

Annual Report 2018 – 2019



Strong Communities Powered by People

Registered Charity No. 1157061

www.southernbrooks.org.uk



Welcome

The last 12 months have been challenging for our most vulnerable communities.

Southern Brooks brings hope, relief and support, when for many these things are hard to find. Julie and her team have been impressive in their commitment to the charity and the Board continues to support and guide them.

Our plan for the future is to focus the charity's work on the community hubs in Yate, Kingswood and Patchway, so that all our services are in one place, making it easier for local people to find and benefit from what we offer. We want to get to know local business people better and to spread the message about the great work we do, raising our national profile and media presence.

It is also important to ensure that Southern Brooks continues to be financially independent. We are expanding the consultancy and training services. Brooks Café and The Limes have new business plans and we are investigating the possibility of a community-led housing project.

Whatever the economic challenges of the next 12 months, Southern Brooks will continue to provide help where it is needed, with commitment to our values and a positive, creative culture a key part of everything we do.



Jules Moore, Chair of Trustees

Chief Executive's Report

This has been another exciting year at Southern Brooks. Our work has developed across South Gloucestershire with a new community hub at Tyndale Primary school in Yate, and our office at Kingswood Foundation. We really appreciate the support of the many partners who have helped make this happen.

We were delighted in November to win the Locality Award for "Bringing People Together". This is our first national award and I'd like to thank the team for their contribution towards gaining it.

We secured Trusted Charity Mark at Level 2. This has replaced PQASSO as the voluntary sector quality mark that covers the work of charities: no other assurance award addresses all the essential areas necessary for the effective management and governance of a charity.

Much of our work this year has focused on health and wellbeing. We are really pleased to have won the contract with South Gloucestershire for a new wellbeing service which will work with Public Health to deliver One You South Gloucestershire.

This is a great voluntary sector partnership approach to improving the health and well-being of residents in South Gloucestershire. Thanks to all the partners for their contribution.

Following a summer of consultation, working very closely with South Gloucestershire Council, we developed a successful proposal to Sport England for a project to help people become more active. We have commissioned the Council to deliver this, and we are very grateful for their in-kind support.

Bringing communities together remains a priority for us and we've been pleased to be involved in national conversations about what makes a great community. We're developing a range of projects, including community hubs, that will be opportunities for people and communities to thrive, not just cope.

Finally a big thanks to staff, volunteers and our Trustees who continue to make Southern Brooks a successful organisation.

Julie Close
Chief Executive



Community Cohesion



150 children made a lantern as part of our Diwali workshops



100% of attendees said they learned about Indian culture

This year saw the first ever Diwali celebration in Patchway. With a lantern parade, Indian feast, traditional dancing and henna. Attendees said that this was the first time that they had ever seen Diwali celebrated in their community and school and that it was a great way to meet people.



Plans are in place to reach over 900 children and young people across Bristol and South Glos.

The Create Against Hate project is working in partnership with Avon and Somerset Police to deliver workshops which help children and young people to understand and respect diversity and tackle narratives which seek to divide communities. One secondary school participant said:

“ Instead of teaching me about it, it taught me how to teach others about it. ”



Connecting Kingswood



More than 100 people came to the Feel Good February Fair



15 partners ran free taster sessions and shared information about local services

At our annual Feel Good February Fair in Kingswood we had over 100 adults and children coming to find out about local activities and try some of them out. From yoga to face painting, reflexology to riding the smoothie bike, everyone attending said they enjoyed the day and would come again next year.



Over 20 partners meet together regularly to talk about Kingswood

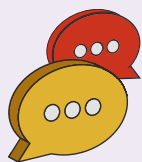


4 sub-groups meet to plan activities in the local community

Four free activities were offered in Kings Chase Shopping Centre and 33 children and young people talked to us about what other activities they'd like to see.



Yate, Cranleigh Court



Held over 100 community conversations with local people

For the last year we have been having community-building conversations in Cranleigh Court asking local people what they would like to see in their neighbourhood and how they could contribute. The purpose of this is to build a stronger community by people getting to know each other and organising local activities. We have launched the new Cranleigh Court Hub as a community space to help residents do just that.



9 residents have come forward to lead activities in the new hub

From these conversations the Cranleigh Court Coffee Group began.

“Coming from Wales I’m used to greeting people and always having conversation with neighbours but it seems to be quiet here. It is a wonderful thing that we are doing; somewhere to come and chat and have fun! ”

“I like helping my neighbours and offering companionship... ”



Yate, Abbotswood



25 community groups involved in organising Sustainable September

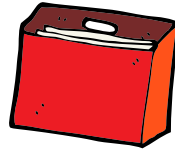


More than 500 local people engaged with Sustainable September

Working in partnership with Abbotswood Action Group we organised a series of events focused on sustainability, green spaces and improving the built environment for our annual Sustainable September.



8 people attended the course and 1 gained employment



Eight businesses offered jobs, mock interviews & other support.

Our community development worker partnered with Southern Brooks Employment Coaches to run an employment course and job fair. One participant said:

“It was well worth it, especially as you were able to meet employers at the jobs fair at the end of the course.”



Patchway Community



Over 67 hampers were donated to families who needed an extra hand at Christmas.



"This has really helped me out. I didn't know how I was going to do Christmas this year."

Donations came from individuals, Hoare Lea, Direct Line, Holy Trinity Church in Bradley Stoke, Broadmead Baptist Church, the AA and FareShare.



40 children came out to play in our first Play Streets in October!

“It was great to see so many kids playing together so nicely.”



The Green Spaces project has contributed 260 hours to make Patchway a greener place to live.



"It helps me in my daily life because I learn new things like how to grow plants in the garden."

8 new members joined the Blakeney Rd Community Allotment. They enjoyed meeting new people and learning new things, for example, how to sow seeds.

12 volunteers from local Hoare Lea engineering firm helped transform The Parade, clearing litter and planting bulbs, herbs and flowers



West of England Works & Training



55 People enrolled on the WoEW project



19 People gained employment or completed a qualification

Jo was struggling with bereavement, homelessness and mental health issues so finding work to fit around her childcare wasn't easy.

Thanks to the training and employability support from our job coaches, Jo now works with other children in a job she loves.



199 people attended training courses

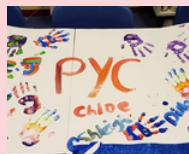


19 people passed accredited courses such as Level 2/3 Youth Work

Laura enrolled on the Youth Work course to retrain for a new career. Whilst on the course she realised that youth work was for her, and applied for several roles, using the skills that she learned on the course. One month later, she was offered a full time position as a youth support worker and is loving her new career.



Youth Work



1090 young people have been supported



We delivered 278 youth work sessions across Patchway & Frampton Cottrell

Five girls ran a stall doing face paints, glitter face paints and arts & crafts at frampton Fair. None of the girls had done anything like this before and said they were not artistic.

They researched pictures of designs to follow. They raised a total of £50 on the day (they asked for donations only).

We have seen an increase in their confidence and level of participation since they engaged in this activity.

In July 2018, we took five girls to an International Youth Camp in Gauting, Germany, which is Patchway's twin town.

There were around 80 young people from different countries who came together to engage in activities and build international relationships.

We took part in a presentation about Patchway, Paperchase and visits to Munich. It was exhausting, but fun.



Wellbeing

We worked alongside Bromford housing association and Kingsmeadow@MadeForever - a charity aimed at preventing isolation - to deliver the South Gloucestershire Wellbeing College, delivering 31 free courses and 3 regular weekly well being drop-ins, across 4 priority neighbourhoods.

602 individuals participated in either a course or a taster session.

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|---|--|---|
| Wednesdays 6pm - 7pm For 8 weeks Starting 10.10.18 Kingswood Estate Location | Mindfulness Practice simple techniques designed to help you live in the moment; and to find peace in accepting the world, and yourself as they are. |  |
| Wednesdays 7:30pm - 8:30pm For 8 weeks Starting 10.10.18 Kingswood Estate Location | Tai Chi A very gentle introduction to traditional Yang style Tai Chi - a relaxing peaceful martial art, recognised for increasing health and vitality of mind & body. |  |
| Tuesdays 12.30pm-2pm For 4 weeks Starting 9.10.18 Made Forever Location | Happiness An opportunity to learn techniques and ideas which strengthen mental wellbeing and create a more hopeful outlook. |  |
| Tuesdays 3:30pm-4:30pm For 6 weeks Starting 9.10.18 Kingswood Estate Location | Tai Chi - Qi Gong A gentle, beautiful and flowing Qi Gong exercise - designed to relax and rejuvenate the body and increase your energy. |  |
| Wednesday 11am-12pm For 8 weeks Starting 10.10.18 Made Forever Location | Yoga A gentle introductory course to yoga incorporating some mindfulness practice: focusing on gentle postures, designed to build strength and align the body to help energy flow more freely. |  |

Katie's Story

Katie suffered with anxiety to the point where she wasn't able to go out and about on her own. After learning mindfulness stress relief techniques, she told us:

“Being able to feel confident driving has helped me access basic things that I couldn't do before, e.g. to take my children swimming, go to the library, and to go shopping by myself for the first time. Thank you for showing me a way forward.”

83%

of participants showed an improvement in their wellbeing as a result of attending a course or taster session.



Dementia

South Gloucestershire
Dementia Action Alliance
A friendlier community for all



Over 940 people attended a Dementia Friends session, helping to make our communities dementia friendly.

60.2% of our follow up survey respondents said they had put what they learnt into action

The Retreat Memory Cafe in Soundwell continued to welcome people living with dementia and their carers. We recruited 3 volunteer drivers to help alongside our cafe volunteers.



The Limes

This day centre for people with early onset dementia transitioned from the Alzheimers' Society to become part of Southern Brooks Community Partnerships on 1st February. The Limes focuses on the needs and interests of younger people with dementia who like to remain active and is designed to provide users with a social, home away from home experience.

“ I attend The Limes once a week, I love it and call it my second home. ”



Volunteering



100% of people felt their life was better as a result of volunteering with us.



Over 3600 hours were given by people volunteering this year.

Volunteering is a mutually beneficial relationship. We provide over 20 roles for people to use their time to help the wider community, further develop skills, gain confidence to achieve their goals such as gaining employment. In return, we benefit from their talents and time.



“ I have felt my confidence increase and it has made me feel valued after a period of time off work due to a chronic illness. ”

Patchway, Filton and the Stokes volunteer centre supported 79 people to volunteer in the local community.

“ It looks good on a CV and you're doing something worthwhile, making a difference in people's lives. ”



Volunteer Centres Yate and Kingswood



Working in partnership with Yate Job Centre has helped us to support more unemployed people into volunteering as a way to gain confidence, new skills and training.

Yate Volunteering has supported 34 people in exploring volunteering in the local area and 13 organisations.

We've run 13 drop ins around Yate including at the Job Centre, Library and community events.



“I worked on a community garden that was run down, but now looks great. My confidence has increased and I gained a real sense of achievement. I learned planting, flower bed preparation and laying down fencing foundations. It was great to give back to the community.”

Matthew had been out of work for over 10 years and wanted to get some routine back into his life. Kingswood volunteer centre found the right role for him at Grimsbury Farm. He helped turn a wasteland into a garden. The voluntary role was a stepping stone which led to completing a successful work trial at Wrapex. He feels confident that he can one day go back into paid employment.



Friends of Southern Brooks



£1000 generated through donations and events this year.



Over 300 people in the community benefited from the funding

“As a Friend, I am responsible for promoting the work of, and fundraising for Southern Brooks, so that it can sustain its vital work. I can be at events serving refreshments and talking to people, or planning and running fundraising events. I also host the monthly quiz night!”



“I have fun, I use my existing skills and experience and learn new ones, I'm part of a fab team and I feel part of an organisation that does great work.”

Projects supported with funding this year:

- Four Towns Play Scheme
- Community Garden in Kingswood
- Feel Good February Fair
- International Summer Camp celebration BBQ



Early Years in Patchway



35 families totalling 70 people attended the sessions.



100% felt the group had helped them feel more included in the community.

We've run 19 sessions for new parents, who needed a welcoming and supportive group. Some people are new to the area, have been feeling isolated or overwhelmed by parenting.



“ This group has been amazing for both me and my daughter. I have been to baby clubs when she was younger and felt very isolated and alone because the people there weren't friendly and I felt like I was being judged for being a 'young mum'.

This group has given me so much more self confidence and is very friendly, which I appreciate massively because when I fell pregnant I wasn't working and lost all of my confidence.

My daughter has grown up so much in this past 6 weeks! She has a lot of confidence at the group which makes me feel more confident in talking to other mums. ”

Health Champions

25

new Health Champions were recruited in 2018-2019...

19

were actively involved in health-related volunteering.



- 15 new Health Champions passed a Level 2 qualification in 'Understanding Health Improvement' with the Royal Society of Public Health
- 8 went on to undertake further training to improve employability
- 4 have gone on to secure employment, all in health-related roles

Jenny ran a Well Woman clinic in Patchway twenty years ago...

A Health Champions advert in Patchway People prompted her to come to a meeting to find out more. She quickly became an active volunteer at Southern Brooks and community events in South Gloucestershire.

Jenny took a number of RSPH qualifications and volunteered her time to develop the new South Gloucestershire Wellbeing Service model of practice.

Jenny now contributes to the Patchway health and wellbeing Priority Neighbourhood subgroup. She sees her role as improving her own health and well-being, as well as that of others.



Family Support



126 families received support to overcome barriers, increase resilience and become independent

Ali had been sleeping in his parents' bed, spending long sessions on the x-box and was very frustrated and angry with life.

As a result of Southern Brooks family support he is sleeping in his own bed and no longer uses bad language.



“ Southern Brooks is an invaluable service and is making a positive change to our family.”

The whole family benefited from the services offered by Southern Brooks from meditation to employment support, budgeting and counselling.

“ In our household, our family support worker is know at Mary Poppins!”



Treasurer's Report

My first year as Treasurer for Southern Brooks has been both challenging and rewarding in equal measure. The challenges have been in the technical accounting arena, ensuring that projects are financially viable so that we can cover our core costs and rewarding, when we are able to reach a consensus that allows Julie and the team to continue to deliver the amazing work that they do.

My involvement with Southern Brooks has made me a better accountant, practising skills that I don't utilise in my day job.

The future will continue to be challenging in the current economic climate and we wait to see what impact Brexit will have on the organisation.

Like many charities we also face the constant conundrum of trying to build up our reserves to make the organisation more financially sustainable for the longer term.

Those two issues will continue to exercise the minds of my Board colleagues over the coming year I am sure.



Andy Bell, Treasurer



Trustees:

Jules Moore, Chair
Margaret Slucutt, Vice Chair
Andy Bell, Treasurer
David Bell

Lucy Hamid
Rachel Hunt
Gareth Ellaway
Peter Bright

