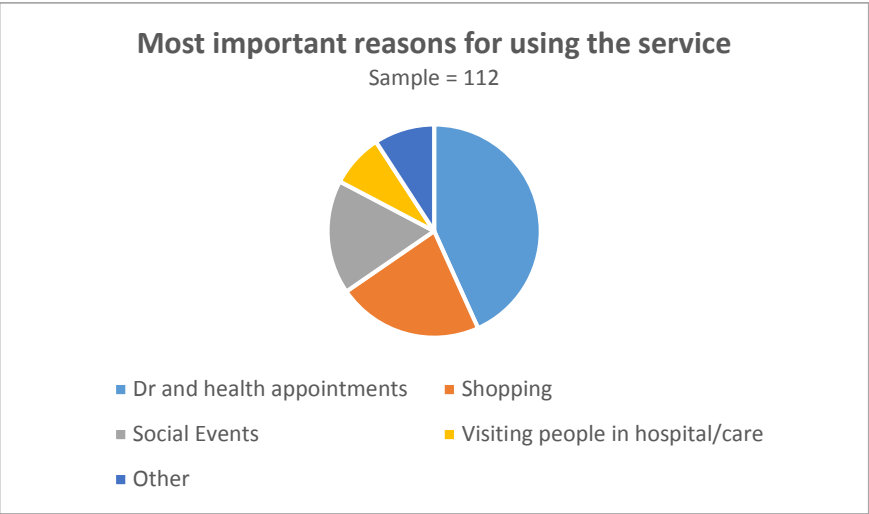
### Case Study

**Rushcliffe Voluntary Transport Scheme (RVTS):** *"The RVTS service plays a big role in driving passengers to health appointments and, like last year, this is the most important reason why the majority of passengers use the scheme. Rushcliffe has some of the highest levels of both 65+ and 85+ populations (2011 Census, Nottinghamshire Insight). The elderly are more likely to have health issues and less likely to have access to their own transport because of this. For those who are more mobile there are many areas of Rushcliffe which lack strong public transport links and only 58% of residents could access a hospital by public transport in less than 30 minutes (The People of Nottinghamshire 2015, Joint Strategic Needs Assessment). All of the listed features of the scheme scored highly but 'Feeling Safe with the Driver' and 'Retaining Independence' received the highest scores, which is consistent with previous results."*

Rushcliffe Voluntary Transport Scheme (RVTS) – Case study (Continued)

From the RVTS Passenger Feedback Survey 2016:

The overwhelming majority of comments praised both the service in general and the quality of the drivers and all respondents said that they would recommend the scheme.



Service User Comments

*“An excellent service which has given me a new lease of life. Also I’m dreading the winter months. In the past I was often house-bound and bored but not any longer! Thank you so much.”*

*“Everybody is really caring and enjoy what they are doing – could not manage without you all.”*

*“It’s a great service. The drivers are wonderful. I don’t know how I would manage without drivers who are very reliable, very pleasant and friendly. They have never let me down. I cannot praise you all enough.”*

*“Having been ‘housebound’ and unable to drive, I have found the Voluntary Transport Scheme has given me a freedom and independence I would otherwise have. The drivers have been so caring and helpful, willing to make sure everything was alright for me. Thank you so much for this wonderful service – very much appreciated.”*

## Domestic Violence and Sexual Abuse

### Summary of funded provision

Seven specialist domestic violence organisations were supported through Grant Aid and received a contribution towards the costs of a 24 Hour domestic violence helpline, outreach and support for women and children as well as training and resources for professionals.

On 01 July 2014, the domestic violence groups transferred to Public Health (and therefore, are no longer part of the Grant Aid programme). The sexual abuse groups were also transferred to Public Health on 01 July 2015.

### Case Study 1

**Equation (Equation Nottinghamshire, trading as Equation, formerly known as Nottinghamshire Domestic Violence Forum - name changed on 12th June 2013)**

*“The Professionals and Communities work stream promoted interagency working and early interventions by:*

- Identifying and promoting a common framework of understanding and approach to tackling domestic and sexual violence to professionals in Nottinghamshire and Nottingham - through the identification or development of good practice.*
- Identifying gaps in provision and resources and working towards reducing the gaps.*
- Improving access to services by survivors and their children through awareness campaigns, working with professionals to improve interventions and developing resources that promote access to services (including marginalised and vulnerable groups – LGBT, BME, disabled survivors and those with mental health problems).*
- Assisting in multi-agency working on the issue of domestic violence, through the development and facilitation of multi-agency meetings on the issue of domestic violence.*
- In 2013-14 year Equation expanded its training provision. Equation provided training as usual to multi-agency groups, but also to drug and alcohol intervention providers, PCSOs and CSOs, Nottingham City and County Adult Safeguarding, and Nottingham City Children's Partnership.”*

Source: Equation Annual Report 2013-14 (year ended 31 March 2014).

### Case Study 2

**ISAS (Incest and Sexual Abuse Survivors):** *“A female client I assessed in her early 30's who had been abused came for an assessment feeling this was her last straw - only 2 days before she self-harmed cutting herself with scissors. Realising this lady needed help urgently I persuaded her to join the female therapeutic group (as all the counsellors at the time were fully booked). After the 3rd session the client made friends and realised she was not alone. This enabled her to look to the future and eventually she stopped self-harming. After the 12 week group sessions, the client was matched with a counsellor and engaged in 12 one-to one-therapy sessions. The client's confidence improved and depression faded. Looking to the future, the client is now studying medicine at a university and is looking forward to becoming a GP.”*

Source: adapted from the ISAS Annual Report 2014-15

## Infrastructure Consortium

### Summary of funded provision

The infrastructure covers support for VCS organisations that provide organisational development/capacity building advice and information and support to other groups in the VCS sector.

### Case Study

**NAVO** was a county wide registered charity that promoted, connected and represented the community sector throughout Nottinghamshire.

NAVO was the lead body for the Infrastructure Consortium which included: the Northern Infrastructure Partnership (Ashfield Voluntary Action, Bassetlaw CVS, Voluntary Action Broxtowe & Mansfield CVS), the Southern Alliance Infrastructure Partnership (Gedling CVS, Newark & Sherwood CVS, Rushcliffe CVS and the Hostel Liaison Group), Rural Community Action Nottinghamshire (RCAN) and Community Accounting Plus.

The Infrastructure consortium supported services to the Nottinghamshire VCS. Consortium partners were responsible for leading on a VCS priority area as shown below, and the funding was distributed between the lead partners:

<b>Priority Area Name:</b>	<b>Lead Partner:</b>
1. Volunteering	Gedling CVS
2. Communications, Networking and Consultation	NAVO
3. Group Support & Funding Advice	Rushcliffe & Newark and Sherwood
4. Finance and Legal Support - including governance and closures	Community Accounting (CA) Plus
5. Response/Support to welfare cuts – including homelessness	Hostel Liaison Group
6. Closing the Gap on Rural Exclusion	RCAN

In October 2014, due to changes in the Charity Commission regulations – and changes in the way NAVO was funded by different funding bodies, NAVO's Executive Board, took a pragmatic and difficult decision to close at the end of March 2015. Consequently, some data for the latter part of the reporting period is not available. Despite this, the infrastructure consortium made a significant contribution to the Nottinghamshire VCS – with almost £4m in additional funding secured on behalf of other VCS groups reported as a key achievement.

## Outputs / outcomes included:

Outputs / outcomes included:	2012/13	2013/14	2014/15	TOTAL 2012-15
Additional Funding secured on funding on behalf of groups / support	£2,706,665	£1,248,711	Not available	At least £3,955,376
Number of Website hits	125,887	Not available		At least 125,887
Number of E-bulletins (Bulletins included: jobs & volunteering, news, funding, training, public consultations and surveys).	188	120		At least 308
Number of Countywide e-bulletin subscribers	500+	1,282		At least 1,282
Number of Voluntary organisations offered practical support (including support with annual reports)	971	1838		At least 1,838
Number of Volunteers directly supporting the consortium per year	Not available	274		274
Number of Volunteer hours per week	Not available	415		415
Number of people recruited to new volunteering opportunities per year	1,225	8,860		At least 10,085
Number of public consultations supported and responded to per year	20	79		99

## Other Infrastructure Consortium achievements during the 2012-15 funded period included:

- ✓ Lead body for the Transforming Local Infrastructure project funded by Big Fund, securing £348k lottery funding for the Sector.
- ✓ The launch of Rushcliffe Befriends funded by Lloyds TSB and Lottery, secured £101k from the Lottery.
- ✓ The Rushcliffe Together Community Cohesion Network increased its membership to 157 individuals and 90 organisations and networks and organised the 'Five Ways to Rural Health & Well Being' annual events.
- ✓ The launch of the Rushcliffe Voluntary Sector Forum led to the development of new initiatives, including a project by the Friends of Rushcliffe Country Park, and joint working between Rushcliffe CVS and Rushcliffe 50+ Forum to organise and deliver events in rural communities.
- ✓ 423 Twitter followers & 194 Facebook likes (in the year ending March 2014).
- ✓ Cost-effective DBS checking service (supporting 750 applications in 2013/14).
- ✓ Raising the profile of volunteering and celebrating volunteer achievements, e.g. via: Volunteer Awards Ceremony and Volunteers weeks.
- ✓ RCAN also reported that:
  - IT Community Champions secured funding from the Lottery for £120,000 for three years to deliver training to 1250 learners across the County.
  - Build, Grow, Cook and Eat: created a new community garden built by beneficiaries at Hope Beeston. The produce grown is used to help teach cooking skills to families.
  - The oil members saved a total of £15,952.56 over the year between them.



## Case Study

**Self Help Nottingham & Nottinghamshire** is a unique organisation which helps people to start and grow their own groups – and bridges the gap between these groups and health and social care professionals.

Examples of development, support and dissemination of good practice in service provision include:

- ✓ Extensive services to help new groups to start up and enable existing groups to develop and grow. For example: access to promotional support, free publicity and meeting rooms for new groups in their first year.
- ✓ Access to a comprehensive and professional information service and group networking days.
- ✓ Promoting the benefits of self-help groups to health & social care professionals.

With 30 years of experience, the Department of Health asked Self Help to use their knowledge and expertise to support other areas of the UK.\*

### Outputs / outcomes included:

Over the three years, 2012-15: Outputs / outcomes included:	2012/13	2013/14	2014/15	TOTAL 2012-15
Number of County voluntary organisations / groups offered practical support during the funded period.*	87	80	104	271
Amount of additional funding secured for self-help groups / organisations	£23,173	£18,819	£22,765	£64,756
Number of <u>County</u> groups benefitting from free training courses (to build their capacity to run and develop their own groups)*	95	65	80	240
Number of new <u>County</u> groups established*	29	34	36	99
Information support: number of visits to website	13,642 info searches; 41,288 web hits	13,910 info searches; 41,638 web hits	14,545 (new website)	42,098
Information support service: Directory of self-help groups and self-care support distributed to how many County GPs, Pharmacies, health centres and the general public?*	1,300	1,226	952	3,478
Number of County groups supported	228	193	151	571
Number of County individuals supported via telephone information line	575	495	130	1,199

\*Source: <http://www.selfhelp.org.uk/home/>

## **Adult Social Care, Health and Public Protection (ASCH&PP): Mental Health, Learning Disability, Physical Disability & Vulnerable Adults**

### **Summary of funded provision**

Projects and services to improve health & well-being for vulnerable adults and adults with mental health, learning disability and physical disability needs.

### **Over the three years, outputs / outcomes included:**

- ✓ 21 VCS projects across Notts helped to reduce isolation and improve well-being over the 3 years
- ✓ Service users benefited from a wide range of services and activities including:
  - Home assessments for equipment and adaptations
  - Benefits advice for disabled clients
  - Approximately 300 people with mental health issues given 1:1 support per year
  - Skills-based training and arts & craft, personal development and social activities (1,800 events per year reported for people with mental health issues).

### **Mental Health Case Study**

**Notts Mind Network:** *"Mind attracts many people who do not traditionally use mental health services through fear of stigma and 'asking for help' but through support have regained their confidence to access both voluntary and statutory services and develop skills and tools to manage their mental health and build their resilience to respond effectively to situations. The Grant Aid funding has:*

- ✓ *Supported 3 central hubs across the County offering a range of services to meet the local needs of people with mental health issues, their carers, friends, families and the local community.*
- ✓ *Enabled services users to address issues relating to their mental well-being, including - understanding diagnosis, treatment options, identifying signs and symptoms, building resilience, addressing recovery, accessing statutory support, independent living and developing their skills...*
- ✓ *Enabled carers, friends and families to understand the needs of their loved one/friend, build their resilience in supporting someone with a mental health issue, practical support in engaging with other support services, accessing support from peers experiencing similar issues and providing a break from caring responsibilities...*
- ✓ *Contributed to the delivery of flexible services to enable local people to access support that meets their needs ranging from low level interventions delivered by trained volunteer telephone befrienders where people can have regular support to talk through issues; through to face-to-face support from trained professional staff offering crisis intervention...*
- ✓ *Contributed to the development of an effective volunteer development programme, where volunteers have supported service users to increase their self-esteem, self-worth, sense of value, gain confidence, access mainstream services engage with the community, develop peer support and meaningful friendships, build resilience, increase independence, prevent relapse, understand their condition, access volunteering and employment. Mind could not offer services users the range of services without a volunteer development programme...*
- ✓ *Enabled Mind to provide various training packages, presentations and social contact opportunities, raising the awareness of mental health issues in the workplace, schools, colleges and other organisations."*

## Learning Disability Case Study

**Reach Learning Disability:** "...the funding contributed to vital activities that help to grow and strengthen our service for adults with learning disabilities in Nottinghamshire...benefits included:

- ✓ Creating more opportunities for involvement in community life and positive interaction with other local people, recruiting more volunteers and strengthening our volunteer induction and training programmes...
- ✓ Creating new opportunities for adults with learning disabilities to participate in community events...
- ✓ Increased partnership working with local health and social care colleagues to ensure we reach those most in need and that our services fill gaps...
- ✓ Ensuring the voice of adults with learning disabilities and family carers informs the development of services...
- ✓ Reducing the risk of poor health outcomes, e.g. working in partnership with the Mansfield Community Learning Disability Nurse to pilot a 12 week 'Adult Life' course supporting 10 adults with learning disabilities to promote more positive lifestyle choices around alcohol use, smoking, exercise, diet and relationships. Grant Aid meant that our Mansfield Manager was able to respond to this joint working opportunity quickly and flexibly.
- ✓ During the funded period we have also created new work placement opportunities thereby drawing new health and social care expertise into our service. E.g. in 2013, two Occupational Therapy (OT) students participated in activities adding value and bringing new insights about OT.

## Physical Disability Case Study

**Disability Nottinghamshire:**

"Grant Aid supports our charity to achieve its strategic aims and objectives, enabling us to:

- ✓ Offer a universal information and advice service on a wide range of subjects relating to disability, long-term health conditions and caring for individuals, families, professionals, students and other organisations.
- ✓ Recruit, retain and develop volunteers
- ✓ Support our outreach service that operates in local communities across the County which face significant challenges, in particular, those where inequality, deprivation, lower levels of educational attainment and higher rates of poor health are prevalent.
- ✓ Relieve complications, stress, worry and anxiety, caused by welfare reforms by supporting clients in a holistic and person centred approach, increasing their confidence, self-esteem and empowering them to self-manage their situation in the future.

This is an example of how our services have supported a Nottinghamshire resident:

- ✓ Mr A is 75 years old, he is a proud man and did not like asking for help. He has severe arthritis, lives alone in rented accommodation and does not claim any disability/income related benefits. As a result of coming to an event that we organised, he had a benefit check completed.
- ✓ We identified a possible claim for Attendance Allowance and if successful this could possibly lead to additional support. He was struggling with his personal care and needed a social care assessment.
- ✓ We enabled and empowered him to contact social services for support.
- ✓ Mr A was successful in claiming Attendance Allowance (High Rate) this in turn led to a successful claim for Pension Credit (Guarantee) which also triggered full support with housing and council tax. In total, Mr A is now some £7,488 per year better off through our intervention.
- ✓ Mr. A fed back: "...The advisor was very helpful and extremely friendly, excellent organisation...A light in a very dark tunnel."

## Vulnerable Adults Case Study

**Cedar Housing Nottingham:** *"We continue to ensure that young women are equipped for independent living, leaving situations of homelessness and acquiring the skills and ability to manage a tenancy, or where appropriate moving back to a home situation. This includes addressing or overcoming mental health problems, making more healthy lifestyle choices, engaging with education and training, better able to manage key relationships in their lives, taking steps to manage any substance misuse issues, feeling more confident and better able to manage their finances. The following quotes are taken from exit interviews with residents, where they were given the opportunity to say in their own words what has changed in their lives as a result of receiving support from Cedar Housing:*

*"Before I came to Cedar, I was very unhappy and was very desperate, I was very unsettled and day to day living was a struggle for me; I sort of forgot who I was. I was in a really bad relationship and was always frightened and could never say 'no' to anyone or look after myself and I really struggled to make any kind of relationships with people that was positive. When I came to Cedar, I was offered a new start - at first it was really difficult for me, but I soon settled in. Throughout my time here I have learnt so much and learnt lifelong skills. I am finally happy. Cedar has changed my life the staff and the support they have given to me is amazing. I have now learnt how to say 'no' and it is okay to make my own choices and decisions on my own. Cedar has helped me to find myself again and I have found my voice."*

**Radcliffe on Trent Advice Centre:** *"From July 2012 to 2015 we have:*

- ✓ *Supported more than 600 enquiries regarding welfare benefits, tax credits and general tax issues to an estimated value of £960,000.*
- ✓ *Assisted over 200 clients (to) deal with debt issues relating to more than £500,000 of debt."*

## **Adult Social Care, Health and Public Protection: Preventative Services for Older People**

### **Summary of funded service**

The funding contributed to projects that prevent or delay the need for older people to access additional services.

### **Over the three years, outputs / outcomes included:**

- ✓ 30 VCS projects across Notts helped to reduce isolation and improve well-being.
- ✓ Older people per year benefited from a range of services and activities to improve health, well-being & independence – and to reduce social isolation / loneliness e.g. lunch clubs, arts & crafts, friendship groups, exercise classes, therapies, mental stimulation activities, support, advice and signposting to other services.
- ✓ An estimated 18,500 meals per year provided to older people through 11 luncheon clubs.

### **Preventative Services for Older People Case Study**

#### **Age UK Nottingham & Nottinghamshire (2 projects: Visiting North & Visiting South):**

*“The Grant has helped service users to reconnect with their local community. They have become less isolated and are known by more people in their community....”*

*“Feedback from users of the service is very positive. At the assessment stage 85% of service users reported experiencing severe loneliness and isolation. After 9 months 100% of service users reported that they felt less lonely and 75% confirmed that the visits made them feel much happier and more positive. Fifty percent of service users reported that they now visit their local community 3 or more times a week. Quotes on feedback forms included; “She is my lifeline”, “I look forward to the visits all week”, “It’s made such a difference to my life”, “Thank you for all that you do” and “We chat, we laugh, we put the world to rights...”*

*“Service users are matched with a reliable Visiting Volunteer who has similar interests to the service user. (The Volunteers are interviewed, DBS checked and trained by Age UK Notts to ensure their suitability for the service) The service user makes a new friend, builds their self-esteem and has something to look forward to each week. Through these regular visits the Volunteers are able to identify and report any changes in the Service user’s physical and mental wellbeing. This ensures earlier intervention and potentially avoids a crisis that may result with the Service user requiring NHS or Social Care provision / intervention...Through these regular visits service users are more aware of what is available to them locally and are aware of how to access services. Those service users that are able have been supported by their Visiting Volunteer to visit local amenities such as cafes, shops and other venues to enjoy social activities and meet new people...Volunteer Visitors are fully trained to deliver the best outcomes for the Service user...Service users develop self-management and care skills to relieve loneliness and improve their health and wellbeing. Their minds are stimulated, they are encouraged to reminisce, review accomplishments and re-establish their sense of personal identity. Their sense of self-worth is enhanced and they benefit from increased self-confidence. They are given the opportunity to learn new things or go to new places with the support of the Visiting Volunteer who they have learnt to trust...The Volunteers support the Service users to find out more about other local services available to them so that they can access help that already exists or to re-engage with local organisations and businesses.”*

## **Grant Aid themes that run on a different funding cycle to the corporate Grant Aid programme (i.e. Summer Play Schemes, Sports & Arts)**

### **Summer Play Schemes**

**Over the course of the 3-years, the priorities for Summer Play Schemes were based on the following:**

*“Our ambition is for Nottinghamshire to be a place where children are safe, healthy and happy, where everyone enjoys a good quality of life and where everyone can achieve their potential.*

*The Nottinghamshire County Council Young People’s Service supports Voluntary Sector play provision for children and young people aged 5-14 years. We recognise that by focussing our resources, including Grant Aid, on providing opportunities for positive play experiences for the children of Nottinghamshire, we can bring communities together and support the social and emotional development of children through the natural process of play.”*

Summer Play Scheme applicants were asked to:

- Demonstrate how their scheme contributes to the Nottinghamshire County Council Strategic Plan in their application form
- Address the needs of minority, diverse and excluded groups in their service provision and management
- Indicate how they have included / will include the specific/target community in their planning and service delivery
- Have in place the required policy, procedures and structures
- Have in place good governance and effective management processes and practice
- Demonstrate ‘value for money’ (a formula was applied to assess this).

Historically, the Summer Play Schemes Grant Aid was managed by the Young People’s Service and in 2014, this responsibility was transferred to the C&VS team. The C&VS team continue to work with departmental colleagues in respect of the service specific requirements, as appropriate. By transferring responsibility to the C&VS team, the Summer Play Scheme programme benefitted from the developments introduced for the 3-year corporate Grant Aid programme (e.g. improved monitoring process and information management).

Through joint-working with departmental colleagues, it was agreed that due to the nature of Summer Play Scheme projects, it was important to:

- Carry out a due diligence check prior to making recommendations and this was successfully introduced in 2014
- Carry out a monitoring visit to all groups during the Summer Play Scheme delivery (where possible),

The Summer Play Schemes 2012/15 were awarded 1-year Grants up to a maximum value of £1,000.

### **Case Studies:**

The following case studies are taken from the Summer Play Scheme 2014 End of Project Monitoring Report, where Summer Play Schemes were asked:

***“Overall, what went well during the Summer Play scheme? i.e. what were your successes?”***

Responses include:

**Rainworth and Blidworth Detached Youth Project:** *“We were fully booked throughout the summer holiday, Children and parents gave us excellent feedback for the second year running. Our volunteers have all progressed onto formal youth work qualifications following the work experience. Well planned sessions offering a number of different activities on each day to keep young people engaged.”*

**Radcliffe Family Play Days:** *“Fantastic attendance. Interesting, varied activities. Very positive range of grant funding from local donors. Energetic, committed team of volunteers. High quality activities delivered by external providers.”*

**Pleasley Playscheme:** *“Strong relationships of trust developed between leaders, children and families. The children were continually engaged with a varied and imaginative programme - there was no boredom. The behaviour of the children was excellent. The team of volunteers was diverse, committed, and had a wide range of skills.”*

**OASIS Community Church, Centre:** *“The overall plan worked perfectly and we attracted more than double the number of children this year than last year. And we also added another site to our work in Ordsall where we already run a second children's club. All staff worked well together and the rapport with the children was great. New children soon settled well and the activities we planned went very well with something different each day and also a variety of crafts, sports, cooking, performing arts, circus skills etc. Kids loved quiz and story time activities and loved the teenagers working with them as well...we have lovely grounds and outside play equipment at the OASIS Gardens so they enjoy time outside in the sun when we have free play time.”*

**Toton Churches:** *“Fun for all involved positive relationships, Great atmosphere, really enthusiastic children. Superb team of leaders and teenage helpers. No complaints at all. The comments we received from parents stated that they were very happy with the way the scheme was organised and that their children had had a great time.”*

**Friends of Ordsall Primary School (FOOPS):** *“The successes of our play scheme included:*

- a) Good attendance, over 100 local children engaged in positive play at some time over the two week period*
- b) The variety and balance of activities on offer were particularly successful and ensured that there was something that appealed to all children across all ages and interests*
- c) The length and timing of the play scheme was successful in maximising uptake*
- d) The quality of activities on offer, delivered by coaches and artists in the wider community ensured quality provision for the children*
- e) Recruiting adult volunteers to support the delivery of the play scheme and receiving local community support*
- f) By providing activities that integrated different ages of children and different families in the community which successfully enabled siblings from same families to attend activities together, encouraging a sense of care and support for one another*
- g) On an individual success level, a child with quite severe behaviour issues asked to access more sessions than he originally planned to do once he started attending and proceeded to attend all sessions without any conflict in his behaviour.”*

**Blue Skies Community Initiative:** *“Every session was enjoyed by the children and they were safely transported between home and activities. We have had excellent feedback from children and parents. The variety of activity allowed children to choose what they would like to do. Getting children into the outdoors created the greatest success. Den building and cooking over the fire was an activity the children said they would love to do again. Handling animals such as cockroaches and snakes was exciting for them. Children were amazed to be able to fly a hawk and this provider created added excitement by getting children to make a hoop with their arms for the birds to fly through. All the crafts were devoured with enthusiasm and children especially enjoyed using unusual materials such as coloured feathers and willow. Making a diorama with a "Frozen" theme was popular. All the arty activities provided really positive feedback from the children. They especially loved the picnic and play day at Rufford. Freedom to play and move from activity to activity was a big part of the day. Using a Young Volunteer has really inspired the children to be a future volunteer. See report for more information.”*

**Summer Play Schemes were asked:**

***“What challenges / concerns / complaints did the Summer Play Scheme experience (if any)?”***

No complaints were reported by the Summer Play Schemes and some groups identified the following the following areas of concern to them:

*“We have a concern re the venue for next year as the current venue will not be available...”*

*“Financially, things have been tighter for the playscheme this year.”*

*“The main challenges of delivering the play scheme were:*

- marketing the play scheme offer to all children and families [in the local area] and ensuring a take up take from those children and families most in need*
- reliance on professional providers, their costs and ensuring the providers delivered appropriate activities “*

*“A few parents booked and paid for sessions and then didn't send their children.”*

*“We didn't have any complaints apart from we didn't run for all 6 weeks of the summer [parents and children would have liked the scheme to run longer]”*

*“The only challenges are with growing numbers of children but we prepared for a higher numbers every day...”*

*“Having enough committed volunteers is always a challenge for us...”*



# Sports Fund

## Summary / background

### **During 2012-14:**

- Grants to sports clubs were managed by the Sports Team and were awarded under the 'Community Sports Fund'.
- The 'Rising Stars Fund' supported talented athletes performing at a *national* level who were resident in Nottinghamshire and in full-time education, with costs such as travel, training and accommodation.
- The 'Shining Stars Fund' was set up to support talented athletes performing at an *international* level. This grant scheme was initially conceived in the run up to London 2012 Olympic and Paralympic games.
- Historically, Sports Fund rounds were launched two times each year and successful applicants were awarded 1-year Agreements.

### **In 2015:**

- The Sports Team and Community & Voluntary Sector (C&VS) team worked towards transferring the management of the Sports Fund to the C&VS team. The C&VS team liaises with Sport Nottinghamshire regarding the sports specific aspects of this fund, as appropriate.
- The 'Community Sports Fund' became the 'Club Development Fund'; under the new Fund, grants were awarded to Nottinghamshire sports clubs for projects in one or more of the following themes: Sports Participation, Volunteer Development and Coaching Bursaries.
- Sports clubs were able to apply to one or all 3 categories for up to a maximum £1,000.
- The 'Talented Athletes Fund' replaced both the 'Rising Stars' and 'Shining Stars Funds'.
- Talented athletes competing in a Sport England recognised sport, representing their country and / or within the top 5 in their age group could apply for up to £400 financial support.

### **Over the three years, 2012-15, outputs / outcomes included:**

- Forty-one Sports Club projects and 122 different athletes were supported (note that 261 individual athlete grants were awarded as some athletes received funding for more than one year)
- At least 21 athletes represented their country at national or international level.
- Previous participants of funding from the County Council have included Olympic gymnasts Sam Oldham, Becky Downie and Ellie Downie, Paralympians Ollie Hynd (swimmer), Charlotte Henshaw (swimmer), Richard Whitehead (sprint athlete), Sophie Wells (dressage) and rising tennis star, Freya Christie.
- 22,000 pupils per year participated in sport under the auspices of the NSCS

## Arts

### Summary / background

Historically, the Nottinghamshire Arts Fund (NAF) was coordinated by the Nottinghamshire County Council Arts Department, with the following priorities for the 2012/15 programme:

- Developing community engagement and participation in the Arts
- Developing the workforce of the Arts sector
- Developing the infrastructure of the Arts sector

Two funding rounds were launched each year and successful applicants were awarded 1-year Grant Aid awards between £500 - £2,500. Projects were required to have a minimum 10% funding from other sources and involve a professional artist.

Over the three years:

- Approximately 3,500 people per year took part in a range of arts activities in almost 60 arts projects
- An estimated 39,000 people per year engaged as audiences through the Community Arts fund.

### **Case Studies**

#### **Bamboozle Theatre Company**

***“A fabulous sensory stimulating experience for all abilities to join in”***

***“A little bit of magic in Mansfield...”***

“Mole and The Meadow involved 3 days of immersive theatre experience for families with children with profound and multiple learning disabilities. The families attended for 1 day in groups of up to 6 families per day. The experience included a narrative, live music, and interaction with characters, multi-sensory environments and experiences. Each day was designed around the needs of the whole group and therefore, the content/structure varied depending on the makeup of the group. For example, if a group had no siblings attending, the session would have been altered to reflect this. Similarly, if the group had several siblings of different ages, the session would have been adapted to provide integrated and appropriate activities for those attending. This was the first project of its kind to be run in Mansfield at the Create Theatre.

There was a team of 7 artists in total, with 4 artists delivering each day. The artists had a range of art form experience and levels of expertise. Every day had 1 highly skilled facilitating artist, a musician, designer and 2 performing artists delivering the experience. The team worked together to plan and evaluate each day. By sharing expertise and reflecting on each days’ delivery, the teams were able to ensure that the participant’s needs were met in the most creative and fun way possible.

The Bamboozle team was supported by 2 student volunteers from Vision West Notts College Drama Department. The volunteers took an active role in working with the team to set the multi-sensory environments, work one-to-one with the children participating and in planning and evaluating each session. The Vision West Notts students were given impactful access to an experience they stated that they had not been able to find elsewhere. Both students were interested in the educational and social aspects of theatre and despite many attempts had failed to secure any other work experiences.

*“I would just like to say thank you to yourself and your team at Bamboozle, your dedication and commitment is inspiring. This experience has encouraged me to continue with my degree to achieve my goal of becoming a drama therapist. After constant rejection I am so grateful I was allowed to join in with these sessions and appreciate the work you do, Thank you.”* Student Volunteer

The participant's feedback was 100% positive with all families stating that they 'Agreed' or 'Agreed Strongly' with the following comments:

- We found coming to Bamboozle today beneficial
- Today as a family we feel we interacted or communicated more than we usually do.

The funding helped to ensure that these families had a positive arts experience which was accessible for the whole family. The project provided meaningful stimulation and interaction between family members and also between different family groups who, whilst experiencing similar life experiences, rarely get the opportunity to share this with other families: *"It's is a great opportunity to meet families like our own - it makes life feel less isolated coming to Bamboozle."* Parent.

The families and in particular the disabled children were given access to professional and high quality artists in a mainstream arts facility - an experience rarely offered to these families:

*"A little bit of magic in Mansfield (and that doesn't happen very often!) It's a multi-sensory day long experience that is about the kids, not the adults. It's something they can easily access. It's a day for and about them – Keep it up!"* Parent.

This was a new venue for Bamboozle and the first time the college has been able to offer its facilities to Nottinghamshire families with profoundly disabled children. The experience was a positive one for both the theatre and the community participants and it is hoped that further such projects giving access to highly marginalised members of the community will continue at the theatre.

Feedback from the Theatre:

*"The impact on our venue was very positive one. We are keen to make new links with companies from diverse backgrounds and, as the event which Bamboozle wished to stage was a new venture for Create it was not only good to meet company members but also families that attended. Most of these had not had the opportunity to attend the venue before and obviously enjoyed the experience, which was great to see."*

*"When the company offered the opportunity for two students to participate in the event this was an even more affirming link. The students thoroughly enjoyed their time working with the cast and family participants and provided them with invaluable experience as this work is something they are particularly interested in pursuing after their studies."* Vision West Notts

### **Movement For All**

"The Inter Dance project took place over four 2 hour long sessions at Brinsley Parish Hall. The knowledge exchange across the generational gap was fantastic to see - young and old were fully engaged and involved in teaching each other their own phrases of movement and all equally enjoyed learning and being allowed creative time.

The film we made highlights both the group's views and opinions about the project and the joy that they experienced whilst working together. The film has since been shown to wider audiences at a sharing at the Parish Hall and the Schools Performing Arts Showcase. It is also playing on the schools PA system, has been shown at the Healthy Lifestyle Event and the over 55's Event both held in Eastwood recently (organised by Notts West CCG and the CVS). We are in talks with Nottingham Age UK and Notts TV as to how it can have an even wider reach. The film is also online on the Movement For All website and Hall Park Academy's YouTube channel. We have had great positive feedback so far and the film is currently being edited to be shown in 2 local doctor's surgeries."