

# Southern Community Engagement Forum

## Community Development Plan 2016 /17



Update April 2017

### Raising Awareness of the CEF

Progress	Lead
Agreed at PB meeting January 2016 to look at possibility of the CEF sponsoring an award at the annual Selby and Goole Community Pride Awards, held at Drax each year.	CHN
Promotion has started with the awards. Southern CEF mentioned in press releases and information available on the awards website. Assisted with press releases and commenced promoting how to nominate through AVS newsletter, at partnership meetings.	CHN
Closing date for nominations was the end of Sep 2016. The event takes place on Thursday 10 <sup>th</sup> November 2016.	
Funding Campaign – a specific flyer was designed and has been circulated across the CEF database and been included in the AVS newsletter in August and October. Two date discussion meetings have been held with project proposals being prepared by Hambleton Village Hall, Brighter Futures, Selby District Vision, Yorkshire Energy Dr, Carers Count, Hambleton Players and the CAB service.	CHN CHN
Dec 16 – The next Public Forum on Thursday 8 <sup>th</sup> December will focus on each project being asked to make a small presentation about their proposal. It will allow questions to be asked by attendees and PB members.	CHN / Janine
5 organisations gave presentations at the Public Forum – each project discussed how their work will also promote the Southern CEF, Decisions to be made at the January 17 PB meeting.	PB

### Developing CEF forums

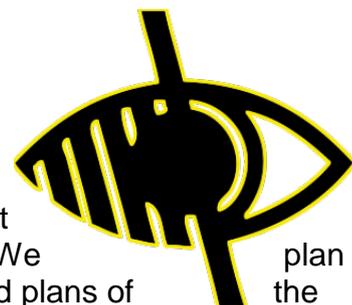
Progress	Lead
Targeted themed event on Flooding for Parish Councils. Specific invites were sent to all Parish Councils. Event attended by a range of organisations and held as a practical planning workshop.	
Review of event to take place at PB meeting in April 2016. Agreed that different people had attended the event, positive feedback from attendees.	Cllr Jordan
Targeted themed event for Carers, promoting services available in the area for Carers. Information circulated through a specific flyer delivered door to door.	
Review of event at PB meeting in July 2016, once again a different range of people had attended the event.	Cllr Jordan
Developing the concept of taking the CEF on an interactive tour of the area. Choosing a location and consulting with locals about the topics / theme for their Forum. Then building the event around the issues they want covered.	CHN / Cllr Jordan

## Loneliness and Isolation

Progress	Lead
Social Prescribing Service Launched May 2015 – uptake has been quick.	CHN – AVS
300 organisations and their activities now detailed on the AVS Voluntary and Community Sector database.	AVS
July 16 – Over 250 patients have now been assessed through the Social Prescribing Service. Follow up impact assessments have now commenced, demonstrating a positive impact on 8 measuring indicators. Service extended to the end of September 2016. Referrals extended to include the Community Response Team following presentation to the staff team. Attended first Northern Social Prescribing Conference, provided an overview of the service, and contacted NHS England for assistance with continuation funding.	AVS
Meeting with Carlton Primary School Head and Governors to develop their library into a community hub to address arrange of issues in the local community including loneliness and isolation. Assisted with developing a plan for development and a funding proposal to the CEF.	CHN
Proposals submitted for a Selby District Vision and Yorkshire Energy Dr roadshow to raise awareness of services and support.	
March 17 - Social Prescribing Service refunded through Selby Hands of Hope. Able to take referrals from any support services supporting people who live in the Southern CEF area.	CHN

## Vision – On Tour with the Southern CEF Selby District Vision

We believe that taking this service out to the public, especially to those most isolated parts of the area, will not only promote our own services, but also be a fantastic opportunity to promote the work of the Southern CEF. We to build into every session we run a presentation on the work, purpose and plans of Southern CEF and to encourage people to engage with its activities.



This project will have a direct impact on reducing loneliness and isolation:

- Educating the local community in supporting those with sight loss better, to improve the quality of life for those living in the Southern CEF area with a visual impairment.
- Identifying where support is needed and working with members of each local community to support those needs better.
- Offering opportunities to anyone within that community to come along to an event locally; ask questions, embrace new information and meet with other people. By working in partnerships with other service providers, ensuring each event is varied and of interest, we would hope to encourage a wide variety of individuals to take part.
- We will develop an interactive session, incorporating the 'Eye Health Message' and some visual awareness material. This will include input from the project officer, as well as visually impaired volunteers.

We hope to carry out two sessions each month, allowing for 24 sessions in total, to ensure we can cover the whole of the Southern CEF area.

## March Update

- Three meetings with the Yorkshire Energy Doctor have helped us to make a great start on pulling our resources in order to maximise the impact of this project.
- We have been compiling a list of all Southern CEF Village venues, parish councils and event options
- We have begun to contact these local links and to start booking in on tour dates to enable us to take our service out to each village over the coming year.
- With YED we have been working on the publicity for the project. We have created a poster/flyer which is currently with the designer and will ensure that we are able to advertise the tour venues as locally as possible.
- We have met with Chris to discuss progress and the best way to incorporate the promotion of the Southern CEF in our tour

## The Re-energised Roadshow

### The Yorkshire Energy Dr



Over the last two years we have visited significant numbers of people in the Selby District who are paying more than they need to for their energy, who have experienced problems with their energy supplier, who are worried about the cost of turning the heating on and/or who have been cold-called by companies offering 'free' energy-related products. Through this we have observed a demand for an independent service that can provide impartial advice on these issues.

When it comes to heating a home and managing energy costs, residents in the Southern CEF face specific challenges. Over one-third of properties in the area are off the mains gas network - this means that residents are having to rely upon more expensive forms of heating. Furthermore, 18% of homes have solid walls which means that they cannot be insulated in a straightforward manner and makes homes harder to treat. In the ward of Whitley these figures are even higher, with 67% of homes off mains gas and 28.3% having solid walls.

Through this project, we are proposing a new approach which will take us into all the Southern CEF villages and will tailor the type of activities we offer to meet the needs of individual parishes. Having local events in communities makes the service accessible to all and will particularly benefit those who may have difficulty or concerns about travelling to advice centres in urban hubs.

The project will also make advice available to community buildings - energy bills often represent a significant proportion of the running costs of these facilities and we have found from previous projects that there are several actions that can be taken to reduce energy use and costs.

Our project will run a series of events across the Southern CEF area to deliver advice on reducing energy costs. We will provide a total of 20 days of support and will offer our service to all villages. We will then work with all interested Parish Councils to devise a plan to engage residents in their area and to organise and publicise activities accordingly. This will be a combination of:

- Running energy surgeries for residents at an appropriate local venue such as a village hall, community centre or even the local pub. Local residents would be able to book a 45 minute slot to get independent and tailored advice on any energy-related question or problem.
- Attend a community event to host a stand or to give a talk to an existing group on saving energy in the home
- Provide advice regarding energy management within the local community buildings.

### **Update: March 2017**

I have been working with Emily from Selby District Vision to undertake the preparatory work for this project. Together we have:

- Pulled together a comprehensive list of all the Southern CEF villages and conducted research into:
  - potential event venues
  - existing groups, including where and when they meet
  - contact details for parish councils
- Put together content for a poster that can be used to publicise the events locally (as and when they are organised). This will have a list of all villages on it which will highlight the fact that residents will be able to see us somewhere local to them. It will also summarise the advice on offer and have editable boxes to put in the venue and date/time of a specific event. This is now with a designer to make it look eye-catching
- Liaised with the Southern CEF development officer with a view to getting a flyer and pop-up banner produced that we can take with us into villages to promote the CEF
- Provided a verbal update at the most recent Southern CEF Public Forum

### **Next stages:**

- Over the next couple of weeks myself and Emily will, between us, be contacting local groups about the project and looking to get some dates booked into the diary in each village
- Asking for suggestions and input from people with the local knowledge as to any other groups we could contact and/or venues we could use
- We will then produce posters, publicise the events and start delivery of face-to-face advice

## **Community Cinema**

### **Hambleton Village Hall**

This will allow our families of Hambleton to join a themed 'cinema club' that offers much more than just a film once a month. The trustees propose to host in the village hall a 3 hour Saturday morning event once a month.

This will be led by a fictional character that children can relate to every month that will focus on current issues that families are experiencing.

Additionally, at the end of the session the families will be able to consolidate their children's learning by taking part in the monthly activity and a lucky winner will win a prize the following month.

We intend to utilise our smaller hall for the parents / guardians as a coffee area. This will have a stand with that months 'current issue' and can be used a pick up point for the village and an expert on hand if the parents need further information / advice.

The benefit for our community:

- The nearest cinema available is at Castleford which limits accessibility and increases the cost for families. Our provision will provide families with a local interactive cinema experience once a month.
- To be part of a community hub that meets once a month which can address isolation as there is no current group available for families.
- Educate young people on current issues that they are facing with an expert from the area
- Allow young people to have the freedom to express their ideas and consolidate their learning through a monthly workshop
- Open a three-hour coffee shop for the community as a pick up point for local information and facilitate an open place for our community to interact with each other
- Single parents / guardians a touch base once a month to see other adults

Our project is more than a local cinema. We will create a monthly family event mixing cinema with fun activities, talks, presentations and the development of local support and friendship networks.

We will charge for each event enabling us to build a following and funds to secure the ongoing sustainability of the project and provide the opportunity to develop further sessions targeted at elderly/ mature adults once a month with a themed film afternoon.

The attendees will not only have a fun environment to socialise and make new friends but will also gain valuable educational material on current issues and the learning then will be consolidated through our workshops, a set activity for participants to go away to work on for the following month and the opportunity to highlight key themes in the films being shown.

Opening the hall once a month on a Saturday morning gives our younger community members a safe club to join to learn and communicate with other young people and form new friendships. Additionally, the club members will be written to once a month with information for the coming month and they will be able to be entered into the 'cinema club competition'.

Parents / guardians will be able to either sit with their child or sit in the coffee area and gain valuable information on the current month's issue and watch the film. They will also be able to offer insight into other issues they are facing for us to look at addressing in the coming months.

We will have short talks and displays on relevant new services, events and initiatives as part of each monthly Cinema Event.

Each monthly Cinema Event will be hosted by local residents on the Village Hall Committee - Fiona Conor and Louise Fisher who both have extensive experience and qualifications in 'Theatre in education'.

January – March 2017 will be the initial planning and marketing phase.

The first event would be take place Spring 2017. Running then subsequent months.

## Youth Provision

Progress	Lead
Youth Forum – To encourage young people to help themselves. Meeting held with Lesley March 2015	Lesley Senior, CHN
<p><b>Youth Provision Initiative Proposal</b></p> <p>It was agreed that it would be good to hold an event for all local service providers and the children / young people they support to come together to share issues and ideas.</p> <p><b>Planning Event September 2015</b></p> <p>The Southern CEF invited all youth group leaders and children to attend a consultation / planning evening. The event will be organised as an interactive workshop enabling the children and youth leaders to share their issues, develop ideas and work up an appropriately structured event for each half term holiday.</p>	Lesley Senior / CH
<p>Youth event held on 25<sup>th</sup> Sep 2015 attended by 11 young people and 14 adults. A summary of the event and a proposal for next steps has been prepared for CEF PB to consider.</p> <p>Key priorities and proposals developed are</p> <ul style="list-style-type: none"> <li>▪ To hold monthly youth based workshops</li> <li>▪ Have a cinema to go on tour throughout the villages in the area</li> <li>▪ Promote football opportunities via WLCT</li> </ul>	
Additional online survey circulated to youth groups and organisations in the Southern CEF area – a further 3 responses received – requesting – cinema, dance and baking activities.	
Two meetings held with BeeAble to request a planning proposal to hold events across the next year incorporating all the findings.	
<p>April 16 –PB agreed to fund 4 events for young people to include appropriate staffing, entertainment, room hire and buffet lunch.</p> <p>May 16 – Flyer produced and circulated to households in the area. All schools have been emailed and further promotion to CEF database, AVS newsletter and at partnership meetings. Further promotion through the Parent Power Network.</p> <p>July 16 – Venues booked, cinema arranged, workshops planned, bookings coming in.</p>	Lesley Senior / CHN
The first two events were held during the summer, a total of 44 different young people attended across the two events. They were well received and feedback has contributed to how the next two will be delivered.	Lesley Senior
After the first event in Drax, it was decided that a few changes where needed, the day was a bit too long, the cinema brought a couple of problem's, finding a suitable film for such a large age range, having it at the end of the day, everybody was tiered. We addressed these issues and resolved them. We made the day a little shorter, instead of a film we used the screen for interactive games, (a Wii console was used).	
<p>Sep 16 – Met with one of the local heads to discuss how to arrange awareness through the schools for the next two events. Head has agreed to invite us to an assembly to promote the next day in the new year. He will also raise this with the other Heads in the area, so the same level of promotion can be achieved.</p> <p>Following each assembly, each pupil will be given a signup sheet for the day.</p>	Lesley Senior / CHN

Dec 16 – Proposal from TFE submitted to develop a network of Young Entrepreneurs across the Southern CEF area.	
The support and activity's provided by York City Knights rugby team has been a massive success and they have attended all 3 events held to date. We will be asking them to attend our 4 <sup>th</sup> and final event in May/June 2017	
Whitley and Eggborough activity day 20 <sup>th</sup> February 2017, 31 young people attended.	
The final day will be held in the spring half term. We still need to find a venue for this, we are going to look at a venue near Hensall as someone commented that they don't often have activities provided there. I am going to get in touch with the gentleman who raised these concerns after the Easter break. I think we will look at similar activities as they have worked really well. As you can see from the report we have had increasing numbers and really good feedback.	Lesley Senior

## Inspiring Young Entrepreneurs - a New Framework for Success

### Training for Employment (Yorkshire) C.I.C.



According to research published in October 2016 by the New Entrepreneurs Foundation (NEF), almost a third of young people aged 18-25 have started, or are considering starting, a business. Half say they have been hampered from doing so.

Areas holding them back included lack of access to finance, lack of business knowledge, and a lack of good contacts.

Local problems and issues will be identified and resolved by young local entrepreneurs. Examples of services that might be offered by young people include dog walkers, cleaners, handypersons, gardeners, ironing services, and house sitters.

Our project will create a successful and robust framework to assist young people to identify areas of particular concern in their neighbourhoods, and set about providing services to address those needs developing their own successful small enterprise.

Our project will develop the entrepreneurial skills of a minimum of twelve young adults.

It will be a collaborative project, combining Training for Employment's workshops, guest speakers, a quarterly Southern CEF Enterprise Club and networking opportunities.

Training for Employment will provide self-employment skills workshops x 48. These will teach young people essential skills such as:

- 🌐 Business Planning
- 🌐 Budgeting (personal and business)
- 🌐 Financial Forecasting
- 🌐 Marketing and Sales
- 🌐 Tax and Self-assessment

This project will provide an opportunity for young people to develop practical skills, encouraging a framework for success which can be replicated into the future.

The project will address loneliness and isolation of the young person, and of the service users of the social enterprises which the young people will set up.

The fact that Southern CEF provided the funding for the project, will be emphasised in promotional literature and during interactions with participants.

## April Update

Here is a list of the ongoing activities;

- Requested design ideas for eye-catching leaflets from Reach Studios; will liaise with Andrew Claypole from Reach to make appealing leaflets.
- Working on detailed ideas / 'lesson plans' from the Scheme of Work (attached)
- Working with potential partnership organisations to have people come and speak at the events

Key dates for activity as below:

Time	Event
April 2017	Initial marketing and consultations
May 2017	Recruitment of participants
June 2017	First workshop (for up to 12 persons)
July 2017	First quarterly networking Enterprise Club
Aug 2017	First quarterly report to Southern CEF board
September 2017 onwards	Continuing and ongoing activities, as above
February 2018	End of project. Southern CEF event

## The Nurture Project

### The Healthy Child Team, Selby District

There is clear evidence of the benefits of such a project on a national level. National data from the Belfast study (Queens University) researching Nurture projects delivered around the country highlighted 2 key messages;

- Nurture groups had a definite and direct impact on improving children's health well-being and ultimately education attainment.
- Pre-nurture 77% scored highly on the SDQ (strengths and difficulties questionnaire) this reduced to 20.6% post nurture group input.

On a local level the data show there is a need for a service like the one proposed.

Following a questionnaire that was sent to all Year 6 children in the locality, it was identified that;

- 16% of children surveyed said they felt angry at least weekly
- 15% felt miserable and tearful at least weekly
- 15% said they had sudden changes of mood at least weekly
- 14% said they worry about how they look at least weekly

Parental feedback from these questionnaires mirrored the sentiment that their children were struggling with these issues.

Face to Face consultation with Year 3,4, 6 children was carried out in Hensall school to discuss their emotions and coping strategies. It was clear from the consultation that the children's methods of coping with their worries, anger and stress encompassed the principles of nurture.

Consultation was also carried out with School Nurses and the NYCC Prevention Service. They felt some of the main benefits to the local community would be;

- Happier young people who are able to cope better emotionally
- Being able to address transitioning problems early
- Promoting resilience and improving self-esteem in children and young people.
- Changing attitudes and creating a positive community.

The aim of this project is to provide robust, well evidenced and evaluated nurture sessions within schools in the southern CEF area. Following liaison with schools, parents, community groups, and local prevention services, children will be identified who could benefit from a weekly nurturing intervention.

### The Nurture Sessions

- Each session will initially be 2 hours long.
- One session a week on a 6 week rolling program.
- It is recommended that the group is small, approximately 6 children to 2 adults.
- All adults will be highly skilled practitioners who have had adequate training in delivering the 6 key nurture principles
- It is very important to build in to the sessions times with parents to discuss any aspect of the program and also for Prevention workers to use their expertise in offering parenting advice
- To keep parents updated on their child's involvement of the group

The Nurture sessions will be delivered by professionals from the Healthy Child Team and the Prevention Service who will have the necessary training, passion and enthusiasm to deliver an effective program. This project will be delivered in schools weekly as a rolling programme.

### April 2017 Update

As the funding applied for was for the set up and delivery of the sessions we are planning to start delivering the sessions in Hensall and Hambleton primary school after the Easter holidays.

### Timeline

- Training planned for 4th and 5th April (decided to work in partnership with Hambleton village hall for this)
- Delivery planned with Hensall and Hambleton schools to start the week beginning 24th April
- All children have been identified ready to attend the sessions.
- All the above work has been carried out since the CEF meeting on 19th January on our understanding we had secured the funding.

## Transport

Next Steps	Lead
Public transport – some villages well served, some not. Volunteer car scheme – need to market the service more. Need to review community transport provision, promoting volunteering opportunities.	Cllr Ivey and LS
Eastern CEF transport survey launched October 2015 which has since been completed by Southern CEF residents. A total of 164 surveys have now been completed representing 480 residents. Latest report capturing results to date has been prepared. The survey remains live for people to contribute.	CHN
Southern CEF Public Forum held in Dec 2015 focusing on transport issues. At the event it was agreed that AGE UK, Selby District AVS and the Tadcaster Community Transport scheme would meet to look at ways to further promote community transport and encourage more people to volunteer as drivers. Following the meeting a list of recommendations to be circulated to the Southern CEF PB.	LS
July 16 – Staff changes at AVS, work commencing on a strategic review of Community Transport. NYCC have created a marketing role for Community Transport initiatives across the District.	AVS

Oct 16 – Dec 16 – meetings held between Horton Housing, Community Transport and Dev Officer to discuss options to increase transport to Community Cafes across the Southern CEF area.	
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## Rural Community Transport

### Horton Housing Community Cafes



The Community Café service was established in 2012/13 with the main objective of providing a meeting point for lonely and/vulnerable citizens. The largest of the Cafes has been in Selby and Tadcaster but there have been several smaller locations to meet the needs of the rural communities. Locations such as Eggborough, Womersley, Cridling Stubbs and Hambleton. The sessions are funded by the NYCC Innovation Fund.

We have found that one of the biggest barriers to providing this service for the rural communities has been in providing transport to the events. In many cases the citizens will have no transport and therefore have to rely on a neighbour or a friend to take them each week.

There have been examples where without transport citizens have not been able to come to one of the sessions. If organised transport were to be available we are confident that more people would be able to benefit from attending the sessions.

This initiative will fund

- the cost of a block booking for a minibus to establish a pick up/drop off route from surrounding villages to the Eggborough weekly Community Café sessions, and
- through a recruitment exercise, identify and recruit new volunteer drivers in the south Selby Rural area to join the passenger car scheme,

The establishment of a weekly minibus run to the Community Café could be a life line to some vulnerable people and the service could also be used to help with the CEF objective of promoting community transport.

A proactive promotion of the Passenger Transport service within the Southern CEF could identify many new volunteers and go some way to improving rural isolation.

The promotion of the Community Café with provided transport will all help address loneliness amongst vulnerable citizens in rural areas of Selby by providing transport to attend a regular weekly meeting point.

Regularly meeting and learning from other people in similar circumstances, and meeting professionals from both statutory and voluntary groups will help improve citizens' quality of life.

Chris Hailey Norris  
Southern CEF Development Officer  
April 2017