

Connect

OUR QUARTERLY
NEWSLETTER

Winter 2019

Issue 2



Seasons Greeting from all of us at Southern Brooks!



An Update from our Chief Executive

In November, I headed up to Leeds with Catherine Coleman, our Volunteering Manager to attend the annual Locality Convention. Locality are the umbrella organisation for community organisations like us. They research, advocate and campaign, consult about the work we do, offer advice and support and run networks and development sessions.

The Locality Convention brings community organisations across the country together in one place.

This year's focus was on building strong local partnerships that unlock the power of communities, in particular how councils and funders have come together with local communities to create positive social change. There were workshops on workplace based health and well being and community led housing, and we heard from inspiring community groups that are really changing lives.

The convention traditionally ends with an awards ceremony. Last year Southern Brooks won a Locality Award for Bringing People Together.

This year we nominated South Gloucestershire Council for the "Keep it Local" award, as they are an excellent council to work with in terms of supporting the local Voluntary Community and Social Enterprise (VCSE) sector and working in partnership.

There were a lot of entries and a shortlist of 5 other councils including Bristol. So as you can imagine, we were all thrilled that South Gloucestershire won.

We are now working with CVS South Gloucestershire, other voluntary sector partners and Locality as the Council commits to six 'Keep it Local' principles:

- Think about the whole system, not individual service silos.
- Co-ordinate services at the neighbourhood level.
- Increase local spend to invest in the local economy.
- Focus on early intervention now to save costs tomorrow.
- Commit to your community and proactively support local organisations.
- Commission services simply and collaboratively so they are 'local by default'.

Locality has a pledge that they ask interested councils to commit to. We look forward to seeing how this work develops over the next 12 months.



Julie Close, Chief Executive

News

SBCP awarded new Social Prescribing Contract

We are pleased to announce that our new Social Prescribing Service starts in January. Funding has come from NHS England to all Primary Care Networks to provide this service and we have a 3 year contract to deliver the work in South Gloucestershire.

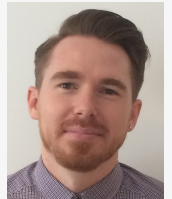
We are pleased to be working in partnership with Developing Health and Independence to deliver the service, building on

our excellent community development work and their experience in social prescribing elsewhere. We will link closely with One You South Glos to ensure a seamless offer for people living in our communities.

Our senior Social Prescribing link worker, Lewis Wade starts in December and will be joined by newly appointed link workers in January. The project's aim is to give people time, focusing on

'what matters to me' and taking a holistic approach to people's health and wellbeing. The link workers will connect people to community groups and statutory services for practical and emotional support.

Find out more about Social Prescribing [HERE](#).



Lewis Wade

“Diwali brings the community together”

A lively and colourful celebration of Diwali, the Hindu Festival of Light took place on 19th October at Charlton Wood Academy.

Throughout the week, 90 children from schools across Patchway had taken part in workshops where they made delicate tissue paper lanterns filled with colourful lights, and the Youth Club had made two huge lanterns; a soaring dove of peace and an oil lamp. Children also learnt Bollywood dancing in some energetic and noisy workshops!

Bollywood dancing, drumming, and lots of Indian music filled the hall at the start of the event. Then everyone enjoyed a traditional Indian meal of vegetable samosas, rice, Tarka Dhal, spiced potato and cauliflower followed by Indian sweets.

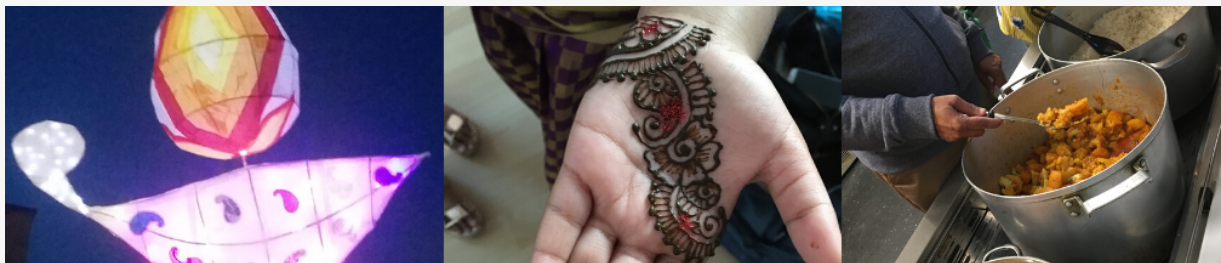
Henna was busily being painted in elaborate designs on to hands and wrists while children played with

Rangoli sand art, making colourful pictures and traditional designs.

As dusk fell the lanterns were lit and the 200 strong crowd paraded together around Charlton Square led by a traditional drummer. People in the surrounding flats peered out of the windows looking at the colourful display below them.

This is the second year of Diwali in Patchway, run in partnership between Avon Indian Community Association, Patchway Festival Committee and Southern Brooks Community Partnerships.

Thank you to the funders South Gloucestershire Council and Patchway Festival Committee (via Patchway Town Council) to the venue Charlton Wood Academy, Ruth and Dee the community artists and student volunteers from UWE.



Our Community Hubs

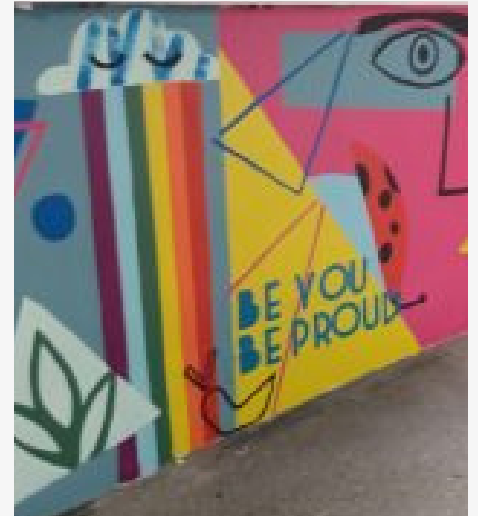
Kingswood

The Connecting Kingswood team continue to be really proactive with the health and well being sub-group organising their next community outreach event on the 18th December in Kings Chase Shopping Centre.

We will be providing information, resources and services to the local community. There will be a special focus on the older generation and what they can access, as well as Inter-generational activities around memories of Kingswood.

Kingswood's next community mural project has now been confirmed to start in January at Kingsmeadow@madeforever.

We are working in conjunction with Kingsmeadow@madeforever, [Creative Youth Network](#), The Children and Young People sub group of Connecting Kingswood and [Sophie Rae](#) to create another exciting and engaging mural inspired by local young people.



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Abbotswood Action

Abbotswood Action Group (AAG) in Yate has been active for many years, taking the lead in engagement and development in the area. In recent years Southern Brooks and AAG have formed a very close partnership, working together with others in the community to make Abbotswood a great place to live, work and play.

Our work involves organising events throughout the year, running projects to bring people together and provide information and support for local residents.

We pride ourselves on working with the community at every opportunity. We have recently moved into a new office space so that the partnership can continue to grow and offer even more in the community.



We run a community drop in service on Mondays 2.30-5.30pm and Fridays 9am-12pm where people can talk to us about anything Abbotswood related: volunteering opportunities, supporting our events, upcoming activities, local resources and support services or even just give us your opinions and feedback so we can guide future projects and development.

Find out more [HERE](#) or visit [Facebook](#)

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Brooks Cafe back in action

Introducing Sharron...



L-R: Chef Jamie, Sharron and volunteer, Carol

A shortage of staff recently left Brooks Cafe running on reduced hours and menu. We have now recruited a new Chef, Jamie and Sharron, who's role includes raising the profile of the cafe as well as managing the fantastic team of staff and volunteers.

“ I applied for the position of Community Cafe Development Manager as the role sounded ideal for me. It drew on my strengths and my past experience and I was keen to once again be in a position to help local people.

I have previous experience of event planning and running my own business within a community setting and I felt that this job was perfect for me.

I now manage a great team made up of a solid base of long term staff and volunteers that have been loyal to southern Brooks and the values for which they stand.

I am excited to be part of a new beginning for the cafe which now includes a new chef, Jamie, who has ideas similar to my own. We are confident that we can boost the positivity of the café further to the surrounding community.

Our plan is to provide great homecooked, inviting, healthy and locally sourced food within an established warm, friendly and welcoming environment. Our café is a place to be listened to and heard, respected and valued.

Myself and Jamie are working closely together to ensure we better utilise the Fareshare food we receive, encourage recycling and promote healthier food choices.

I am looking forward to the challenges of this role and hoping to put peoples thoughts and ideas into action. In the future I will be updating the kids corner. This will include a reading area, where a volunteer will be reading to the children, sensory play and a mud kitchen which will promote our outside/inside thinking. Plans are also in place to hold kids cooking classes, movie nights and reinstate the popular theme nights.

Within the first month I catered for two buffets and had the awesome task of catering for and attending the Southern Brooks Annual Celebration. The enormity of what Southern Brooks does within our community was evident at the gathering. I feel proud to now be part of that too. ☺☺



To find out more about Brooks Cafe, our theme nights, and how we can cater for your meetings and events, click [HERE](#)

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, BS31 5LP

☎ 07969 627104 www.southernbrooks.org.uk



Our Vital Volunteers: Sarah

A Sense of Purpose...

“ My name is Sarah and for many years I have had mental health difficulties.

I started to volunteer at Southern Brooks to gain work experience and to add to my CV.

When I started in February 2018 I was very nervous and anxious about the tasks I had to complete. Now I feel more comfortable and have gained a lot of confidence tackling new things.

I have really grown in my confidence in fact, and feel proud to talk to other people about the things I'm doing.

Volunteering each week has given me a real sense of purpose and routine and I hope to build upon this in the future. ”

Sarah, Marketing Volunteer



“ Sarah has been a great asset to Southern Brooks. I met her in Brooks Cafe and over a coffee we talked about what she'd like to gain from volunteering. She had recently completed a course in marketing and had plenty of skills that she could use to help Southern Brooks.

Sarah wanted something regular that would help structure her week and was meaningful work. Since volunteering with us, she has put her marketing and media skills to good use by editing short films that we've put on social media and the website. The films she's made are of the projects Southern Brooks does such as Diwali, Memory Cafe, International Youth Exchange and the festivals that we attend.

I really appreciate the contribution that Sarah makes and I'm pleased that this opportunity has been such a positive influence on her life. ”

Catherine, Volunteer Manager

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

Did you know...

around 120

Volunteers help to make up the workforce of Southern Brooks!

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In focus: Inspiring Partnerships



Back row I-r: Sandy Hore-Ruthven, CEO, Creative Youth Network; Julie Close; Helen Black, Chief Executive, CVS South Gloucestershire; Chief Inspector Clive Summerhill, Avon and Somerset Police; Chris Sivers, Director of Children, Adults & Health, SGC; Rob Stirzaker, Healthy Lifestyles and Wellbeing Manager; David Perry, Chief Executive, South Gloucestershire Council
Front row I-r: Cllr Ben Stokes, Executive Member, Adult Care & Public Health, SGC; James Berry, Chief Executive, Bristol Credit Union; Rob Walsh, Head of Safe and Strong Communities, SGC; Rosie Phillips, Chief Executive, DHI; Jules Moore, Chair of Trustees, Southern Brooks

On Wednesday 13 November we celebrated 31 years of Southern Brooks working in partnership with other third sector, as well as statutory and private sector organisations with our event, titled "Inspiring Partnerships".

We had guest speakers from some of the organisations we work in very close partnership with, including South Gloucestershire Council, Creative Youth Network, Developing Health and Independence, Avon and Somerset Police, CVS South Gloucestershire, and also from our sponsors; Leidos and Bristol Credit Union.

There was a great video made by PCSOs who had helped deliver our Create Against Hate project, which can be viewed [HERE](#).

A standout comment from Toby on the video was that although he was leaving his job as PCSO, he would be leaving knowing that his job has been worthwhile.

It was a great evening, a real celebration of the good work that can be done when organisations work together.

Many thanks to our speakers and sponsors for helping to make the evening such a success.

Our new Brooks Cafe Manager did a fantastic job catering for a hungry crowd - it was delicious!!

Our event came the day after the [Locality Awards 2019](#) in Leeds, where we were thrilled to see South Gloucestershire Council win the Keep it Local award - Congratulations SGC!



South Gloucestershire
Dementia Friendly Communities



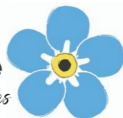
2019 survey to find out what difference becoming a Dementia Friend has made to you and your community.



Click HERE



South Gloucestershire
Dementia Friendly Communities




THE
Retreat
.....
memory cafe

Join us **10:15am - 12:15pm**
every second and fourth Monday of the month
St Stephen's Church Hall, Church Road,
Soundwell, Bristol, BS16 4RH

- Meet friendly people, share your thoughts and get peer support and information.
- Try our homemade cake.
- Have tea and coffee.
- Quiet and friendly cafe.
- Volunteer drivers available to help you get to the cafe.
- Parking is available.
- Free to attend



Contact Winsome on 01454 868570 or email dementia@southernbrooks.org.uk



Strong Communities Powered by People

☎ 01454 868570

🌐 www.southernbrooks.org.uk

✉ office@southernbrooks.org.uk

Southern Brooks
Registered Charity No: 1157061

COMMUNITY PARTNERSHIPS