

Southern Brooks Community Partnerships

# Annual Report



**Southern Brooks  
Community Partnerships**  
Coniston Community Centre,  
The Parade, Coniston  
Road, Patchway, South  
Gloucestershire BS34 5LP

**Shaping Your Future**

# 2014-2015

[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

## Director's report



### Trustees

Andy Thomas - Chair  
Elaine Martin  
Lucy Hamid  
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Tom Aditya (until Sept 2014)  
Sarah Buckle (until Nov 2014)  
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Sue Jaques - (Treasurer from October 2014)



The past 12 months have been an interesting time. The Cabinet Office funding for the Youth Social Action Journey Fund project added a new dimension to our work, bringing together young people and community development.

We worked with many new partners and employed some really dynamic staff who brought a range of new skills to the team. As staff were on fixed term contracts we were sad at the end of the year that several of the team moved on but know how much they developed through the project. The difference in young people and their appreciation of their communities was very rewarding and we noticed a change in the way that some of the adults they worked with felt about young people. While the main funding stream has finished, we've secured some funding to continue the work in different ways.

We've worked with partners to secure a three year contract in five of the six priority neighbourhoods and this will be a new way for the voluntary sector to work together. We are working with Community Ignite and Kingsmeadow Flat in Kingswood, Juice in Cadbury Heath and Abbotswood Action group and the CVS in Yate. It will be interesting to learn from each other and share experiences. We are grateful to our funders, South Gloucestershire Council, for this investment.

Patchway Town Council continue to be a key partner for our youth and community work in the town and we appreciate their financial support. Working closely we are able to bring in additional resources for the benefit of Patchway residents. As Charlton Hayes and the development on the airfield grow, we look forward to working with the Council to bring communities together and develop the town centre vision.

Filton Town Council have also funded community development work.

Family support work continues to be commissioned by South Gloucestershire Council and Merlin Housing Society. As we enter our final year of lottery funding we will be reflecting on our learning and feedback from our families to write another proposal.

Our community café has benefited from the support of a big team of volunteers, as well as dedicated and enthusiastic staff and I would like to take this opportunity to thank them. Over the year the café has begun to cover its costs with the team opening some evenings as "themed restaurant" nights. Hugely popular with local people and great fun!

Partnership work has continued to underpin the way we work, with existing partnerships with Merlin Housing Society and Sovereign continuing to fund work in their communities. This has been the last

## Treasurer's Report

*Sue Jaques*

This year has been a challenging and exciting year in equal measure. We have become a Charitable Incorporated Organisation to take us through the next stage. During the year we have agreed a repayment plan with the Avon Pension Fund and we have opened a new pension fund to fulfil our pension commitments to staff with AEGON.

We face a constant challenge in balancing delivering quality initiatives and being able to cover the infrastructure costs of the organisation while insuring we keep our costs as low as possible. Continuing government austerity and spending cuts makes the challenge of establishing new sources of funding to develop our services a priority.

We have continued to work to diversify our income and have allocated funds to help us achieve this goal.

Thank you project managers for managing budgets and to Bishop Flemming our auditors and a big thank you to our funders for their support.



year of funding through the Local Strategic Partnership via CVS South Gloucestershire to provide support to voluntary and community groups. We will continue to work together to make best use of resources through websites etc. and have a new pricing structure so that groups who need support are able to buy our services in.

We've worked with other voluntary sector organisations through South Gloucestershire Leaders Board, led by the CVS, and look forward to developing this over the coming year. Our work with older people and to reduce social isolation has increased this year. We're thankful for the new investment through the Clinical Commissioning group and South Gloucestershire council to roll out Dementia friendly communities across South Gloucestershire. Yate Town Council have also funded a community development post to develop dementia work in Yate and this has been an interesting new partnership.

New projects this year included the Get Digital project, to train IT Champions working closely with South Gloucestershire Library Service and our voluntary sector partners and Health Champions, training 30 volunteers to deliver health messages in the Priority neighbourhoods. We've successfully delivered a HYPE project (helping young people into employment) with Creative Youth Network, our first payment by results venture.

Training remains a priority area for us and this year we have registered directly with the Skills Funding Agency. We look forward to opportunities to work with partners to bid to the European Social Fund/Lottery Building Better Opportunities Fund in the coming year.

The new database commissioned last year is now really paying dividends, improving our outcome reporting. We look forward to launching our new website in July. We've restructured the organisation from the start of the next financial year to better reflect our Theory of Change and now have a Learning and Development Manager, Sustainable Communities Manager and Health and Wellbeing Manager.

We know the next few years are going to be interesting and provide challenges as well as opportunities.

We are excited about our new Funding group, local people embracing raising funds. We are generating business ideas and looking at how to become more sustainable through selling services, while staying true to our values and principles. We're also looking at new opportunities to coproduce services, with partners and local residents. Finally a big thank you to the staff, volunteers and trustees. Annual Accounts available on request.

*Julie Close*

## Priority Neighbourhood Work

Southern Brooks is the community lead group for Priority Neighbourhood work in Filton and Patchway. This means we co-ordinate local action plans and meetings working with a range of partners.

There are 6 priority neighbourhoods across South Gloucestershire, identified through the Indices of Deprivation as areas in which some people don't achieve as much as in other areas of the authority.

### The main themes are:

- Improving health
- Helping children and young people succeed
- Improving employment and personal finance
- Building a safer and stronger community
- Celebrating the towns as good places to live

## “Filton Working Together”

### Katie Donovan-Adekanmbi

Southern Brooks is the community lead organisation for Filton Priority Neighbourhood work, and is commissioned to deliver community engagement and development within the priority neighbourhood area of Filton. We have been working in the town for 7 years and have good networks with a range of agencies and an established relationship with the town council.

Filton Working Together steering group are happy to report that Priority Neighbourhood work in Filton will continue for another three years. Successes 2014.

## Case Study - Filton

FACT - Filton Activities Community Trail event was very successful with an additional 200 people visiting Filton library that day than usual. 80 people participated in the trail following the map to at least 6 different venues to receive their goody bags. There was something for everyone from arts and crafts, fun and games to a complimentary photo with an alligator!

‘There was a real buzz in the library and the trail brought new people through the door which from our point of view was absolutely fantastic and made it very worthwhile’. Filton Library

**‘I learnt a lot about the history of where I live’ – Filton Resident**



### Key achievements in Filton:

- Domestic Violence Drop-in Sessions for Women - The Domestic Violence Drop-in Sessions for Women are free and confidential and do not require an appointment. They are aimed at women experiencing emotional distress as a result of domestic violence. This initiative launched at the beginning of February and is already highly subscribed. The Filton Working Together group have secured funding from Merlin Housing Society to continue running these sessions until January 2016.



- Anti-Hate Crime Ambassador Programme - A second group of student volunteers have begun training as Anti-Hate Crime Ambassadors at Abbeywood Community School. They will have a better understanding of issues of Equality and Diversity and will be equipped to support any student experiencing bullying as a result of a protected characteristic as outlined in the Equalities Act 2010 i.e. Ethnicity, Age or Sexuality.
- Multi-Cultural Cooking Workshops @ Filton Festival – Filton Working Together pledged to embed cultural diversity in the delivery of any community events that they take part in. Filton Festival coordinators included a multi-cultural cooking tent in the programme alongside a tepee with a diverse range of activities for young people.
- Equality and Diversity Training – E&D training was delivered to 13 members of Filton Town Council staff July 2014. Staff members now feel more confident on issues of Equality and Diversity and are displaying the certificates of attendance proudly. Certificates displayed in the Rate Payers are evoking interesting conversation among patrons. A 2nd course is planned for the new Filton Town Councillors post 2015 elections.
- 50 Community Consultation cards have been completed by Filton residents or employees. This information was collated, analysed and used to present at the Filton Working Together review meeting in March.
- The 'Get Active' Event took place on May 17th at Elm Park. Over 300 people joined in and tried a variety of sports and leisure activities from Karate, Cheer Leading and Yoga. Multi-Cultural cooking workshops took place with Italian, Jamaican and Ghanaian cooking methods being demonstrated and history of the ingredients and dishes being explored with the audience. Attendees were invited to take part in at least 3 activities to receive a goodie bag and 100 bags were given out.

## Up and coming....

**Credit Union** - Residents of Filton will soon be able to take advantage of a wide range of services offered by Bristol Credit Union (BCU) from Filton Community Association. Helping local people make the most of their money, by giving them access to affordable loans, competitive savings accounts and quality banking services. The service point will be run by a team of volunteers from the local area.

**Men in sheds** - Two very passionate volunteers are currently working in partnership with the already established Patchway "Men in Sheds" to establish best practise. Knightstone Housing has agreed to fund start-up costs for Filton Men in Sheds that will cover insurance, health and safety training and equipment. Keep an eye out for more information on the launch.

**Health Champions** - are volunteers who enable individuals to take positive health choices, through signposting and support. Health Champions meet with others, attend local groups, activities and events through either through their volunteer or work capacity, to be that helping hand in making that next step to a positive health intervention. Southern Brooks will train 6 volunteers, who will gain a Level 2 qualification in 'Understanding Health Improvement' with the Royal Society of Public Health. 36 Health Champions will be active in the community shortly across South Glos priority neighbourhoods.

**IT club at SHE7** - This Computer Club will be run by volunteers and is due to launch Tuesday 17th March and will take place every Tuesday.



## Patchway “A Good Place To Live”

Underpinning Patchway Priority Neighbourhood work is our aim to listen to the needs of the community and work with other agencies to meet these needs, reducing deprivation and making Patchway a better place to live with people having opportunities to achieve their full potential.

### Key Achievements:

- Secured funding through Safer and stronger community funding for 2 projects.
- Gained funding through Safer and Stronger group to work with Patchway Dementia Action Alliance to create a space for people to stop and rest that was dementia friendly.
- Gained funding to create an information leaflet and ran workshops in Patchway Community College to improve awareness for young people around drugs and mental health.
- Recruited 6 new volunteers to support a number of different community events and the Work Club.
- Ran a work club once a week that supported 32 people requiring support to find work, volunteering and additional training.
- Completed 50 community consultations at a number of community events, 6 library drop-ins, community lunches and a walkabout with the South Gloucestershire Director of Public Health with feedback influencing the Priority neighbourhood work in Patchway.
- Signposted four local residents to Age UK for a benefits check with 100% gaining additional benefits which has enabled them to have extra support on day to day tasks, and having access the community reducing social isolation.
- Ran three community events supported by local agencies, police and community groups to improve community cohesion. Patchway has an increase in new residents due to new developments which is changing the diversity of Patchway, giving people the opportunity find out what is happening in their community.

Karen Cheal



### Case Study

Worked with a Patchway resident who was unemployed, had low level mental health, had learning difficulties and was not feeling safe in their home. She was socially isolated from the community and her family. She was looking for support to find work, move home as she was have to pay under occupancy which was having an impact on her finances. She did not feel part of her community. We supported her at Patchway Drop-in Job Club, referred her to Precious Time, which is one of our groups. We worked together on an action plan which included improving her IT skills, training and volunteering. We identified the type of work she wanted to do and worked with her to improve her self-esteem. We also worked with the housing association to reduce the issues that were making her feel unsafe. We supported her to reconnect to her family and supported the transition to come off of benefits. The outcomes were she gained were employment in a nursing home. She has managed to come of medication for depression and anxiety. She is now independent from benefits. Now has re-connected to her family attending weddings and family events. Housing issues have now been sorted through working together with other agencies and she now feels a lot safer in her home. She attends local community groups and has friends she can turn to for support rather than statutory services.

## Patchway, Filton & The Stokes Volunteer Centre

Patchway, Filton and the Stokes provides a volunteer brokerage service. This year the centre merged with Southern Brooks. A new national operating system for brokering volunteering has been created through [www.do-it.org](http://www.do-it.org).

During this time the Centre has continued to be supported by two volunteers carrying out core office administration and run volunteer drop-in sessions across the area. Next year the Centre plans to continue developing volunteering brokerage and support for organisations to recruit, retain and manage volunteers, through provision of core activities and additional networking opportunities.

### Key Achievements:

- 176 volunteers placed from across Patchway, Filton and the Stokes
- 127 organisations offering volunteering opportunities currently registered at Centre
- 440 volunteer applicants in total through Patchway, Filton and the Stokes Volunteer Centre

## Case Study

Rebekkah moved from Nigeria to Bradley Stoke eight years ago. Rebekkah saw a community notice about the Volunteer Centre, which led her to a drop-in session at Bradley Stoke library.

The Volunteer Centre referred Rebekkah to the Multiple Sclerosis Therapy Centre in Bradley Stoke, where she has been volunteering now for 18 months. Rebekkah says she is 'enjoying the opportunity, as its giving me a chance to give back to the community and the opportunity volunteering has brought my way is meeting new people, gaining work experience, building my confidence, a sense of belonging and a good use of my time'.

## Kate Ross

### Health Champions

The Health Champion programme started this year in January 2015 after an initial pilot scheme.

Southern Brooks were successfully commissioned by South Gloucestershire Council's Health and Wellbeing Division to work across the six priority neighbourhoods, to utilise the skills and knowledge that already exist in our communities by recruiting, training to Level 2 in Public Health and then deploying local volunteers to help deliver agreed health promotion campaigns plus signposting and supporting other members of the community to health activities.

The programme provides a valuable resource for the community and personal development opportunities for the volunteers.

The support and retention of 36 Health Champions across South Gloucestershire will be a big factor in a successful programme. Our delivery partners are Community Ignite and Juice CIC.

### Key Achievements by end March 2015:

- Recruitment of 25 Health Champions with the support of our community partners.
- 15 Health Champions trained to Level 2 in 'Understanding Health Improvement'.
- A target of 36 Health Champions will be achieved continuing into 2015-16.

## Charlton Hayes, Patchway

Charlton Hayes is a new development within Patchway that will on completion have over 6000 residents. Many of these residents are from outside the local area. There is over 30% social housing in this mixed tenure development.

The main aims are to involve new residents in the Patchway community, to work with Sovereign Housing Association to deliver welcome workshops for new residents, set up a residents forum and consult with new residents on future activities. We also co-ordinate a stakeholders partners meeting to discuss and contribute to developments in the neighbourhood.

### Key Achievements:

- Two resident forums have taken place with over 120 residents and key partners. Topics covered at the forum were chosen by residents and twelve residents volunteered to support these events in various ways.
- A good response rate to the community consultation of over 10% was achieved which is statistically significant. Feedback raised by residents used to inform ongoing work of the community development worker.
- Three newsletters have been delivered to all residents. Three residents have been featured in the newsletters and people have also advertised their businesses.
- A new Facebook page has been set up and this has proved to be very popular with upwards of 400 views. Residents are also kept informed via email with over 120 email contacts so far. We will be investigating adding Twitter as a means of keeping links with residents.
- Seven workshops delivered and attended by over 100 new Sovereign residents which is a great way to introduce them to the community, give local opportunities and to identify a contact person for information. Welcome packs of local information were given out to Bovis and Bellway homes sales office for private residents.

## Winsome Barrett-Muir

- Delivered activities during the May and October school holidays with 45 children attending and also worked in partnership with Four Town Play Association to deliver two morning sessions each week on the green during the Summer holidays.
- We have also supported a resident to work towards setting up a youth project on-site.
- Three stakeholder steering group meetings organised leading to more strategic task and finish groups being set up for the coming year.
- Two community fun days organised with over 200+ people attending with two residents volunteering to help in the delivery.
- One event promoted the safety in the neighbourhood.



### Case Study

A resident made contact after receiving the Charlton Hayes Views newsletter wanting to find out more about being involved in her community. Initially she volunteered to deliver publicity flyers to promote local events.

Subsequently she has helped to deliver the autumn fun day and has led a workshop at the second residents forum. She has now set up her own community business, being featured in our newsletter and has developed her community skills by undertaking several training courses as well as volunteering with other organisations in the local area. And it all started with the newsletter!



## Training

Zoe Richards

**Aims of Project:** To help people in the local community gain the confidence and skills to be responsible for their own future. We want to ensure that they have access to appropriate services, training, advice and information and our Community Learning programme helps us do this.

### It provides:

- Tailored courses meeting changing community need
- A first re-engagement with learning
- Training that develops confidence and raises aspirations
- Support and advice that can lead to referral and engagement with mainstream services
- Suitable and clear progression routes

Our accredited training also offers qualifications in Youth Work and Community Development to help people develop their skills for the workplace and improve their job opportunities.

From November 2014 we have been involved in the Get Digital Project as lead partner, working with South Gloucestershire Council and 4 other voluntary sector organisations. It is funded by the Government's Future Digital Inclusion Fund and aims to help people in the 6 South Gloucestershire Priority Neighbourhoods to improve their basic online skills. Tutors have been trained to give one-to-one support to learners and help them achieve online courses in areas such as using email, job hunting online, accessing public services, managing money and social media. The project will continue until the end of June 2015.

### Key Achievements:

- 72 learners enrolled on course
- 13 learners started a NOCN L3 Diploma in Youth Work Practice
- 10 people attended IT Drop-In sessions
- 40 tutors trained through Get Digital to deliver one-to-one IT sessions



- Partnerships developed with South Gloucestershire Library Service, South Gloucestershire Community Learning, Banjo Island Community and Sports Association, Chase and Kings Forest Community Project, Filton Community Association and South Gloucestershire Youth Housing to deliver the Get Digital Project
- Supporting Your Child to Learn courses delivered to parents at a primary school in Staple Hill

### Case Study

One of the learners on the Get Digital Project is a 56 year-old man who is not able to work due to a disability.

He had never used a computer before and wasn't even sure how to turn one on, so had to start at the very beginning. He needed to gain confidence in using the equipment itself, as well as skills in using the internet. He started with the using a computer, mouse and keyboard courses and moved on to using the internet and doing searches. The tutor has given him lots of one-to-one support, allowing him to work at his own speed and develop independence – he now can get on with the courses himself but asks the tutor when he feels he needs help.

He now has his own laptop and has gained the basic computer and internet skills to be able to use it. He is able to look up websites linked to his interests and is now keen to develop his skills in using email and do some more IT courses. His general confidence has also developed; he's now able to talk to other people about the project and encourage them to get involved.

"My tutor is very easy to talk to. She's the best tutor I've ever had. Without her and the project I would never have been involved with computers."

## Infrastructure Development Work

### Kate Ross

**Aim of Project:** To work with Voluntary Sector organisations (VCOs) in the Severn Vale Locality to strengthen and be fit for the future, become actively engaged in the development of policy and strategy and to become financially sustainable. We work in partnership with CVS South Gloucestershire, The Chase and Kings Forest Community Project and South Gloucestershire Volunteer Centres, with funding from the Local Strategic Partnership to build a strong Voluntary and Community Sector (VCS) in South Gloucestershire. Using the disciplines of the NCVO we also support organisations to develop a funding plan to spread financial risk around alternative sources of income generation.



#### Key Achievements:

- 26 organisations supported through 42 1-2-1 sessions, of which enabled 3 charity registrations; 13 VCOs to review policy and development; income generation; and stronger more resilient organisations.
- 19 organisational Health Checks to be fit for the future in four core areas: Governance, Financial Management, Employment and Business Planning.
- 2 Sustainable Funding Plans written to secure the financial future and income diversity of VCOs; 4 Locality Network meetings on the theme of grant funding, good governance and sustainable funding, achieving an increase in knowledge and skills to develop policy and access information to secure income, strengthen the management committee and access services.
- 25% representation of organisations from Severn Vale Locality at the South Gloucestershire Voluntary Sector Annual Conference.
- A total of £206,700 grant funding secured through support for VCOs.
- 100% of VCOs evaluated said the support received was helpful and were satisfied with their service, of which 28% found it very helpful and 43% essential with a relevant action plan achieved.

## Case Study

Incredible Kids (Ink Kids) established 3 years ago to provide play and support services to families with a child with a disability or additional need. Within this time membership has increased from 11 to 462 families who travel from around the South West and receives a total of 200 volunteer hours per week, equivalent of £2,724 social capital. The outcomes Ink Kids work to are that:

- Children with additional needs will have improved confidence and social skills, allowing better integration with their peers
- Parents of children with ASD will feel less isolated and better supported through sharing their experiences

For some children an increased social development has been seen, "it is a supportive enough environment that children with communication difficulties on the spectrum have come out of themselves and have started to play within the year of attending". We helped guide trustees in the preliminary stages, offering support around governance, sustainable funding, income generation, policies & procedures, charity registration. Santie, a current trustee states that: "Initial help in building a strong business plan ensured a strong start for us. We started by not knowing much and now we are reviewing and strengthening all the time. Being given direction is a real plus".

Ink Kids has been successful in securing grant funding and donations. They were nominated 'charity of choice' by a local pub which donated £2,200. Members understand the role of fundraising and are empowered to take action themselves.

One member stated they "started coming as a family, as were asked to leave cafes and other services, so people are prepared to travel to feel welcomed. The focus is on the children, to ease access for adults to gain support".

As the organisation grows, limited space and confines of availability, the aim is to secure new premises to offer activities 7 days of the week.

# Youth Social Action

Laura Colman

The Team: Corrina Buchanan, Lori Ramsay, Stuart Higgs, Alison Finn & Emma Peacock

## Aim of Project:

The Social Action Youth (SAY) project supported young people across South Gloucestershire and Bristol to deliver youth-led social action projects to change their communities for the better. The project was funded by the Cabinet Office's Youth Social Action Journey Fund and was delivered by Southern Brooks, in partnership with Creative Youth Network and Young Bristol.

## In 2014-15, with support from the SAY Project:

- Over 1000 young people developed and delivered 54 social action projects in communities across Bristol and South Gloucestershire;
- 301 young mentors (aged 15+) developed leadership skills and worked towards an NOCN Level 2 Award in Youth Work Practice;
- Young mentors supported a further 704 young volunteers (10-14) to engage in social action; and

"We were very impressed by the young people's imagination and hard work. They should be very proud of what they have achieved. They've really inspired the Parish Council."

- Cllr Paul Hulbert of Dodington Parish Council.

"I have more confidence and I'm much more patient..."

The project has helped me to be a better person."

- Young mentor

- Young people were able to continue their social action journeys through progression to other opportunities, including the National Citizen Service (NCS).

A wide range of social action projects was delivered through SAY, reflecting the diverse needs and aspirations of different communities. These include a pop-up community café, a community nature trail, intergenerational projects to improve communal spaces in residential homes and supported housing, support for homelessness, community artwork, and fundraising for local charities.

The project is being independently evaluated and the final report is due to be completed early in 2015-16. We are working with partners to identify opportunities to continue this work and build on the success of the SAY pilot.



## Family Services

Corrina Wood

**Team:** Kim Morton, Yvonne Robson, Zasha Webb, Tendai Pawadyira, Giles Spear, Cheryl Godsell, Ternaya Cummings, Lynette Jones, Harriet Richards, Zoe Richards & Lori Ramsay



Our Family services team aims to provide support for families before they reach crisis. We have various projects and funding sources.

Families in Focus - Funded through the Big Lottery, this is our second year of a three year project. In the past year we have worked with 125 families through our team of support workers. The main reason for referral to the service is 'managing behaviour' (69%), followed by 49% 'parent-child relationships' and 46% for 'parental mental health'.

### Key Achievements:

- 125 Families supported
- Our dads group is continuing to run monthly sessions with an average of 6-8 dads in attendance at any one time, with 22 dads registered with the group.
- The service-user forum is going well with parents regularly attending. They have offered some helpful feedback around training, health and engagement.
- 53 people demonstrating positive health and well-being changes
- 63 people referred to our free counselling service
- 88% of families have improved parenting skills

### South Gloucestershire Council Intervention Service

The aim of the service is to work with 75 families with complex needs (predominantly upper tier 2) and improve the outcomes for children living within those families. 90% of families make positive changes in at least one area of their lives. Top reasons for referral

within this service are; 'managing children's behaviour', 'parental mental health' and 'family relationships'. All the families have multiple issues that need addressing, and often a benefit of referral to service is previously unidentified needs coming to light that may be a key factor in facilitating change.

We have seen a definite increase in young people presenting with anxiety, school refusing and mental health issues over the year and we have also experienced an increase in the number of families requesting food vouchers.

### Key Achievements:

- Worked with 113 families
- 71 families have demonstrated an increased ability to meet their children's emotional needs within the home
- 75 Families have an increased awareness of how to improve safety within the home
- 110 families have improved social networks and are more actively using their community as a resource
- 98 parents have increased parenting skills through one-to-one support or attending parenting courses
- 32 Families have been supported to access additional support for financial issues





**Bouncing Babies** - was originally set up to help reduce the high levels of post-natal depression identified in the area by local health professionals. It is the only group in the area that is specifically for parents or carers with babies under one. There is an on-going need to support isolated mums with their children, particularly during the first 12 months. During this time, it is also important that parent and child form strong bonds to prevent issues of attachment in later childhood.

**Key Achievements:**

- Over 120 families registered with the group
- Weekly sessions attended on average by 15-20 parents with their under 1's
- Structured sessions that promote bonding through play and music

**Merlin Housing Society** - Since April 2014 we received 50 referrals from Merlin, 20 families were 'carried over' from the previous year. The Merlin work has different triggers to referral focusing on enabling tenants to maintain their tenancies, and this year a high percentage of referrals have been around debt and financial issues. In this area, focus has been on gaining the right advice for residents and applying for additional items such as white goods and carpets.

**Key Achievements:**

- 46% of the families have received additional financial grants
- 90% of families demonstrated an improvement in setting boundaries within the home
- 76% demonstrated improved social networks
- 76% reported improvements to their health and well-being



## Case Study

Referral received regarding a family. The concerns/needs included the children not having an outlet for emotions. Practical and emotional support for all members of the family. Mum's lack of engagement with her children and home. Lack of hygiene in the home and son with anger issues.

**Identified changes needed** - For mum to engage with the family and home. For the children to have a healthy outlet and understanding of their situation. Hygienic environment to live in.

**Our input** - Counselling for mum. Dramatherapy for daughter and emotional support for son through play work.

**Outcome** - Increased engagement with the family and home from mum. Daughter and son able to process emotions in a healthy way. Home in a more manageable state. Son worked through anger issues.

Length of intervention was 20 weeks. SBCP Cost of intervention: £1033.00. Risks of no intervention at this stage:

- Family break down
- Children taken into care
- Offending by son
- Future mental health issues for both children

Potential cost savings (based on DfE costs):  
Child in care x 2: £55,626 per year in Foster Care  
CAMHS interventions x 2: £2,923 per case  
Crime: £1930 for an arrest, £5,350 for ASBO

Whilst there is an element of conjecture in predicting the course for this family, the risks of offending and future mental health problems are well researched. To reduce the risk of even one of these negative outcomes has reduced the cost and burden on statutory services.

# Patchway Youth Work

Alison Finn

## Aims

Patchway Youth Centre continues to develop its role as a community space, providing a venue for Southern Brooks and South Gloucestershire Council's youth work, Patchway Judo Club, Infinity Dance Company and Little Gems Pre-School. The centre is used seven days a week and is also available for community events and private functions.

Over the past year, Southern Brooks has delivered four centre-based and two detached youth work sessions weekly, supporting 287 young people to develop skills and confidence and explore issues that are important to them. In 2014-15, young people from Patchway Youth Centre have:

- Visited Gauting, Patchway's twin town in Germany;
- Delivered social action projects, including a graffiti project in Scott's Park;
- Contributed to planning and decision making through the Patchway Youth Forum;
- Hosted Southern Brooks' Annual Celebration;
- Welcomed guest speakers and found out about apprenticeships and other opportunities; and
- Developed new skills in a number of areas, including cooking and nutrition, sport and animation.

We are looking forward to regaining our outside space in 2015-16 and are working to establish a community garden. We also hope to host a visit from young people from our twin towns of Gauting in Germany and Clermont-l'Herault in France.

The Team: Crispin Donovan, Chloe Watkins, Rhiannon Thomas, Emma Peacock, Joanna Critchley-Peacock & Alex Bright



## Case Study

Following discussions with youth workers about his CV and personal development, one young person has been keen to develop his skills by challenging himself in new roles.

With the support of the youth work team, he has taken on additional responsibilities at youth club, which include leading activities.

He has become a positive role model for his peers and has developed valuable experience and confidence that he can apply to other situations and future opportunities.

*We are very grateful for the generous support provided by community members, partners, volunteers and funders, which include Patchway Town Council and South Gloucestershire Council.*



## Dementia Work

**Aim Of Project:** To raise awareness of dementia across South Gloucestershire; to promote, encourage and support dementia-friendly initiatives across South Gloucestershire, amongst businesses, schools, community groups, local communities etc.

### Key Achievements:

- Patchway Memory Café is running, led by a large team of volunteers. There are consistently at least 15 people who attend the Café which now runs on a bi-monthly basis, increased from its original once a month fixture due to demand. Community transport is provided for members who cannot get there independently. There is a regular programme of activities and speakers at the Café. In summer 2014, a trip was organised to Westonbirt Arboretum.
- Monthly Dementia Friends awareness sessions is run by volunteers in Patchway at the Casson Centre which they provide the venue for free. These sessions are a vital asset to SGDA as new members can be signposted to send staff/volunteers there as part of their pledge to join SGDA. It also provides a valuable support to people who have recently had a dementia diagnosis, along with friends and family members. The team deliver sessions on request across South Gloucestershire.
- Building on the successes of the pilot programme in Patchway, South Gloucestershire Clinical Commissioning Group and Council have commissioned SGDA for a further 2 years
- Yate Town Council are funding their own pilot project for a 12 month period from Jan 2015- with a part-time Community Development Worker, Debbie Woolley, employed by Southern Brooks, to encourage and support dementia-friendly community actions there.
- SGDA was publicly launched in January 2015 with over 50 people attending. Speakers included Amanda

## Subitha Baghirathan & Debbie Woolley

Deeks, Chief Executive of South Glos Council, and Dr Hilary Doxford, a doctor who has Alzheimer's Disease and is continuing in her professional role. Dementia Friends awareness sessions were run and there were workshops led by the pupils from Patchway Community College, who made the film "Lasting Memories" with Patchway Memory Café. SGDA had a strong beginning with the high profile launch followed by 2 Dementia Friends sessions attended by 17 South Glos Councillors in March 2015.



## Case Study

Georgina Hughes is a Solicitor working for Wards Solicitor. She attended the launch of SGDA because she could see its relevance and value to her work, where she has frequent contact with people who may have dementia. The Dementia Friends session she attended gave her a different perspective to add to her day-to-day work. It also inspired her to train as a Dementia Champion and she has since trained 3 other Wards' staff. Wards' pledge is for Georgina and her colleagues to deliver sessions to key staff in all offices across South Gloucestershire and beyond.

Encouraging businesses like Wards that interact with a range of people from the general public, including people living with dementia and those that support them, to sign up to SGDA.

# Hype Project

**Ternaya Cummings & Shannon Hart**

## Aim of Project:

HYPE (Helping Young People into Employment) is a skills employment programme aimed at boosting the job prospects of hundreds of unemployed young people across the West of England.

The HYPE West programme will provide 600 unemployed people from across the region, aged 18-24, with a range of support and activities to increase their chances of finding a job.

As well as mentoring and job coaching, the initiative includes a high quality work experience placement with a guaranteed reference and a job-matching service aimed at securing an apprenticeship or job for each participant. Participants will also benefit from ongoing support throughout the first six months of employment.

The programme develops both personal and employability skills through 1-2-1 support using tailor-made plans. Southern Brooks is subcontracted by creative youth Network to deliver this work primarily in the North of South Gloucestershire. This is our first "payment by results" contract.

## Our targets are:

- Complete 60 Initial assessments.
- Job Coach 18 young people.
- Get 14 young people into work experience placements and complete at least 4.
- 11 young people to start jobs.
- 8 young people to be in employment for more than 13 weeks.
- 8 young people to stay in employment for at least 26 weeks.

We expect to achieve all targets set by the end of the contract.

## Key Achievements:

- So far we have completed 55 Initial assessments.
- We are job coaching 18 young people.
- We have had 5 young people start jobs.
- 2 young people have been in employment for at least 13 weeks.

## Case Study

A 19 year old Female with barriers to gaining employment:

Low self-esteem due to previous jobs not being sustainable, a lot of rejections for jobs applied for, breakdown in family relationships and her body image. She had a varied work history with several different companies and roles as she has never found a 'career' she wanted to stay in. She was very unsure of what career she would like, has complex family issues, moved out of the family home at the age of 17 and has only recently started speaking with her parents

### Job coaching involved:

1-2-1 sessions on self-esteem, families and relationships, Interview skills, completing job application forms. We explored different careers that she was interested in. Job coach was available on the phone when needed

### Outcomes:

In February 2015 she completed two weeks work experience at a care home as a care assistant. The reference received from the employer was fantastic. In April she started a permanent job at a local care home she has lost a lot of weight and is a lot more confident in herself and her abilities



## Community Connectors

Kevin Bache

**Aim of this Project:** Community Connectors is a new social prescribing project funded by Lloyds TSB. We aim to support lonely and isolated older people make links back into the community. We recognise that this can be a huge step and will support clients to overcome any barriers that may be in the way. These may be:

- **Practical:** we can help access community transport, review benefits, and accompany clients to meetings.
- **Emotional:** we will listen to concerns, help build confidence, challenging negative self narratives and can arrange referrals to psychological treatments.
- **Social:** we will support clients to develop new social networks by joining activity groups, explore the possibilities of befriending at home and look for support groups.
- The project uses trained volunteers to deliver the service and clients can be seen for a period of three months.

### Key Achievements:

- Recruitment and training of 4 volunteers
- Development and delivery of a 4 day Community Connectors training programme
- Referral pathways have been established with: Coniston and Conygre/Stoke Medical Practices and local community organisations.
- Chairing of a discussion panel on social prescribing at the 2014 South Glos. CVS conference
- Successful programme launch in December 2014.



## Buddy Scheme

Gael Rowan

**Aim of this Project:** The Buddy Scheme which has been funded by Big Lottery Reaching Communities Fund, aims to increase the capacity of the Family Support Service by providing families with the support of a befriending volunteer:

- At the point of referral where the family does not need a higher level of support, or
- At the same time as the Family Support Worker where a family needs practical help with very specific things, or
- At the end of the 12 week intervention as low level ongoing support.

### Key Achievements:

- Worked with 10 volunteers
- Devised and delivered volunteer training
- Linked with North Bristol Advice Centre who provided training for buddies in advice and guidance around welfare benefits supported to reach their full potential.

## Case Study

B was referred through the Family Support Service at the end of a period of work with a Family Support Worker. B needed support around a recent bereavement and worries around financial problems and debts. The volunteer provided emotional support over cups of coffee in the community and helped B to access information and advice in relation to her financial problems. At the end of the work B reported feeling better emotionally, more in control financially and expressed an interest in becoming a volunteer buddy herself.

## Brooks Cafe

Lee Hider, Sue Williams & Mariagrazia Di Blasi

The café is now an established fixture in the local community. We have a steady core of 'regulars', ranging from local mums and children, employees from local business, older people and attendees of groups held within the community centre.

### Key Achievements:

- Trading in profit for the first time!
- BCfm radio interview – 30 minute segment on the café, its work in the community and the Veg box scheme
- Successful weekly Fruit & Veg box scheme
- A regularly updated Social Media presence on Facebook & Twitter, with a volunteer updating these on a weekly basis.
- Late opening on Tuesday afternoons are now busy and our monthly theme nights regularly exceed 60 covers.
- Buggy walks 1st Monday of every month – we offer tea & cake deal vouchers
- South Gloucestershire walking group that starts and finishes at the community centre come in for coffee & sandwiches at the end of their walk.
- Food Route – a collaboration between FareShare South West, Incredible Edible Bristol and neighbourly.com – we collect surplus food from M & S every week, in addition to our FareShare membership
- Crowdfunding - successful in reaching our target to buy new fridge freezers through generous donations from supporters, local community groups and Southern Brooks Family Support Service
- Increase in external catering
- Hosting activities for children during school holidays
- Providing catering at local community events
- Working with local schools & colleges to host work experience
- Maria, our apprentice has passed all her exams and we will be looking for funding to extend her contract



## Brooks Cafe

**Coniston Community Centre,  
The Parade Patchway**



**Open Monday–Friday  
8.30am –2.30pm**



**Healthy Options and  
Delicious Homemade Treats**

**Food made fresh to take away or eat in**



**Soft play area for children**

**Activities throughout the week  
and during school holidays**

**Great food at fantastic  
prices!**

**Making a difference**  
In the community since 1988  
Charity No. 1086485



**Southern  
Brooks**  
COMMUNITY PARTNERSHIP

# Precious Time

Kevin Bache

**Aim of this Project:** As part of South Gloucestershire's Precious Time initiative, which aims to combat loneliness and isolation, Southern Brooks has been developing and supporting Precious Time groups for older people. This has been the final year of funding for our project. The beauty of the Precious Time groups is that they are focused around an activity which allows friendships to develop naturally and without pressure.

At the start of the year we had 3 groups operating in Patchway:

- Men in Sheds – a group for men making things from donated wood such as bird boxes, planters and bug houses
- All Sewn Up – a group for people wanting to sew, knit, crochet or get creative with fabric.
- Computer Surfers - a group for those wanting to learn about computers at their own pace in a relaxed and informal environment.

We end the year with two new groups being finalised in Filton; Men in Sheds and the Computer Surfers.

## Key Achievements:

- Supported 8 volunteers who, through their hard work, have made the groups possible.
- Increase in membership across all 3 established groups
- Intergenerational work with Men in Sheds
- Secured grant funding from South Glos. to improve wifi reception for the Computer Surfers
- Secured grant funding from Knightstone Housing Association to fund the start up of Filton Men in Sheds
- Cross agency work in Filton with S.H.E. 7 to co-facilitate the Filton Computer Surfers and Filton Scouts who are providing a home to Men in Sheds
- Sustainability. All 5 Precious Time groups have volunteers who are willing to take leadership roles in

their groups when the funding of the Southern Brooks Coordinator ends.



## Case Study

Ray had a series of strokes which left him facing two and a half years convalescence. During this time he felt isolated from family and friends and had to cope on his own. As depression began to take hold he had a sense that if he didn't do something he would always be alone.

Ray saw a poster for Men in Shed and felt that this could be what he needed. He struggled for a couple of months to get the confidence to go to the group. When he did manage to go he met Les, one of the volunteers and founding members of the group. Ray stresses how important that first meeting was, how risky and difficult it felt to just turn up. Les made him feel at ease and accepted.

Looking back on that morning Ray says "I got on well, I thought I like this, I do like this", he smiles when he thinks of that first meeting and adds, "I got chatty". Over the following weeks Ray found that his confidence began to come back. He is now part of the fabric of Men in Sheds.

"It's all about helping one another" Ray.

## Chair's Report - Andy Thomas

It's been a pleasure to be Chair of Southern Brooks again this year. We have changed our legal status to that of a Community Incorporated Organisation and after much deliberation and consultation with funders, staff, volunteers and colleagues decided to simply add an 's' to Partnership rather than completely change our name. We recognise that Southern Brooks is becoming a strong brand name for us and want to build on that for the future.

Celebrating our 25th Birthday with friends and colleagues in grand style at the Ramada Grange hotel was a highlight of the year, and we were grateful to our sponsors for helping us have such an enjoyable evening. The DVD that we launched that night really tells the story of the way people and communities have benefited from our work.

Partnership working continues to be crucial and I am pleased at the way we've been able to engage in conversations with organisations to think about future working relationships. It was a pleasure to host a lunch this year for Councillors from the Kingswood/Staple Hill area to talk to them about the way we work and whether there are opportunities to share our learning and development with other organisations.

As our infrastructure has grown we have been able to lead several initiatives that have crossed South Gloucestershire and Bristol. The SAY programme particularly was an opportunity to work with Creative Youth Network and Young Bristol to bring central government funding into South Gloucestershire that it would not have been possible to attract working alone. The impact of the work on the lives of over one thousand young people will leave a lasting legacy and I very much hope encourage young people on the journey to active involvement in their communities.

Our new internal structure based on our theory of change has led to improved cross team working, providing seamless services for our communities and in particular I hope that it improves the experience of the many people who volunteer their time with us.

We know the next few years are going to be challenging as austerity continues and the impact of benefit changes are felt in our most vulnerable communities. We remain committed to working in partnerships that are able to attract additional resources and make best use of existing ones, to be creative at looking for solutions to problems and challenges and at different ways of generating income.

I would like to thank my fellow trustees for their commitment, and the staff and volunteers for their hard work and enthusiasm.

## With Thanks to:



the care forum



Almondsbury Charity



The **co-operative** membership  
community fund



Cabinet Office



Rolls-Royce

