

# Southern Brooks Community Partnerships Annual Report



Registered Charity No. 1157061



Shaping Your Future

# 2015-2016

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**Southern Brooks**  
Community Partnerships

Coniston Community  
Centre, Patchway, South  
Gloucestershire BS34 5LP

## Trustees

Andy Thomas - Chair  
Elaine Martin - until Jan 16  
Lucy Hamid  
David Bell  
Melissa Jones - until Jan 16  
Sue Jaques  
Joseph Pritchard



# Director's Report

This has been both a challenging and rewarding year. As with many voluntary sector organisations we are seeing more and more people needing help, just as our funding is shrinking.

In August this year we secured Level 2 PQASSO (Practical Quality Assurance System for Small Organisations) accreditation. This continuous quality assurance process has built on our previous qualification at Level 1. The staff and trustees have worked together to ensure that systems and processes are in place to ensure that we operate to consistently high standards across the spectrum of indicators that are assessed.

As our second, 3 year funding from the Big Lottery finished in March we held a celebration with staff, families and volunteers. The experience of the families that used the service brought tears to everyone's eyes. The commitment, hard work and dedication of the staff team was really valued and I'd like to thank them all. We were very disappointed that our application to the Big Lottery for a further 3 years was unsuccessful. Our contract with South Gloucestershire Council will finish in July next year, a victim of the Council's saving programme. This means our family support service will be much smaller in the future and very much more focussed. We are concerned

about how the 200 families that we've worked with each year will be able to access the support they need. We are constantly trying to secure additional funding but it's becoming increasingly challenging.

It's been great to see that Filton no longer meets the criteria for a priority neighbourhood, based on its rank in the Indices of Multiple Deprivation. While we have been the community lead organisation, the partnership approach has led to this successful outcome. Over the coming year we will focus on how to sustain this change once funding ends.

We're very grateful to the partners who fund our work consistently, including Merlin Housing Society, Sovereign Housing Society, South Gloucestershire Council, Yate Town Council and Filton Town Council. The relationship we have with Patchway Town Council is worthy of a special mention. By working together we're able to make sure that Patchway stays "a good place to live" for everyone, including young people through the town council's support for our work with young people.

It's been exciting to see the work of our Friends group. They are a committed group of volunteers who have begun to raise funds. I would like to thank them for their hard work and enthusiasm.

We've had some exciting new projects this year, and you can read about them further on in this report. We've reviewed the way we work and how we can continue to meet the needs of the community with less money. Our approach to communities, based on "Strong Communities Powered by People"

- Building on skills, interests, knowledge and experiences people have
- Bringing people together to discuss the issues that are important to them
- Understanding how to talk and listen to people
- Creating relationships and partnerships based on trust and respect
- Going on a journey with people so they feel excited by change and able to influence decisions
- Creating opportunities for people from different cultures, age groups and experience to get together over the issues that matter to them
- Building strong connections and relationships within and between communities
- Enabling people to learn from different experiences and develop a culture of creativity, problem solving and innovation
- Increasing individual wellbeing, strengthening communities and decreasing the need for public intervention

As Locality members we believe that services are best delivered in

local communities, by people who understand the needs and assets within the area.

As the neighbourhood around Patchway continues to see significant new investment in houses, we are committed to integrating new and established communities, making sure that new people feel welcome. Working together as the Voluntary, Community and Social Enterprise (VCSE) sector is increasingly important. We want to look for opportunities to co-produce services, work with statutory partners and VCSE colleagues to make sure that vulnerable people are cared for. South Gloucestershire CVS support South Gloucestershire Leaders Board which brings together leaders from the sector. Bi-annually we meet the Chief Executive and Directors of South Gloucestershire Council to understand the challenges that we all face.

Trustees and staff have worked together to make sure that our priorities are still relevant and led by the needs in the community. For the coming year we will focus on reducing poverty, improving skills and learning, reducing social isolation and supporting the development of good mental and emotional health.

I would like to thank the staff, the Trustees and our many wonderful volunteers for their help and support this year.

*Julie Close*

## Treasurer's Report

*Sue Jaques*

As ever this year has been challenging and rewarding in equal measure. We continue to offer quality services whilst trying to cover the infrastructure costs of the organisation. We have delivered some new projects and continue to source new funding streams to enable us to develop new activities. Sadly due to government austerity and funding cuts some projects have finished. We have also built the cafe and training offer and created vital services within the community. In addition to this we continue to repay our debt with Avon Pension Fund. All of these things have made balancing the books a tricky task this year.

To ensure we balance the books in future years we need to continue with the task of diversifying our income streams to help us achieve our aims.

I would like to thank all of the project managers for managing their budget, our finance officer for the work she does to support the financial wellbeing of the organisation, our auditors Bishop Flemming and all of our funders.

THE **PLANNING  
& PLACEMAKING**  
AWARDS 2016

HIGHLY COMMENDED

Southern Brooks is the community lead group for Priority Neighbourhood work in Filton and Patchway. Priority neighbourhoods are identified as they appear in the top 10% of the Indices of Multiple Deprivation (IMD) nationally. We co-ordinate local action plans working with a range of partners.

We are pleased that Filton no longer meets the criteria for a Priority Neighbourhood any longer.

The aim of our partnership work is that:

- Local people have improved skills, confidence and knowledge to be involved in the decisions that impact on their lives.
- Families are more resilient and parents support children in their learning
- Residents feel more confident to challenge and report hate crime.

“Filton Working Together”

Katie Donovan-Adekanmbi

Key achievements in Filton:

- A Domestic Violence conference attended by 30 local professionals who increased their knowledge around DV and how to report it.
- Anti-Hate Crime Ambassador Program at Abbeywood Community School and a pilot at Filton Hill Primary school. 24 young people are better informed about Hate Crime bullying and issues of Equality and Diversity.
- A new Domestic abuse ‘Drop In’ provides advice and guidance to women attended by 30 women per quarter in partnership with Survive.
- The Be You support group for women who have left a DV relationship and are rebuilding their lives. This group has regular membership of 16 women.
- Slam that Scam event for residents that provided information about hot to spot and report scams.
- Keep it Safe was event held in March. Over 150 residents attended to get advice on a range of safety issues.
- £7760 raised towards initiatives in Filton



Anti-Hate Crime Ambassador Program

After a presentation to local head teachers to promote the success of the secondary school program Filton Hill Primary School volunteered to host an 8 week course. 12 children took part. It was very different working with this age group. They all enjoyed the programme and are now Hate Crime Champions.

They learned about equalities & diversity, protected characteristics, hate crime bullying, communication skills, referral pathways and signposting. The children were enthusiastic and now have a genuine desire to support fellow students being bullied and want to build a fairer society.

Aim of Project:

We are aiming to build a more resilient community where residents can have their say about decisions that affect them. Our approach is to work in partnership with a wide range of agencies and community groups.

Key Achievements:

- 75 local residents took part in community consultations and network meetings.
- 600 hundred residents attending 2 festivals held in Patchway and the adjoining Charlton Hayes development. Charlton Hayes residents are being encouraged to access the older part of Patchway, and join local community groups.
- £6,280 has been raised, to support identified needs including: a crime event, International Festival and an Older

Peoples project, with a view to supporting the integration and changing dynamic of Patchway.

- 7 community groups were supported to become stronger. We provided advice on funding, constitutions and sustainability.
- Mental health awareness sessions with 20 local people, with a view to reducing the stigma of around mental health.
- Set up a work club and aftercare support for people looking for employment. Supported 23 people to find work, training or volunteering. 50% have found employment.



We started several new groups for older people.

They were really well attended but people didn’t want to go through formal processes that would create constituted groups. So we came up with the idea of an umbrella group called Precious Time, with representatives from the four groups.

By working together the Consortium are now stronger and more sustainable. They are beginning to be able to raise funds and work together to decide on their longer term plans.

“We feel better informed and stronger working together. We can see that we will have a better chance of lasting.”

## Aim of Project:

Our aim is for Charlton Hayes to be a great place to live. Charlton Hayes Steering Group is a multi-agency partnership which works together to respond to issues raised by residents.

Our community development worker tries to meet all new residents to welcome them to the neighbourhood.

## Key Achievements:

- 3 community events were organised in response to residents' requests from the community consultation. Over 100 residents attended the Autumn Cultivate Celebration.
- Charlton Hayes steering group was recognised in the national Planning and Placemaking Award

2016 and was placed as highly commended for the innovative, inclusive way of working in a new development with a wide range of partners.

- The Charlton Hayes Views Newsletter and Facebook page has been a positive addition in sharing information with residents.
- We have an active resident led group with representation on the Steering Group.
- We've brought people together over issues that are important such as lack of GP provision and the new primary school
- Partnership working with Sovereign Housing Association to welcome new tenants to the area.

A community involvement project was commissioned by developers to engage local residents.

The project lead was finding it difficult to meet residents so she contacted Southern Brooks. Through our activities, forum and social media she was able to meet many people.

Cultivate Communities Autumn was born and was a great success. The event was part of South Gloucestershire Discovery Festival. Over 100 residents attended.

The Volunteer Centre offers a drop-in and online registration service across the area for people who want to volunteer, and community groups that need volunteers. We provide one to one support for people volunteers and help them find the right opportunity. We work with voluntary and community groups to help them make sure that volunteers are well supported.

125 volunteer applicants received face to face support. 7 were people who were unable to work; 25 were job seekers and 33 with had a recognised disability. 195 organisations registered volunteering opportunities and 60 organisations have provided volunteer placements.

People volunteer for many reasons. Sometimes people are lonely and isolated, or they need to build their confidence to help them get back to work. We take into account the individual needs of volunteers so that they get a volunteer into a role that suits them.

## Key Achievements:

- Excellent partnership working with other volunteer centres across South Gloucestershire.
- An increase in the number of volunteers we are meeting.

Shwetha registered as a volunteer in February 2015. She wanted to gain confidence and to help seek future employment in administration.

Shwetha became an admin volunteer at the Volunteer Centre. She quickly gained confidence and was supported into employment in an admin role for a major local supermarket

She continued to volunteer with us but eventually her work took over. Shwetha was sad to leave and has been very much appreciated at the Centre. Shwetha has offered to help at future events outside of her work hours.



Aim of Project:

As many as one in three children can fall behind as a result of a long summer holiday break from the classroom. Local schools identified this as a problem and wanted to consider ways to support learning over the summer break. Funded through Almondsbury Charities our Family Trip project runs throughout the summer providing days out for families who were otherwise unlikely to engage in trips and activities over the summer period.

Key Achievements:

- 4 Trips over the summer to Weston-super-Mare, Blaise Castle, Mshed & St. Fagans.
- Trips were attended by 35 families

Feedback from Parents

*“Takes the pressure off organising and makes you definitely do something centred just on them [the children].”*

*“We enjoyed all of it. It was amazing lovely family day at the seaside. Thank you very much.”*

*“You can have fun even if you don’t have a lot of money”*



Christmas Hampers

Aim of Project:

The aim of the project is to provide vulnerable families with food and small gifts at Christmas working in partnership with local churches and communities. The project was supported by Edge Church who provided storage, volunteers, a venue for packing and distribution and funding for hamper items.

Key Achievements:

- Over 100 hampers distributed to local families
- Partnership working

Case Study

The hampers make a huge difference to the families that receive them, a member of the family support team said:

One of my families told me that the Christmas hamper we gave her was like ‘manna from heaven’.

She had told me a week before Christmas that she had lost her cleaning job.

When I went to visit her after the festive season she told me of how grateful she was to SBCP for the Christmas hamper that she received days before Christmas. She said the hamper gave her children something to cheer them up at Christmas. When she lost her job it meant she was not going to be paid at all. When she went to register for benefits she was told she it was going to take about 3 weeks before she could access the money so she had no money at all for Christmas. She said she tried to borrow money from relatives; but got none. It worried her so much she suffered depression and was ill in bed for 2 weeks. When she got better her 15 year old daughter told her that they [the children] had only eaten food from the hamper.

It was sad to hear of such a desperate situation, but I was happy that we were able to support this grateful family.



Aims of Project:

To provide intensive support to families with primary aged school children experiencing poor outcomes and where parents are struggling financially.

The project aims to:

- Improve educational engagement
- Improve Health Outcomes
- Engage parents in employment and/or employability support
- Improved financial situation
- Reduction in barriers to achievement
- Increased aspirations

Key Achievements:

- A new partnership with Community Ignite in the South of South Gloucestershire.
- Successful pilots of the work in 12 primary schools
- Funded through the South Gloucestershire Families in Focus team, we have worked with 18 families in the North of South Gloucestershire.
- 7 children have significantly improved their educational attendance, engagement or attainment with a further 8 working towards improvements in this area
- 6 children have improved well-being with a further 10 young people working towards improvements in this area
- Six families have benefitted from reduced debt or are better able to manage their financial pressures.



**“It changed everything really, I wouldn’t have been able to do it on my own. I would have been suicidal. It would have just got worse and worse.” Mum**

They were referred as the family situation was impacting on the health and well-being of their child. There were concerns about safety and stability, the child’s behaviour and emotional well-being, as well as parental health and well-being. There were also concerns about relationships within the family and the stress that financial issues were putting on them.

At the beginning of intervention Mum was fairly housebound, she struggled to complete the family shop due to anxiety and depression and the family would subsist on mainly dried or tinned food. Mum was a prolific cannabis user (£20 a day) and had been accruing debts to subsidise this use. Mum had been reported to the police because of the smell of cannabis.

C had speech and language delay and was a fairly timid little boy. Mum did not take him to activities outside of school.

Outcomes:

- Mum is abstinent and no longer accruing debts so is financially stable.
- Mum got to the stage she felt she was work ready and we helped her with her CV etc.
- Mum and son engage in regular social activities together
- C is engaged with speech and language
- Mum has reported a much higher sense of well-being and has reduced her anti-depressant medication and is in a secure relationship with Cs dad and is expecting a baby.

Solution

The work was intensive and the support worker used a range of techniques to change the mind-set of the parents, including CBT and solution-focussed work. As with all our work, it was based on trusting relationships and approached in a holistic manner working with the whole family.

Aim of Project:

The Health Champions programme is for volunteers and professionals. They aim to improve the health and well-being of people across the six priority neighbourhoods in South Gloucestershire by raising awareness of opportunities, increasing information available and signposting to support services.



Key Achievements:

This year 36 Health Champions signposted:

- 391 people to support services around health and well-being.
- 74 people were referred to Talking Therapies to improve their mental health.
- 96 people introduced “5 a day” into their diets so they were eating more fruit and vegetables.
- 96 to try ‘5 a day’ for a two week period to see if they can introduce fruit & vegetables into their diet.



Barbara came to the Health Champion programme through her visit to her local Volunteer Centre. She wanted to improve her confidence and explore future employment opportunities. Barbara is local mum with work experience in a pharmacy.

Barbara has recently started a degree in Psychology and is keen to make a difference to not just her own health, but the health and wellbeing of others. Since starting as a Health Champion Barbara has volunteered at local events and became a Community Connector volunteer, through Southern Brooks’ social prescribing project.

Barbara started a Health Champion drop-in session at Patchway library. This increased referrals to other projects and provided additional resources for the librarians.

Barbara’s confidence has increased and she has now found a job. She continues to volunteer for our ‘Back to Work’ programme.

Aim of Project:

The Green Spaces project aims to improve the health and wellbeing of local residents through engagement with green spaces in the community.

We have been developing green spaces that are specifically for community use and can be used to develop skills, knowledge and access to resources that support people to have healthy lifestyles.

Key achievements:

Grow Your Own Course – We ran a six week grow your own course at the new Blakeney Road Community Garden. The eight participants enjoyed learning theory about planting, composting, weeding, organic growing and companion planting and then applying it to the community garden. The learners on this course have gone on to become regulars at the weekly drop in at the garden and some have even taken on their own allotments.

Arlingham Way Pocket Park – In collaboration with Patchway Town Council and Patchway Conservation Group, we were successful in getting funding to create a pocket park



on an unused green space. We consulted residents who live by a spot that was used for dumping rubbish, and worked with them to plan how they would like the space to be used. Together we tidied up the area and installed play equipment and planted raised beds to make the new park.

The Parade Community Garden – After the success of the The Parade Environmental Action Day, plans were made with residents about what they would like to be growing in the new community garden. We worked hard to plant onion, garlic and beans for over the winter and in the spring got planting salads, peas, potatoes, courgettes and lots more. The families living around the Parade made sure the seedlings were looked after and enjoyed starting to eat their crops.



Sarah was made aware of the Grow Your Own course at Blakeney Road Community Allotment following her attendance at the Work Club.

Initially Sarah was very anxious about coming to a new group, but with the support our staff she was able to attend. Sarah did brilliantly on the course and as she says, “My confidence grew a little each week”. As the course came to an end Sarah became a key part of the weekly drop in, she welcomes new people and is involved in deciding the future of the garden. Sarah’s confidence boost meant she was able to get a job, and she’s picked up some of her old hobbies, including pyrography, and made us a beautiful sign for our garden.



Aim of the Project:

Was to provide 1-2-1 support to families to improve family relationships, increase parenting skills, improve family mental health, enable families to live healthier lifestyles and improve behaviour.

Key Achievements:

- We've worked with 80 families over the period.
- High numbers of referrals for parents where there is a child with SEN and in particular an ASD. All families worked with have multiple and complex needs. The main reason for referral is parenting support, typically this is around managing

behaviour, followed by parental mental health and parent-child relationships. Often the difficulty in managing behaviour stems from the relationship between parent and child and the parents mental health impacts on parenting capacity.

- 89% of parents increased their parenting skills through 1-2-1 support and parenting courses.
- 90% demonstrating improved social networks and reduced isolation through community activities.
- 86% of parents more able to meet the emotional needs of their children



“The support I have received was amazing. She makes me feel at ease and I feel like I can say anything without being scared” Parent

Family were referred due to aggressive and bizarre behaviour of one of the children. It was felt that some of the siblings and parents were at risk of harm from this young person. An initial assessment identified an underlying issue with the young person which could not wholly be addressed through parenting strategies. We spoke to services regarding the young person's mental health and the possibility of an underlying disorder. The young person described seeing a man in his room who was angry. We built a good relationship with parents and provided emotional support to mum.

Outcomes:

- Mum disclosed significant Domestic Violence
- Young person currently being assessed for ASD which possibly had impacted on his ability to verbalise his fears
- Mum and children now in a refuge (working in partnership with social care and Survive)
- YP currently living with extended family
- YP now reports that he no longer sees the man in his room
- Child In Need plan in place

What made the difference?

We believe that the model of working we use, a Relationship Model, facilitates the change. It is interesting to note that the family had been working with Social Care for 6 months and there had been no disclosure of DV until we became involved.

The change comes through relationships and is based on trust, without which the outcomes for this family could have been very different.

**Bouncing Babies** is a weekly support and activity group for parent/carers and their babies aged 1 year and under. The aims of the group include reducing the risk of post-natal depression, providing networking opportunities for parents, supporting the bonding process between parent and child. The group also provides a good opportunity to highlight the importance of play and its role in child development.

Key Achievements:

- Group attended by between 18 and 25 parents each week
- Contact with 147 families over the year

**Merlin Housing Society** - The aim of the project is to provide one to one support to Merlin residents, to improve health and well-being, the ability to maintain tenancy and reduce barriers to social inclusion.

Key Achievements:

- Working with 28 families over the year
- 60% have improved their ability to maintain their tenancy.
- 80% have improved their health and well-being through a range of activities
- 83% of parents have improved parenting skills, through one-to-one sessions, information & signposting.
- 78% of people are more involved in community activities, and therefore more likely to maintain positive change.

Feedback from Parents

“Amazing group! I have been taking Emily since she was 6 weeks old. Very welcoming and I have met some lovely friends there as well! Lots of good advice from all of the mums. No matter what issues our babies are having you can always find someone who has been through it already and has a solution!!.”

“It was a great place to come and meet new mums, learn some songs and nursery rhymes to sing to my baby, bounce concerns off one another and pass on mummy tricks and tips. Loved having someone else make me a cup of tea that I could drink when it was hot and a biscuit to go with it.”

**X lost a baby and her marriage broke down. She also suffered from diabetes. We found it difficult to meet her at first but this was resolved through working in partnership with Merlin.**

**X was facing eviction and was being taken to court as she was ‘not doing anything to change her situation’. We liaised with the housing benefit team, Merlin Housing Association, North Bristol Advice Centre and the Duty Solicitor. We supported X to access counselling sessions to talk about loss of her child.**

**She is no longer in debt, has improved her mental health and can now deal with financial matters.**

## Aims

To provide a range of centre, school and community-based activities to support young people to develop skills and confidence, healthy lifestyles and independence. Young people are able to get involved in a range of youth-led sessions encouraging sport, music, creative arts, volunteering/ social action and many issue based activities.

## Key Achievements

- Young people creating and maintaining our youth club community garden, learning about horticulture and sample some of the delights grown.
- Building on the success of the Social Action Youth (SAY) pilot project, we delivered 2 new youth-led social action programmes, in partnership with Merlin Housing Society, 1625 Independent People and Downend School. Young people developed skills, experience and confidence, while supporting

contributing to their communities through social action. Projects included fund-raising for local charities and distributing food and clothing to homeless people in central Bristol, in partnership with Streetlife.

- Many young people got involved in South Gloucestershire Council Positive Activities Subsidy consultation; their input was crucial in demonstrating the value of our services. They learned how youth work is funded and the importance of speaking up about issues they feel passionate about.



**The Team:** Crispin Donovan, Chloe Watkins, Rhiannon Thomas, Emma Peacock, Alex Bright, Kelly Jones, Adam Cantwell-Corn

We worked with a Yate young mums group to plan and deliver social action as part of the SAY Community Cashpoint project. The mums wanted to fundraise for a cause close to their hearts which was the NICU unit at Southmead Hospital. Some of the girls had delivered premature babies themselves in this unit and wanted to extend their gratitude and thanks back to the hospital.

The group planned and delivered a successful fund-raising coffee morning (which none of the group had previous experience of doing), which saw members of the public stop by for cake and coffee in aid of their cause. The event raised over £100 which was donated to the NICU unit at Southmead along with multiple bags of brand new knitted premature baby clothes which were donated by a local knitting group. The group were not only were successful in this event but they were empowered to use their experience to hold a Christmas themed event without the support of Southern Brooks.

- We continue to develop partnerships across South Gloucestershire, particularly working with Creative Youth Network
- Patchway Youth Centre is a local venue available for hire to local charitable organisations and individuals.

## South Gloucestershire & Yate Dementia Action Alliance

### Aim of Project:

To raise awareness of dementia across South Gloucestershire; to promote, encourage and support dementia-friendly initiatives so that people living with dementia can lead active lives in their communities

### Key Achievements:

- An activities group launched at Yate Leisure Centre. This is a free weekly session where people with dementia and carers can do sport, table tennis, badminton, archery board, games etc tailored to individual need.
- 29 Dementia friends' sessions have taken place in Yate and as a result we have 488 Dementia Friends.
- Dementia Friends Sessions within Schools are taking place. The children/young people love

**Subitha Baghirathan, Debbie Woolley & Kirstie Ford**

getting involved with the activities and our keen to ask questions.

- Intergenerational work is happening in Yate, with primary schools visiting the Activities and Social Group
- Coordinated a valuable information session led by Dr Peter Bagshaw (dementia lead GP on Clinical Commissioning Group) to Forum meeting of parents/carers of young people/adults with learning difficulties (hosted by Carers' Support Centre)
- Delivered sessions for: South Gloucestershire Councillors; Lighthouse staff; Coniston Medical Practice; Emerson's Green Town Council and Staple Hill Regeneration Partnership.
- Dementia Awareness work currently taking place with South Gloucestershire Chinese Association, Dhek Bhal and Avon Indian Association

Yate Leisure Centre agreed to be involved in the Dementia Friendly community initiative. Staff Mike & Jan Jones volunteered to be trained as Dementia Champions and the leisure centre became part of the newly formed Yate Dementia Action Alliance. The Centre Manager pledged time and resources to form a social and activity group.

November 2015 was the first session with 15 attending.

The group has grown in numbers and has an average of 35 members.

The group is growing in numbers, more activities are being introduced including gardening and woodwork. People can see the good work taking place.

**“Very good support staff with a variety of activities. A very friendly welcoming and encouraging time”**

**“Fun to do something that takes my mind off my wife”**



### Aim of Project:

The aim of the Community Connectors Project is to work with a team of volunteers to reduce social isolation in the over 50's. It's about connecting people with groups and each other to improve health and well-being and increase social networks.

### Key Achievements:

- Funded through the Lloyds Foundation we have worked with 57 people, through one to one work and coffee mornings.
- Issues have included lack of social contact, budgeting, poor diet, panic attacks, depression, learning difficulties and bereavement.
- Clients were referred to volunteering opportunities, Memory Café, Luncheon Club, University of the 3rd Age, reading groups, craft groups, North Bristol Advice Centre and Age UK Befriending Service.
- We recruited and trained 17 volunteers. Each week the volunteers met for peer supervision, support and ongoing training.
- The running of the project highlighted the need for regular social meetings in the area. This has given rise to weekly coffee mornings run by volunteers in 2 areas – Patchway and Stoke Gifford.
- Stoke Gifford coffee morning is being run with the help of the local church – St Michaels. The church staff are very pleased to have us there.

Clients were able to socialise with other people while also having a drink and a nutritious meal. Anybody who came into the café alone was invited to join us. Most of the clients are over 70 years of age and were not really meeting and socialising with other people before this happened. The coffee morning has brought these people together. It has also served to reintroduce people who once stood at the school gates together, more than 40 years ago, yet had no contact since their children left primary school.

The coffee morning has become a lifeline for several clients. One client is unable to get around due to severe lung problems. With the help of Community Connectors, they have been attending coffee mornings.

Previous to this, they had only the company of professional carers, who visited for an hour a day, and their son. Clients have openly said that without Southern Brooks and the services offered, they do not know what they would have done or how they would have coped with the extreme circumstances they have found themselves in.

## Family Support Respite

### Aim of this Project:

To provide parents of children with additional needs short periods of respite through taking the children on positive activities and trips. The respite aims to improve well-being and reduce social isolation in families.

### Key Achievements:

- Funded through Everybody's Business small grant, we provided respite to parent/carers of children with additional needs. We worked with 16 families with needs ranging from ADHD and Autism Spectrum Conditions to a young person with a complex range of disabilities including hearing and sight impaired, autism and additional brain damage from a tumour.

Corrina Wood, Lynette Jones & Ternaya Cummings

- One to one sessions with the young people provided the opportunity to support their personal development, including social skills, road safety, independence and behaviour.
- All parents felt that the respite sessions had a positive impact on their emotional well-being and had given them the opportunity to do something for themselves.
- All parents felt that the respite sessions had a positive impact on the well-being of their child.
- Trips included: Dog Agility, The Wild Place, Crazy Golf, Indoor Rock Climbing and @ Bristol.



**“We can’t thank you enough for this respite. One night we managed to have tea with our older daughter with no arguments, it was fantastic. We are really happy that with your support she is now sleeping all night every night. This has made a really big impact on the whole family and it is easier to manage her behaviour during the day. She has loved these trips and is always eager to see her support worker”**

Young person aged 8, awaiting final diagnosis of ADHD & Autism Spectrum Condition. Parents were concerned about her behaviour. She struggled to make friends, would often run away, was over familiar with strangers and was refusing to go to bed and settle to sleep. They felt that she needed support with boundaries, social skills and stranger danger.

The parents were exhausted and in desperate need of some respite which included Mini golf & tea at Bella Italia, Dog agility & tea at Frankie & Bennys, 1-2-1 dog walk, @Bristol & dinner at Za Za Bazaar. Changes in her behaviour enabled her to make friends with several other young people and to maintain these friendships over the weeks. Her awareness of stranger danger improved and she has not run away since this respite, nor approached strangers. She has asked her parents if she can go to bed at 8pm every night and has slept until 9am the next day. She is now in a bedtime routine which has been maintained since starting the respite sessions.

She has built positive relationships with workers and has been very respectful of other children with additional needs.

Brooks Café is a popular meeting space for the Patchway community. Our menu is affordable and varied, with daily specials. We also provide great value catering options for meetings and events.

## Key Achievements:

- Brooks Café team has developed its role in the community, hosting more groups and meetings in the café and working with local businesses to provide even more care and support to our customers. We are now open until 5pm Monday-Wednesday to support activities including an afterschool drop in.
- We are working closely with the Green Spaces project to use locally grown produce and compost vegetable scraps.
- We have a brilliant team of volunteers and this year we hosted work experience placements for 6 young people from Patchway Community College.
- We provided catering for Patchway Festival,

Coniston Fun day and other community events. Our outside catering orders are increasing and theme nights continue to be popular.

- Brooks Café is raising its profile and has been featured on Made in Bristol television and local radio stations.



## Case Study

Mariagrazia came to work with us as a volunteer from Italy, with very little spoken English but a keen love of cookery.

After Mariagrazia came to work with us as a volunteer from Italy with very little English but a keen love of cookery. Thanks to sponsorship from Merlin she was able to do an apprenticeship through a catering college. Maria is now a full-time paid member of staff and a major asset to the café.

**Maria says: "I really enjoy being part of a brilliant team working in a nice environment. I'm improving my skills all the time; I love working in the café."**

## Brooks Café

**Open Mon-Fri** 8am—2.30pm (until 5pm Mon,Tue, Wed)

Come and support your local Community Cafe. With delicious home-cooked meals and snacks at very reasonable prices, free children's events, daily specials

Quiz and theme nights are held every month.

Pop in or see our website for more information about what's going on at the Cafe.  
@ Coniston Community Centre, The Parade, Patchway  
[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

Ring ahead to order: 0796 962 7104

Shaping Your Future  
Registered Charity No. 1157061  
[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

Southern Brooks  
COMMUNITY PARTNERSHIPS

## Learning & Development

### Aim of this Project:

Our community learning, vocational and accredited training programmes support people to try new things, gain qualifications and develop skills for life and work.

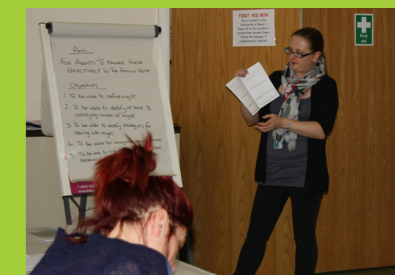
### Key Achievements:

- 19 young mentors gained their NOCN Level 2 Award in Youth Work Practice through their participation in the Social Action Youth (SAY) project, which was delivered in partnership with Downend School. The mentors gained practical experience in youth work by supporting younger volunteers to design and deliver youth-led social action projects.

## Case Study

One student worked with adults with learning difficulties as a support worker, before deciding to explore other career options. She enrolled on the Introduction to Youth Work Course in early 2016 and realised that youth work really interested her. After completing this course, she was so enthused that she enrolled on Southern Brooks Level 3 Diploma in Youth Work Practice in May 2016 and is on track to gain her qualification later this year.

Laura Colman, Ana Miguel, Ternaya Cummings, Corrina Wood, Tendai Pawadyira



- We piloted a 'Grow Your Own' course as part of our Community Learning provision. This led to people being involved in developing the community garden at Blakeney Road allotment and the majority still visit the allotment regularly.
- We have delivered tailor made training programmes for local organisations, including social landlords and local government, in community development and equality and diversity.

Since starting on this new career path, she has left her previous job and now has several jobs working with young people. She has a job as a 1-2-1 worker with a young person in school, as a youth worker for Southern Brooks and is also working the summer in the Four Towns Play Association to gain more experience with a wider range of ages.

# Chair's Report - Andy Thomas

It's been an interesting year to be Chair at Southern Brooks, as we've gone through many changes in funding and staff. We are proud of our achievements in supporting many families in the area with our funding through Reaching Communities and our work commissioned by South Gloucestershire Council. Sadly, that has ended now and some valued staff have left.

As always the team have worked diligently to identify new funding streams and projects that continue to meet the needs we find in our communities. Poor mental health has been a concern for us and many of our partners and we were pleased to secure funding through Everybody Business grants awarded by South Gloucestershire Council from this coming April. We look forward to working with partners in contributing to South Gloucestershire Wellbeing College.

Partnership working has continued to be key to all of our work. It's not always easy, particularly when funding ends. However, we remain committed to working together so that people in this area are able to access the support and help they need to achieve their full potential.

We were pleased this year to have secured PQASSO (Practical quality assurance systems for small organisations) at level 2. This built upon our work four years ago to achieve Level 1 accreditation and is recognition to the staff team and trustees for the improved systems we have in place.

As I look ahead to the coming year, I would like to thank the staff, my fellow trustees and volunteers for their enthusiasm and commitment. We've recently confirmed our priorities as:

- Reducing isolation
- Reducing poverty
- Improving mental health
- Increasing skills and education

As resources become ever tighter we will go back to our roots in building "Strong Communities Powered by People". Creating communities that are strong, resilient and tolerant with people who feel able to influence decision making ultimately reducing demand on public services and intervention.

*With Thanks to:*



the care forum



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