



COMMUNITY PARTNERSHIPS

Annual Report 2019 – 2020



Strong Communities Powered by People

Registered Charity No. 1157061

www.southernbrooks.org.uk



Welcome from our Chair – Jules Moore



In my first full year as Chair of Southern Brooks, I made it a priority to ensure that we had a strong, accountable Board to support the work of all our wonderful staff. We were delighted that Harry Partington, Stephen Baker and Paul Timmins joined us in early 2019.

Due to work commitments, Stephen did not remain on the Board, but his advice and experience regarding Community Led Housing is still available and greatly appreciated.

Each member of the Board also sits on at least two of our five committees (Commercial, Finance & Risk Oversight, Employment & Remuneration, Policy & Governance and Community Liaison).

Early in 2019, the Board and the Leadership Team reviewed the strategic Business Plan for the charity, developing a five-year programme for an approach that puts our mission of “Strong Communities Powered by People” at the heart and creates a

focus for our commitment to projects and our work with all our partners across South Gloucestershire.

Following the review, the Commercial Committee worked with the Leadership Team to initiate plans for The Limes, Brooks Café, the Community Led Housing Project (which was awarded a grant from Homes England) and the Training Programme.

Southern Brooks continues to be committed to working with the residents of South Gloucestershire, wherever help is needed.

We ended the year with the start of the pandemic, but throughout the twelve months that preceded it, the staff of Southern Brooks worked tirelessly to support the community and, as the pandemic emerged, their flexibility and speed of response to these unprecedented challenges, was just amazing and I cannot thank them enough.

Chief Executive's Report

This year has been eventful as it ended with the beginning of lockdown and the impact of Covid on communities, staff and services became apparent. It is easy to look back at the year and only think about Covid. However, there was much to celebrate with the extension of the contract for the West of England Works project providing employment support and new work as we leave the European Union, to support those who need help to remain. Our role in community cohesion has grown.

During the year, our work in health and wellbeing was transformed, through the One You South Gloucestershire Wellbeing work, which led to our contract with Primary Care Networks for social prescribing. We have been pleased to work with our long-term partner DHI to develop this.

Following our successful nomination of South Gloucestershire Council for the Locality Award as a great Council to work with, they became one of 11 trailblazers for the "Keep it Local" Campaign. This campaign calls for Councils to commission locally for services that transform lives. We are working closely with CVS South Gloucestershire and the

local authority on the Keep it Local plan. We contributed to the national Better Way Network, a group of leaders wanting to improve services and build strong communities.

A shared set of principles have developed, which I hope will see more partnership work, improved collaboration and a focus on outcomes rather than targets. Our developing role in health led to Southern Brooks being appointed as the community partner for Sirona.

Covid brought many challenges, but also brilliant examples of local people, organisations and groups working together. The Covid response was one of partnership, led by the Council but with people working together as equal partners. We set up a telephone service, and met regularly with partners including CVS South Gloucestershire, Age UK, Pauls Place as the seriousness of the pandemic became apparent. The Mutual Aid groups provided amazing support.

Thank you to our staff and volunteers.

Julie Close
Chief Executive



Community Cohesion

Diwali Festival

Create Against Hate



Over 200 people attended the Diwali Festival in Charlton Hayes.

"It was a great event and really lovely to see the community come together for the celebration."

Sharon

The event was held in the new Charlton Wood Primary School. 90 children from schools across Patchway had taken part in lantern making workshops and the Youth Club had made two huge lanterns, a soaring dove of peace and oil lamp. Indian food, Bollywood dancing, drumming and lantern parade were enjoyed by everyone.



Arts Trail across five locations in Bristol

Working with pupils from 26 Primary school and 7 Secondary schools across Bristol. Created artwork based on landmarks in their locations covered in positive messages written by pupils about being kind and inclusive to people.

“

”



Connecting Kingswood

Feel Good February Fair Art Mural at Kingschase



More than 250 people came to the Feel Good February Fair



People said they felt more connected to the local community as a result of the fair.

Plenty of wellbeing activities were on offer at our annual Feel Good February Fair in Kingswood. Exploring creativity with art and yoga, checking in with body and mind at the problem solving booth and health check station, relaxation through reflexology and stroking rabbits, plus making smoothies using peddle power and cheerleading display.



13 local young people took part in 4 art workshops led by Bristol artist Sophie Rae.



"It's nice to paint for the community. We should do the whole place!" Jay



Young people worked together to plan and paint a mural to brighten up a dark corner beneath the car park steps in Kingschase shopping centre. Taking inspiration from nature, they created a vibrant and inclusive design. New friends were made and they all felt proud and satisfied with what they'd achieved.



Yate, Cranleigh Court

Harvest Community Meal

Grow Your Own Day



35 people attended
Autumn event at
Cranleigh court

With 10 local residents involved with running the event. with them aim of bringing people together by sharing a meal, celebrate cooking and gardening skills

Using donated vegetables a team of residents made a hearty vegetable soup was made to share with everyone. Other activities included lots of things for children and bulb planting.



“Fun to learn more about growing vegetables and see the children helping.” Lynne

Local resident and volunteer Mike organised a gardening event called “Grow Your Own.” The Meadows Dementia Care Home took part who are located opposite the hub building. Often residents in care homes are overlooked in taking part in community activities so this was a significant invite from residents to ensure the whole neighbourhood was able to participate. Families also came and helped replanting the sweet pea plants with Mike.



Yate, Abbotswood

Christmas Fayre

Take 5



More than 500 local people engaged with the Christmas event



Our fayre was the busiest we've seen. Local stallholders with Christmas goodies. Games were played and prizes were won including a luxury hamper. Amazing performances from Mangotsfield Ukulele Jam, Dodington Parish Band and the joint Wellesley and Abbotswood school choir. And of course Santa arrived with a police escort, ready to turn on the Christmas lights.



4 sessions ran throughout February with 31 total attendances.

Take 5 4 U was a well-being course designed to help people manage their mental health, and included healthy snacks, hand massages, colour yourself calm and a guided meditation. Those that came said it helped them unwind and refresh but 4 weeks might not be long enough for a lasting impact. We listened to feedback and secured funding to run for a whole year!

“ Because of my health condition I didn't think I could hold crayons. I took part in colour yourself calm and loved it so much I've bought my own colouring book and pencils to practice at home. It's really therapeutic. I'm addicted now! ”

Patchway Community

Christmas Hampers

Window Wonderland



Over 70 hampers were donated to families who needed an extra hand at Christmas.



25 windows were decorated across Patchway

“ Our family worker has just dropped off a huge, amazing hamper and the kids are so happy! ”



I love living in Patchway because I love my neighbourhood. ”

The theme was "What I love about living in Patchway".

We would not have been able to distribute so many hampers if it was not for the generous donations which came from individuals, Hoare Lea, Direct Line, Holy Trinity Church in Bradley Stoke, Broadmead Baptist Church, the AA and FareShare.

The event was so popular that the community have asked for more in the future.



West of England Works



74 positive outcomes in total, including training, job search and employment.



12 Participants gained employment.

The West of England Works Project worked with six students from a local secondary school who were all facing exclusion.

All six of them successfully re-entered full-time education and two of the students found work.



Luke had been out of work for several years. Drug use and homelessness were his main barriers, but he also had no access to a phone or internet. Regular support from his Job Coach allowed Luke to develop his job search skills, improve his wellbeing and obtain a phone in order to communicate with potential employers.

“ I wouldn't have got this job if it wasn't for my Job Coach! ”

Luke was offered full-time employment at a high-end hotel in Bristol. Luke has loved being back in work and has seen improvements in all aspects of his life since being on the WoEW project.

Training



3 Accredited courses delivered with 46 learners who have all passed or are on target to pass



We delivered 7 Cygnet courses with 83 parents attending

Andrew has been a youth worker for several years, but felt that he would benefit from completing an accredited youth work qualification to enhance his knowledge and understanding.

Andrew enjoyed the course and gained confidence in himself to deliver quality youth work.

“ I just wanted to take the time to thank you for the course.

Although it has been a challenge year with lots of changes, the course provided me with a lot of motivation.

I set out prior to starting this course to expand on my experience and understanding of youth work.

I wanted to become more confident. I feel have achieved this, thanks to your support, course content and feedback.”



of learners on the accredited youth work course said that they feel more confident in their ability to deliver quality youth work.



Youth Work



633 young people supported by our youth work team



211 youth work sessions delivered



When B first came to the youth centre, she was very loud, bossy and refused to listen to staff.

After numerous sessions, a rapport was built with staff which has enabled B to be more confident in herself.

She now goes out of her way to help and participate in activities within the youth centre.

B has grown to be a very kind and caring young person who would do anything to help other young people when they need it.

B has made a positive impact on other young people's lives and her own.



Wellbeing

ONEYOU SOUTH GLOUCESTERSHIRE

April 2019 saw a new collaboration with South Glos Council and other local voluntary sector partners: One You South Gloucestershire

“ Thank you for helping me. ”

A parent separated from the father of a 4yr old child had been struggling with her wellbeing.

She attended our wellbeing workshops and had a one to one session.



As an outcome she was signposted to access Vita Minds for further help with her symptoms of depression and anxiety.

In the interim she was referred to Southern Brooks' in-house student counselling service to help her with understanding of her situation;.

Our Wellbeing team also referred her internally to Southern Brooks West of England Works job coaches to help her with her wish to return to employment.



Dementia

Provided over 20 sessions to a wide range of people and organisations because we are all affected by dementia: Leyhill Prison, GP and dental practices and schools.

Delivered a dementia information session to carers from the Chinese community with the support of an interpreter.

Took part in a radio interview on Ujima radio with Sirona care and health about the impact of dementia on BAME communities.

282 people became dementia friends, 3 new champions and 5 new businesses



Dementia and You; Have Your Say workshop was attended by 18 people affected by dementia, a further 50+ completed a survey and another 10 took part in a separate discussion hosted jointly by the Alzheimer's society us. Their feedback has influenced our work. Quote" this was good, I'll like to do it again"

The Retreat Memory Café meets twice a month and have a lovely group of members and volunteers providing craft, singing, games and exercise, conversation and cake!



Volunteering

Southern Brooks Programme



100% of people felt their life was better as a result of volunteering with Southern Brooks

Damion volunteered with us for 2 years building up experience to help start a new career in finance and administration. He was a builder and managed a team of people but after an accident he was physically unable to continue this work. With no previous experience of working in an office, it was a daunting prospect to swap a building site for a swivel chair.

So, with the encouragement of an employment coach on the West of England Works programme he began to volunteer at Southern Brooks in the Kingswood office helping with basic administration tasks. Gradually he got used to being in an office and became more confident with using a PC.

He started supporting the finance team and began to take on more responsibility.

In July 2019, Damion attended a celebration event at The Limes dementia day care centre, and got talking to members of staff from Leidos. They were impressed by Damion's attitude and suggested he apply for some of their current opportunities.

After a successful interview Damion was offered a job of a Supplier Compliance Officer. We're really proud of everything Damion's achieved over the past 2 years and so pleased that his journey with Southern Brooks has helped him reach his goals.



Volunteer Centres

Volunteering Yate

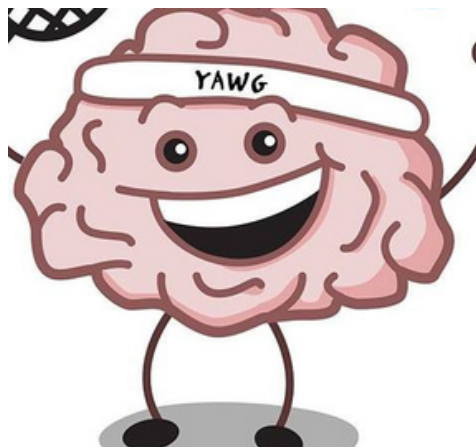


Supported 20 people to find suitable volunteering roles in the local area.



David who runs the YAWG (Yate Active Wellbeing Group) project in Yate had been searching for new volunteers to support his mental health and wellbeing support group. Initially advertising on social media for a mental health support volunteer David and I discussed how he would like to grow his project. He suggested he would like a volunteer to be involved in the advertising, marketing and social media for the group.

Through the volunteering Yate Facebook page we attracted Clare who had recently finished her MA in marketing. Clare was keen to volunteer and use her skills having previously volunteered at her university for a social enterprise and the student magazine. She has helped develop the groups social media, group emails and a blog. Clare has now successfully gained a job through attending a local carers forum which David signposted her to. Clare is now happy with the balance she has in her career and intends to carry on volunteering for YAWG.



Volunteer Centres

Patchway, Filton and the
Stokes Volunteer Centre

Kingswood Volunteer Centre



Patchway, Filton and the Stokes volunteer centre supported 70 people to volunteer in the local community.

We held monthly drop-ins in Bradley Stoke, Filton and Stoke Gifford as well as a weekly drop-in in Patchway and have seen an increase in people and organisations attending the Stoke Gifford drop-in, with the attendance remaining the same across the other areas.

We have supported a number of organisations by attending open days and volunteering events at SHE7 and Extra care to help reach out to potential volunteers and support these organisations, and provided templates and support for local organisations to create volunteering roles.

With the creation of the community Art Mural Project this year in Kingswood we connected with a group of budding young artists.

One of these very talented young artists was keen to get involved in the project further and went on to volunteer a community art stall at the Feel Good February Fair as well as mural workshops at a local Primary School.

Her mum commented on how great it was for her as she often didn't have the confidence to get up in front of people. It seemed however, that art was a medium that helped her do this.



Friends of Southern Brooks



£1334 generated through themed restaurant nights in Brooks Café this year.



£1556 from Hoare Lea as their Charity of the Year.

Run by 4 local people who are committed to community involvement and supporting Southern Brooks.



The Friends supported 13 projects with a total of £3018 this year.

- Paint Yourself Calm at Cranleigh Court
- Green Spaces
- Playscheme
- Core
- Kingswood Talking Cafe
- Kingswood Kickstart (Holiday Hunger)
- Assistance Fund
- Hardship Fund
- Community Children's Christmas Party
- One You Health & Wellbeing
- Brooks Cafe
- Patchway Community Development
- Feelgood February Kingswood

Early Years in Patchway



Ran 36 family fun sessions for between 15–20 families per session

So far the family fun project has run sessions from Patchway Children's Centre, Coniston Primary school, Coniston community Centre and local green spaces.... weather permitting!

We have been supported by Parent Volunteers, Community Volunteers and student volunteers from both SGS college and UWE.



“ The family group is so important to the local community, it brings vulnerable parents out of social isolation, creates new friendships and gives young babies and children those important social skills they need.

Volunteering for the group is such a delight. I get to meet so many new faces, do so many fun things and it has given me purpose again. It is very rewarding, and I love being part of it all ”

Parent Volunteer



Family Support



254 families supported through our family support projects

Ali's* mental health started to decline early 2019 with deteriorating sleep and social relationships. He was exhausted mentally, emotionally and physically.

Southern Brooks worked with the family to find solutions, and offer practical advice & guidance but nothing was working.

The family needed to create a tranquil home environment where they all felt safe.



Parents were able to access support for themselves and their children as a result of the work carried out by our family support staff.

Our family support worker helped create a visual timetable so everyone knew what was happening each day, and she made communication cards with Ali to use daily with his family.

Ali was introduced to a Mindfulness app as a tool to help him feel better and reduce his stress and he also attended some wellbeing workshops run by the One You South Glos team.

Ali now has the resources to explore his own emotional awareness in his local community and build his resilience.



With Thanks To:



Trustees:

Jules Moore, Chair
Margaret Slucutt, Vice Chair
Andy Bell, Treasurer
David Bell
Stephen Baker
Harry Partington

Lucy Hamid
Rachel Hunt
Gareth Ellaway
Peter Bright
Paul Timmins

