

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND "Doing things differently in neighbourhoods to make better places to live" WARD PROPOSAL FORM	
WARD SPRINGFIELD	INNOVATION TITLE SPRINGFIELD HEALTHY VILLAGE
Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below. (Tick all those that apply)	
<u>City Core Priorities</u> <ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input type="checkbox"/> • Jobs & Skills a great City to succeed in <input type="checkbox"/> • Housing a great City to live in <input type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" type="checkbox"/> 	<u>LIF Priorities</u> <ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" type="checkbox"/> • New approaches to investment <input type="checkbox"/> • Active citizens & communities stepping up <input type="checkbox"/> • Clean streets <input type="checkbox"/> Improving local centres <input type="checkbox"/>
What is your innovative idea and how does it show collaborative, partnership working and active citizenship?	
<p>Springfield Healthy Village will provide a catalyst for change in the health outcomes for Springfield ward. The funding will be used to provide a year of activities promoting healthy lifestyles through physical activity and healthy nutrition. Activities will be provided for all members of the community from birth to older adults to encourage as many people as possible to get active and eat more healthily.</p> <p>Springfield ward has high levels of COPD, Asthma, type 2 Diabetes and childhood obesity. Low birth weight rates are high, which can be a result of poor nutrition in pregnancy. The prevalence of cheap fast food restaurants on the Stratford Road makes it easy for our community to make poor food choices.</p> <p>Throughout this year volunteers will be recruited and trained to take on community health leader roles. This role will empower volunteers to take the lead in delivering health related activities with the necessary skills and knowledge to deliver a quality and professional service, and to have an impact on the health of the community. This training will be helping the volunteers understand the effects and impact of living with life limiting conditions such as heart, lung and liver disease, asthma, COPD and diabetes which are prevalent in this community. Also to appreciate and understand the levels of poor mental health that occasional accompanies these conditions in this community. Training will involve sessions with health visitors, health care professionals and MIND will be able to support with Mental Health Awareness Training. These volunteers will help to sustain group activities once the funding period has ended.</p> <p>Local residents who are helped to access physical activity for the first time during this funded period, will be supported to access existing local facilities such as Moseley Fitness Centre, Sparkhill Baths (due to re-open during the funding period) and local outdoor spaces. Fitness instructors who have good engagement in their activities will be able to continue their provision on a fee-paying basis once the funded period is over. This will be independent and separately negotiated activities and fees depending on learning from this project.</p>	

The activities will be hosted in community venues across the ward to ensure easy access for the whole community and to support these venues to welcome new people and activities into their buildings. This will include schools, nurseries, faith settings, community centres, outdoor areas, the community allotment site, and the Forest School site which was developed for the community, but is currently under-used.

A key feature of the innovation will be the provision of 'pop-up' activities along the Stratford Road, particularly outside the Springfield Parade shops. Passers-by will have the opportunity for a fun taster session which will promote our activities, promote key health messages and also provide additional opportunities for community consultation and engagement. These activities will range from blood pressure checks, diabetes screening, crafting groups, mindfulness and relaxation, drumming, therapeutic colouring etc all delivered from a gazebo style structure appearing on the Stratford Rd .

A steering group of interested individuals from the community and from local organisations (schools, health professionals, Friends of Sparkhill Park, faith settings etc.) will ensure effective consultation with the community and determine the content of the programme of activities. This is our list of current partners:

Early Years	Mini-Springers Springfield School Greet School Mavis Legge Hamd house Springfield CC Park Road Nursery Park Road CC
Primary	Springfield Greet Al-Ameen Al Furqan Arden English Martyrs St Bernards St Johns
Secondary	Moseley
Faith sites	St Christophers Church St Johns Church St Edmunds Church Sikh Temple Warwick Road Sikh temple Stratford Road Hindu Temple (Walford Road, Sparkbrook) Woodlands Road mosque other mosques
Services	Zinnia Centre

	Park Lives Springfield Project Neighbour Scheme Narthex
Groups	Friends of Sparkhill Park Ward committee Sparkhill Central Neighbourhood Forum
Resources	Sparkhill Park Moseley Fitness Centre Sarehole Mill Moseley Bog Knowle Road allotment Springfield Road allotment Swanshurst Park River Cole Burbury Brick Works Shire Country Park
GPs/ health	health visitors midwives
Instructors	<u>www.clairedanceco.com</u> Dancefit moms one fit mama afsa sohan/ aruna walk leader training

A Healthy Village coordinator will ensure that activities are well planned safely managed and achieve their aims. Once in post the Healthy Village coordinator will facilitate a community consultation event to seek input from the wider community about the activities they wish to see and take part in.

Instructors will be recruited from the community where possible. Volunteers will be recruited from the ward and trained to develop knowledge and skills around supporting healthy lifestyles. These volunteers will support the project during the funded period, and continue the legacy of the project once the funding ends.

The Springfield Project has a proven track record of working with and for the community to provide activities which bring our diverse community together. The Springfield Project currently has 100 active volunteers and provides a comprehensive recruitment, induction and support package for volunteers using the best practice guidelines of Volunteering England.

The Springfield Project will recruit the Healthy Village coordinator and manage all aspects of the programme on behalf of the local community.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

✓

How will the innovation be implemented?

The Springfield Project will implement the innovation through the recruitment of a Healthy Village coordinator. The coordinator will consult with and engage the community and our partners. They will coordinate instructors who will deliver group activities in a number of venues. The coordinator will be responsible for ensuring rooms are booked, health and safety risk assessments are undertaken, activities are well promoted, key health messages are provided. The Springfield Project will be the lead provider and accept employment responsibility for the worker and volunteers. This proposal has the full backing of a wide number of partners from Early Years provision, schools, faith groups, other service providers and groups, community resources and health care professionals. (50)

A Steering Group will be established under the Governance of the Springfield Project, and will include representation from all interested partners, and will have the purpose of overseeing delivery, contract compliance and agreeing and identifying future initiatives.

**What outcomes will the proposal achieve? What will success look like and how will its impact be measured?
How will you ensure legacy/ continuation and what learning will the project provide?**

The aims of the proposal will meet two of the key priorities for the ward of Springfield (Springfield Ward Profile 2015).

Outcomes will be to engage more members of the Springfield community with physical activity and healthy nutrition which will result in

1. Reduced prevalence of Diabetes
2. Improved mental health and reduced isolation
3. People will be making healthier choices
4. There will a reduction in the incidence of childhood obesity
5. There will be a reduction in the number of low birth weight babies

The outputs of the programme will be the numbers of local residents who take part in our activities. The outcomes will be measured through participant surveys shaped to determine whether the activities have helped residents to become more active and make healthier choices. The impact of the programme will involve using a simplified version of our WOW tool which is designed to turn qualitative feedback into numerical data for ease of reporting. Case studies will also be used to gather anecdotal evidence. (*WOW Tool based on the Warwick Edinburgh Mental Wellbeing Scale*)

The legacy of the proposal will be:

- That more residents are more physically active and making healthier choices.
- More residents will make use of the local facilities and community assets after the funded period.
- A group of trained volunteers will continue to provide advice and support to the community and to continue some of the group activities once the funded period is over.

- The project will help the community to know what works in engaging Springfield residents in healthy lifestyles and how the community might build on this knowledge in future.
- That Springfield remains a healthy and flourishing village with residents full engaged in their local environment.

Have you considered other sources of funding and whether the project can be used to leverage further funding from elsewhere (please specify funding sources)?

The Springfield Project has already received Awards for All funding to run allotment gardening during 2017.

What resources will be required?

	£
- Capital	
- Running costs	25,607
- People power volunteers	2,393

Amount required from LIF £28,000

Have you got any match funding – in cash or in kind? The Springfield Project would allow modest use of the church space free of charge.

The Springfield project will provide volunteer hours

Contact person for proposal

Name Sue Round

Telephone 0121 777 2722

E-mail s.round@springfieldproject.org.uk

Which residents or community groups was the proposal discussed with and when (please give details of any meetings and which councillors attended)?

- Meeting with Sarah Robbins CEO Springfield Project, Sue Round Assistant CEO Springfield Project, Cllr Habib Rehman, Cllr Shabrana Hussain, Cllr Mohammed Falzal, Local Youth Worker and representation from the Jamatia Islamic Centre / Woodlands Rd Mosque
- Curry Afternoon at the Woodlands Rd Mosque Tuesday 13/12/16
- All present at Ward Forum meeting 4th January 2017 and 8th March 2017 where proposal had full support
- Board of Trustees for the Springfield Project (all local people) 30/1/17

Discussed at

Ward meeting: Springfield Ward

Date : 4th January 2017 and 8th March 2017**Signatures of all 3 Ward Councillors**Name Mohammad Farooq Signature [Signature] Date 11/3/17Name HABIB REHMAN Signature [Signature] Date 16/5/2017Name S. Hussain Signature [Signature] Date 19/5/17**Internal use only**

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>