

Connect

OUR QUARTERLY
NEWSLETTER

Autumn 2019

Issue 1

Welcome to the first edition of our new newsletter!

An Update from our Chief Executive

We at Southern Brooks have recently taken part in several national conversations looking at what makes a great community. We're members of ['A Better Way Network'](#) and attended a national gathering where we discussed taking action to help people and communities thrive, not just cope.

A set of principles are developing that will bring about positive change for individuals, communities and for society as a whole by realising the power and potential of connection and community.

It's the approach that Southern Brooks has been taking for over 30 years now, based on a set of beliefs that individuals flourish when they are listened to and believed in, and that communities are energised when they encourage people to come together, to look out for each other, to belong.

So it was interesting to see the Ministry of Housing, Communities and Local Government publication in July, ['By deeds and their results: How we will strengthen our communities and nation'](#).

Southern Brooks were pleased to be mentioned in the report for our work on community cohesion. We are active members of Locality, the national network which supports community organisations to be strong and successful.

Tony Armstrong, Chief Executive of Locality, chaired the Communities Partnership Board, which contributed to the document.

It sets out a vision for active citizenship that will help local people build stronger and thriving communities for all. It identifies four pillars that will shape work across the government, and we hope that despite the change in political leadership the commitment to this will remain.

The pillars are:

- Trust - connectedness and local pride
- Active citizenship and local control
- Shared community spaces
- Shared prosperity, with no community left behind

The report identifies that people, place and local pride are mutually reinforcing factors that help communities thrive.

It notes the transformative impact that strong communities have on many of the areas we work in at Southern Brooks.

This includes everything from health and wellbeing to economic growth and fairness, and the environment.

Here at Southern Brooks, we know that society thrives when it values individuals and communities, and invests in them equitably.



Julie Close, Chief Executive

News

SBCP awarded Trusted Charity Mark three times running

**TRUSTED
CHARITY MARK**

LEVEL 2

NCVO

After a long and involved process, we were thrilled to be finally awarded the NCVO Trusted Charity Mark at Level 2 in January.

“ We are delighted for the trustees, staff and volunteers of Southern Brooks that they have achieved the Trusted Charity Mark. We know that organisations using the Trusted

Charity standard benefit by having better governance, better systems and procedures and better quality of services for their users and it is great that the community of Trusted Charity users in England is growing. ”

Nadeem Razvi, Trusted Charity Programme Manager, NCVO

A Big Splash of Colour in Kingswood

Thirteen local young people took part in four art workshops led by Bristol based artist [Sophie Rae](#) to create a mural in Kings Chase Shopping Centre.

The group worked together to plan and paint a mural to brighten up a dark corner beneath the car park steps. Taking inspiration from nature, they created a vibrant design including fish, birds, trees and a slug hiding under a rainbow.

New friends were made and all the young people felt proud and satisfied with what they'd helped to achieve.

“ I've grown up in this area and know the people in Kings Chase. It's great to be part of it.”

“We did what we wanted to in the workshops then put it all together to make a wonderful combination.”

“I've liked doing the mural. It's different and exciting.”

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

“I hope people enjoy seeing it when they're shopping.”

With huge thanks to Kingsmeadow@MadeForever, Creative Youth Network, Southern Brooks Community Partnerships, Kings Chase Shopping Centre, Templewood Security, Wilko and South Glos Council.



Our Community Hubs



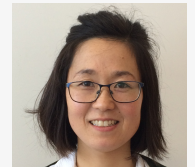
Mike is a keen gardener...

He helps a few of his neighbours to manage their gardens, sometimes paid or voluntary.

Now, with the support of our Cranleigh Court community development worker, Sato Black, Mike has been volunteering at the Cranleigh Court Community Hub in Yate, helping to build raised beds and sow seeds and now leads the residents' bi-weekly coffee group.

“ I like to help my neighbours and offer companionship [to those] who are housebound. I would like to form a group with those neighbours... I found out my ex-colleague is also my neighbour and reunited my friendship. I have also made new friendships since I have joined the coffee group. ”

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Connecting Kingswood at Fun in the Park!

The Priority Neighbourhood partners who work together through Connecting Kingswood had a joint presence at Fun in the Park in Kingswood in June.

We had Connecting Kingswood bags packed with leaflets about health and wellbeing services available locally which included Active in Life course information, a free day pass to Kingswood Active Centre, how to reduce alcohol consumption, where to find free counselling if you're someone who has suffered from domestic and sexual abuse and how to access support for children and families.

It was a fantastic event, well-attended by happy local residents. We gave out 400 bags and spoke to many more people than that!



Thanks to the amazing partnership of businesses, councillors, charities and council colleagues in Kingswood we are working with the National Lottery to put in a bid to increase community development locally so we can build on the skills of talents of local people and make Kingswood a place to be proud of.

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Projects in Focus

Create Against Hate

Our Community Cohesion team have run three successful training sessions for Police Community Support Officers who are now delivering the Create Against Hate project in 25 primary schools around Bristol and South Gloucestershire. They are going extremely well so far, with great engagement from the children, the teachers and the PCSO's delivering.

The programme is made up of four sessions, and is being run with Year 5 pupils. The sessions look at the joy of diversity, how it feels to be treated differently and how to behave when we meet someone that is different to us.

“I was able to talk without worry of being judged”

In the Autumn term some of the schools have opted to twin with another school from a different demographic to create a piece of art together. This will allow the pupils to meet new kinds of people and share what they have learned.



PCSO's Dan and Anita ran their first session in Begbrook Primary School in Knowle.

There will be an Arts Trail later in the year, so watch this space.

Find out more [HERE](#)

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Afternoon Tea at the Limes

The Limes - a day centre for people with early onset dementia - celebrated a smooth transition from the Alzheimers' Society to become part of Southern Brooks Community Partnerships on Wednesday 26th July with a Tea Party in the grounds of Kingswood Foundation Estate.

Team Leidos joined up with The Limes to help get everything prepared ready for The Limes Service Users and guests to enjoy the party and afternoon teas.

Damian Alexander, Vice President and Programme Manager Logistics Commodities & Services Transformation Programme (LCST) said: "It's a very friendly and happy

environment and I'm thrilled that Team Leidos could be part of this initiative. We will shortly be returning with staff who are volunteering to freshen up the paintwork in the hallway, lounge and toilets and there is also a lot of work to be done in the garden."

Joanne O'Neill, Day Support Manager commented: "We couldn't have done it without the support of Team Leidos and I would like to say a huge thank you for their support and I must also say thank you to Lee Hider at Brooks Café who provided the wonderful food".

Jay was diagnosed with young onset dementia three years ago. he commented:

“I was in the Royal Navy for 17 years and realised something wasn't right after leaving. I attend The Limes once a week, I love it and call it my second home. For a while I didn't want to talk about it and felt trapped but here I can't stop talking. It's so friendly and happy I feel like I can say anything and ask all the questions I want. It gives my wife a break.”



Team Leidos with Limes Manager Jo O'Neill
Find out more about The Limes

[HERE](#)

Our Vital Volunteers: Heidi

“ I'm definitely a people person ”

Heidi has volunteered at The Retreat Memory Café in Soundwell since it was founded in October 2017, and has over 20 sessions under her belt. Her role involves getting the café set up, putting flowers on the table, sorting the craft activity - things like colouring or pebble painting - organising the singing activity and generally talking with everyone.

She got involved after seeing a leaflet looking for volunteers to help with the Memory Café and thought it sounded like a really nice thing to be part of. Nearly two years later, she's still here and loving it!

With her confidence at a high, Heidi has taken the lead in aspects of running the café and also applied for work in local cafés. She now works at weekends in a café in Kingswood, and attributes her volunteering as the reason for her success.

“ I love talking, listening and sharing. I get a real feel good factor doing something that brightens up people's lives. I love engaging with the whole group and knowing that even if just for a few hours they had a good time. I learn lots too.

I've gained so much in terms of confidence boosting, learning new skills and being able to use the creative skills I already have.

Working with people with dementia and their carers is such a positive and rewarding thing to do.



You're helping bring people together and feel less isolated, if only for a few hours. Seeing their faces light up when they talk about their school days or sing a song they remember is more than enough reward! ”

[The Retreat Memory Cafe](#) runs on the second Monday of every month, from 10.30am-12.30pm, at St Stephens' Church, Soundwell, and is free to attend.

Click [HERE](#) to read more about Volunteering at Southern Brooks



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In focus: **ONE YOU** SOUTH GLOUCESTERSHIRE

“ I can see a future for the first time in a long time ”



Partners at the launch of One You South Gloucestershire

April saw the start of a new exciting collaboration between seven key partners Southern Brooks and South Gloucestershire Council, Developing Health and Independence, Bromford Housing, Circadian Trust, Oasis Talk, The Diversity Trust and the Carers Support Centre.

Following a successful three years of providing free emotional and physical wellbeing sessions for the Wellbeing College, our team expanded to enable us to deliver in-depth wellbeing support for the new One You South Gloucestershire (OYSG) service.

The initiative aims to ensure that residents and those registered with a GP in South Gloucestershire have a single point of access and a holistic service, so they only have to tell their story once in order to access the support they need to live happy, healthy lives.

Wellbeing sessions and peer support groups are up and running in Kingswood, Yate, Patchway, Alveston, Bradley Stoke, and Frampton Cotterell. Mr A has a history of addiction and ill-mental health and was

OYSG focuses on five leading risk factors which contribute to reduced quality of life, early death and health inequalities:

- Tobacco smoking
- Alcohol use
- Poor diet and excess weight
- Physical inactivity
- Poor mental health and emotional wellbeing

having thoughts of suicide. Thanks to one-to-one support, he is learning to manage his emotions in a healthier way.

Find out more [HERE](#)



“ It’s the best support I have ever had ”

Click [HERE](#) to check out the OYSG website

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You are invited to our
Annual Celebration Event

"Inspiring Partnerships"

Celebrating 31 years of Partnership working in South Gloucestershire

Light refreshments provided

Guest speakers will include:

- Dave Perry - Chief Executive, South Gloucestershire Council
- Ben Moseley - Avon & Somerset Police
- Rosie Phillips - Developing Health & Independence
- Ben Stokes - SGC Adults & Public Health
- Helen Black - CVS South Gloucestershire
- Sandy Hore-Ruthven - Creative Youth Network
- Rob Walsh - Head of SGC Safe Strong Communities
- Rob Stirzaker - SGC Healthy Lifestyles Manager

Book your seat [HERE](#)

13 **Nov** **19**
WEDS
5.15PM-7PM

@ Bristol & Bath Science
Park Dirac Crescent,
Emersons Green, Bristol,
BS16 7FR

Southern
Brooks 
COMMUNITY PARTNERSHIPS

Brooks Cafe

Your Local Community Cafe

- **A great place to meet people**
- **A warm and friendly welcome**
- **Ethically sourced food and drinks**
- **Themed Restaurant Nights**

**At: Coniston Community Centre, The Parade,
Patchway, BS34 5LP**

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Strong Communities Powered by People

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