

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND “Doing things differently in neighbourhoods to make better places to live” PROPOSAL FORM																											
WARDKingstanding.....	INNOVATION TITLEKingstanding Food Community.....																										
<p>Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below. (Tick all those that apply)</p> <table style="width: 100%; border: none;"> <thead> <tr> <th style="text-align: left; width: 50%;"><u>City Core Priorities</u></th> <th style="width: 10%;"></th> <th style="text-align: left; width: 50%;"><u>LIF Priorities</u></th> <th style="width: 10%;"></th> </tr> </thead> <tbody> <tr> <td>• Children - a Great City to Grow Up In</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>• Citizens’ Independence & Well Being</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td>• Jobs & Skills</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>• New approaches to investment</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td>• Housing for Birmingham</td> <td style="text-align: center;"><input type="checkbox"/></td> <td>• Active citizens & communities stepping up</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> </tr> <tr> <td>• Health</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> <td>• Clean streets</td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td></td> <td></td> <td>• Improving local centres</td> <td style="text-align: center;"><input checked="" type="checkbox"/></td> </tr> </tbody> </table>				<u>City Core Priorities</u>		<u>LIF Priorities</u>		• Children - a Great City to Grow Up In	<input checked="" type="checkbox"/>	• Citizens’ Independence & Well Being	<input checked="" type="checkbox"/>	• Jobs & Skills	<input checked="" type="checkbox"/>	• New approaches to investment	<input checked="" type="checkbox"/>	• Housing for Birmingham	<input type="checkbox"/>	• Active citizens & communities stepping up	<input checked="" type="checkbox"/>	• Health	<input checked="" type="checkbox"/>	• Clean streets	<input type="checkbox"/>			• Improving local centres	<input checked="" type="checkbox"/>
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<p>What is your innovative idea and how does it show collaborative, partnership working and active citizenship?</p> <p>For the past sixteen years Forest Schools Birmingham has worked with the most vulnerable communities in Kingstanding and throughout Birmingham; we are now hailed as one of the leading 3rd sector intervention organisations North of the city, a reputation which has grown out of the outcomes we have achieved with local people and years of walking the community, adapting our approach to best suit the individuals we are supporting.</p> <p>In the initial three years of the project we were awarded start up funding in order to focus on empowering Kingstanding’s most deprived, unhealthy and vulnerable residents to make healthy choices regarding their lifestyles through the provision of a vibrant community gardening scheme, a community run cookery centre, and a community café. Approximately 3,500 deprived residents with low confidence, living with lifestyle related and social challenges in the Kingstanding area have benefited from activities and workshops on the project, and approximately 6000 people have accessed information about nutrition and well-being. The project is based in a local Birmingham City Council Well-Being Centre.</p> <p>Current statistics place the Kingstanding ward in the top 1% of deprived wards. This community faces multiple problems leading to cycles of severe deprivation, social exclusion, poor attainment and disaffection. Recent data provided by Be Birmingham conclusively confirms: out of all Birmingham wards, Kingstanding ward has the highest scores across deprivation, harm, communication, nutrition and social development.</p> <p>22% of all Kingstanding ward residents report having limiting long term illness and 44% of all households</p>																											

have one or more persons who consider themselves to have limiting long term illness. When examined, through consultation, most long term illnesses were life style related such as: obesity, diabetes, heart disease and high blood pressure.

This project has been awarded Best Food Project by the Birmingham Green Commission in both 2015 and 2016.

The following are our achievements against for the first 3 years of the project:

Outcome 1: Disadvantaged people with health needs improve their ability to be more health conscious and are motivated to improve their physical health.

5951 people have been given information which supports them to understand the nutritional benefits of fresh food and the links between nutrition and good physical and mental health.

2477 people have taken part in outdoor gardening activities or volunteering / mentoring on the project and 3516 people have developed and demonstrated basic grow your own gardening skills and understanding seasonal produce growing cycles. This is either through the allotment work, Get Growing@Home or one off or regular gardening clubs.

Outcome 2: Disadvantaged people with health needs regularly attend health related activities developing new skills, improving aspiration and self-esteem.

2268 people have taken part in cookery workshops and demonstrated improved food preparation and cooking skills. Feedback from these workshops have been exceptionally positive.

183 people have enhanced their skills base and built self-esteem by gaining OCN and other relevant training and qualifications. These have included food safety level 1, 2 and 3, OCN Level 2 first aid, Food Preparation and Handling Skills, and ILM Level 3 Leadership and Management.

571 people have displayed improved confidence by volunteering or acting as mentors on the project. These have been in a variety of roles including volunteering in the café or cooking workshops, volunteering at the allotment or gardening clubs, volunteering at events or to facilitate workshops with other agencies. Others have volunteered on the steering group, in marketing or admin roles or to support people with disabilities to participate in the project.

Outcome 3: Disadvantaged people with health needs access training \ volunteering opportunities which improve skills, confidence and social networks and creates a more desirable neighbourhood.

90 people have undertaken roles within the development, management and running of the project.

83 people have demonstrated their improved confidence by becoming mentors in gardening skills or cooking classes.

1248 people worked and volunteered together to create a number of small accessible community gardens that are enjoyed by all.

Outcome 4: Attending gardening and health related activities guides disadvantaged people with health needs out of depression and isolation improving relationships with family and friends.

1631 people have demonstrated feeling uplifted through experiencing the therapeutic benefits of regular outdoor activities

3535 people have accessed family and friend community workshops/gatherings at our main site at the leisure centre and satellite sites.

Since end of October '16, the focus of the project has diversified in order to become a volunteer lead enterprise, ensuring the longer term sustainability of the initiative. During consultation with 82 families who regularly access the project the following needs were identified:

- Project beneficiaries reported a desire to become more involved in the planning and running of café.
- The volunteers reported a strong desire to become an independent project which can fund raise.
- Volunteers identified a need for a stronger presence at the front of the Well-Being Centre in order to better meet the needs of individuals and families that access the site.

Since consultation about the 'next phase' we have implemented the following actions:

- The set up of Kingstanding Food Community into a volunteer run 'unregistered charity' with an independent bank account.
- Planning meetings with volunteers and members to map out plans for the future running and administration of café.
- Meetings with newly elected committee members to plan café 'offer' and training schedule.
- Communicating with the Well-Being service to establish a future partnership between the centre and the project.
- Exploring and developing partnership opportunities to draw in further funding.

We are therefore approaching the Local Innovation Fund to help fund the innovation the volunteers are keen to see happen within the project which is:

Developing a kiosk in the reception:

In order to become self funding in the longer term it is vital to develop a café presence within the Well-Being centre that is visible, vibrant and appealing. We have agreed a space at the front of the Well-Being Centre with the centre manager, which is ideal for a small volunteer run kiosk which will offer speciality organic coffees and teas, hot chocolates, juices, high protein shakes and snacks, salads and sandwiches. Hot food will be delivered from the main project kitchen by volunteer waiting staff.

Volunteer training and mentoring:

In order to develop a successful commercial offer in the kiosk and within the café, it is vital that a robust training and mentoring programme is developed with the volunteers. This training will centre around:

- developing a seasonal menu suited to the clientele that will be attracted to the Well-being centre
- examining and developing an understanding of how drinks and plates of food should uniformly look on a plate and the correlation between this and taste.
- developing a robust marketing offer round social media and the local papers
- training volunteers in front of house service and waiting tables
- developing an ongoing new volunteer training plan.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

x

How will the innovation be implemented?

- Planning will be held between volunteer workforce, centre management and KFC committee to collate plan for café kiosk.
- Contract builder to complete works.
- Freelance training chef to devise a training plan suited to the training needs of the volunteer workforce.
- Project Manager to devise a volunteer recruitment, retention and training schedule.
- Project Manager to devise a marketing training plan suited to the needs of the volunteers and the project.
- Training will commence rolling out in January while the build takes place in the Well-being centre.

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?

- Local active citizens will learn new skills relevant to the UK's largest growing industry – coffee shops. Success will be measured in numbers of volunteers active on project and regular CPD sessions.
- Local people are empowered to make a difference regarding peoples attitudes, to food and nutrition, in their community.
- Local people will have the opportunity to access healthy, nutritious food and snacks in their local community.. prepared by the community, for the community. We will measure the successes of this through online media such as inviting feedback through facebook, twitter and tripadvisor.
- A healthy eating community café run by the community for the community, in the heart of the Well-Being Service has the potential to be a fantastic legacy in an area where endemic issues such as unemployment, obesity, heart disease, social isolation, poor mental and physical health. In order to support this legacy, Forest Schools Birmingham are committed to assisting this process.

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

We are exploring a range of funding opportunities in order to sustain project. We have been asked by the Big Lottery to reapply to the Reaching Communities fund, which we intend to do should we achieve this funding. We are also exploring avenues of 'commissioning' where people would potentially be sent to us for issues around poor health and occupational therapeutic type intervention.

What resources will be required?

	£	
- Capital	x	
- Running costs	x	
- People power	x	volunteers

Amount required from LIF £...16,000.....

Estimate of Building Costs:

- Plumbing £900
- Electrics £1100
- Fixtures and Fittings £1200
- Building and Carpentry £2100
- Flooring £800
- Refrigeration £1120
- Ice Maker £200
- Cups, Glasses, Plates, Cutlery £200
- Signs and Sign Writing £1600
- Menus and Printing £300

- 7 x days @ £250 p/d
Developing a robust marketing offer round social media and the local papers
Developing an ongoing new volunteer training plan.

- Freelance Chef 40 Days @ £150 – Working with 32 volunteers
Training volunteers in front of house service and waiting tables
Developing a seasonal menu suited to the clientele that will be attractive to the Well-being centre.
Examining and developing an understanding of how drinks and plates of food should uniformly look on a plate and the correlation between this and taste.
Freelance training chef to devise a training plan suited to the training needs of the volunteer workforce.

Have you got any match funding – in cash or in kind?

Yes:

Crowd Funder: £515 (equipment for the café)

Raised by volunteers: £270 (stock for the café)

Spiriting of Kingstanding: £2000 (supporting workshops with disadvantaged people)

Kingstanding Well-being service: £12,000 (Rent in Kind)

Contact person for proposal NameAfric Crossan..... Telephone07766171517..... E-mail ...afric@forestschooolsbirmingham.com.....

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

Over the last three years we have consulted with & engaged with over 10,000 local residents (of all ages) Public Consultation is ongoing and continuous to ensure the local people help shape and structure our new project and services.

The funding has been discussed with Kingstanding Regeneration Trust and the YMCA in a number of meetings where we also discussed the possibilities of future work together. Cllr Sambrook and Cllr Hughes are board members of Kingstanding Regeneration Trust.

We have also had four strategic meetings with the key local Third Sector Agencies based in Kingstanding to ensure we have their support and guidance

Cllr. Des Hughes came into the project and asked us to apply to the fund on Tuesday 25th October. He feels the project would warrant funding and has, first hand, seen the commitment of the volunteers.

Cllr Sambrook and Cllr Storer recently attended a Volunteer Celebration at our project where, again, they have seen the commitment of our volunteers.

Discussed at

Ward meeting

Date

Signatures of all 3 Ward Councillors

Name Signature Date

Name Signature Date

Name Signature Date

Internal use only

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	
No	