

BIRMINGHAM CITY COUNCIL LOCAL INNOVATION FUND "Doing things differently in neighbourhoods to make better places to live" WARD PROPOSAL FORM					
WARD: Handsworth Wood	INNOVATION TITLE: HWCDDT_H&W (Health & Wellbeing)				
<p>Innovations have to meet the LIF priorities and add value to the City wide core priorities listed below.</p> <p>(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="text-align: left; width: 50%;"><u>LIF Priorities</u></th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input style="float: right;" type="checkbox"/> • Jobs & Skills a great City to succeed in <input style="float: right;" type="checkbox"/> • Housing a great City to live in <input style="float: right;" type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" style="float: right;" type="checkbox"/> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" style="float: right;" type="checkbox"/> • New approaches to investment <input style="float: right;" type="checkbox"/> • Active citizens & communities stepping up <input style="float: right;" type="checkbox"/> • Clean streets <input style="float: right;" type="checkbox"/> • Improving local centres <input style="float: right;" type="checkbox"/> </td> </tr> </tbody> </table>		<u>City Core Priorities</u>	<u>LIF Priorities</u>	<ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input style="float: right;" type="checkbox"/> • Jobs & Skills a great City to succeed in <input style="float: right;" type="checkbox"/> • Housing a great City to live in <input style="float: right;" type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" style="float: right;" type="checkbox"/> 	<ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" style="float: right;" type="checkbox"/> • New approaches to investment <input style="float: right;" type="checkbox"/> • Active citizens & communities stepping up <input style="float: right;" type="checkbox"/> • Clean streets <input style="float: right;" type="checkbox"/> • Improving local centres <input style="float: right;" type="checkbox"/>
<u>City Core Priorities</u>	<u>LIF Priorities</u>				
<ul style="list-style-type: none"> • Children - a Great City to Grow Up In <input style="float: right;" type="checkbox"/> • Jobs & Skills a great City to succeed in <input style="float: right;" type="checkbox"/> • Housing a great City to live in <input style="float: right;" type="checkbox"/> • Health a great City to lead a healthy & active life <input checked="" style="float: right;" type="checkbox"/> 	<ul style="list-style-type: none"> • Citizens' Independence & Well Being <input checked="" style="float: right;" type="checkbox"/> • New approaches to investment <input style="float: right;" type="checkbox"/> • Active citizens & communities stepping up <input style="float: right;" type="checkbox"/> • Clean streets <input style="float: right;" type="checkbox"/> • Improving local centres <input style="float: right;" type="checkbox"/> 				
<p>What is your innovative idea and how does it show collaborative, partnership working and active citizenship?</p> <p>The Handsworth Wood Community Development Trust (The Trust) will transform a closed Council owned Pavilion building into a new community work/life hub managed by a community led and focused Community Development Trust with growth ambitions and a sustainability plan based on a mix of volunteering, donations, fundraising and income generation. The Trust itself is an innovation, a relatively new (established in July 2013) ward based and focused charitable organisation able to access external funding and trade for the benefit of the ward at a time of public contraction and withdrawal. The Community Hubs 'Life' focus will be delivered through a new Health & Wellbeing project.</p> <p>Since the loss of Hawthorn House, the areas covered by the Hamstead and Cherry Orchard Neighbourhood Forums have lacked a secular focal point for community work and services delivery. The Trust has been approached by a number of Health & Wellbeing providers (e.g., Active Parks Birmingham and MyTime) to facilitate engagement with local people. This project will allow such collaboration and partnership working to thrive.</p> <p>The project will also illustrate innovation in other ways, including 'insourcing' of skilled volunteers in the community and from organisations wishing to fulfil their Corporate Social Responsibility (CSR) obligations through pro-bono support. This project is innovative because it fills a gap in the market, especially as it targets groups who are mainly excluded from existing service delivery, e.g., BAME people, people aged 50+, people recently made redundant.</p> <p>The project will 1) enable existing funded health & wellbeing providers to engage with local people, 2) deliver activities/services at the neighbourhood level with our partners, actively coordinate service delivery and promote the service offer through targeted marketing.</p> <p>The Trust will act as the primary change maker and catalyst to insource a range of currently funded health & wellbeing specialists to provide information, advice and guidance and services</p>					

to local people in the ward. The Trust will also work with relevant partners (e.g., the Sandwell Valley Trails Group, Womens Help Centre, Friends of Hamstead Pavilion & Park) to deliver practical activities (e.g., guide-led walks to Sandwell Valley) to encourage and support people to lead healthy active lifestyles.

Whilst most activities are open to all, some are specifically for Women Only. We are especially keen to attract older people aged 50+ and Black & Minority Ethnic People who remain under-represented in Health & Wellbeing activities and suffer from stress, diabetes and obesity. We will continue to make contact with other groups and agencies that could be partners in delivering this and subsequent projects.

Time Frame – is it:-

One off event/programme

Implement and complete within 6 months (2016)

Implement and complete within 12 months (2017)

Y

How will the innovation be implemented?

The Trust will make things happen by proactively insourcing already funded health & wellbeing specialists to deliver programmes of indoor activity and learning at the Hamstead Pavilion and at the Womens Help Centre.

Indoor Activities

1. Yoga – weekly 1 hour sessions. Target individual participants: 20.
2. Meditation - weekly 1 hour sessions. Target individual participants: 20.
3. Reminiscence Group – monthly 3 hour sessions. Target individual participants: 20.
4. Bhangra fitness - weekly 1 hour sessions. Target individual participants: 50.
5. Dance fitness - weekly 1 hour sessions. Target individual participants: 50.
6. Coffee mornings – weekly 2 hour sessions. Target individual participants: 100.
7. Health & Wellbeing Awareness – monthly 2 hour interactive talks and sessions for groups of local people by health & wellbeing professionals and by subject experts (e.g. how to manage common health conditions, how to improve health & wellbeing), and signpost local people to a wealth of health awareness and promotion literature that already exists. Target individual participants: 100.
8. Women Only Health Awareness Sessions - monthly 2 hour sessions. Target individual participants: 50 - including low-cost, healthy cooking and healthy eating sessions where women of all communities share recipes and learn from in order to adapt traditional recipes from their cultures.

Outdoor Activities

1. Women Only Gardening Sessions at the Women's Help Centre allotment and food growing skills. Target: 50 women attend a rolling programme of at least 5 sessions each.
2. Sandwell Valley Walks. Monthly 2 hour and 3 hour circular walks into Sandwell Valley

from Hamstead Pavilion and Silvercroft. Target 50+ individual walkers.

3. **AONB Walks.** At least 4 Guide led walks into areas of natural beauty (from Lickey Hills, Clent Hills, Wyre Forest, Malvern Hills, Shropshire Hills) and in the National Parks (e.g., Peak District, Brecon Beacons, Snowdonia, Lake District). Target 50+ individual walkers

The venues for indoor activities will be the Pavilion and the Womens Help Centre. The Trust will host and coordinate the delivery of indoor activities 1-6, the Womens' Help Centre will do the same for indoor items 7-8. Session leaders will be recruited from existing Health & Wellbeing agencies either on a paid or pro-bono basis.

The outdoor walks will be led by the Trust's Development Worker (a qualified JNC Level 3 Youth & Community Worker) and the Gardening by the Womens' Help Centre.

The Trust has been leading regular walking groups since 2013 into Sandwell Valley and into Areas of Outstanding Natural Beauty. Details can be found on the Trust's website www.hwcdt.org and also on the Handsworth Wood Neighbourhood Forum's page on Facebook.

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?

More local people will lead healthier lifestyles. An increased number of local people will feel safe enough to go for independent walks in Sandwell Valley and in local parks.

We will keep a record of our work and log the number of people we work with and we will seek feedback from service users to gauge levels of satisfaction with our work. Legacy/ continuation will happen through two methods: people pursuing activities independently and with their friends and families, and through further activities following successful funding activity drawing on the this project's achievements and learning.

Our work will:

- Tackle obesity by creating practical activities to enable people to overcome sedentary lifestyles, and provide accessible information, advice and guidance to enable people to manage medical conditions
- Provide practical alternatives for people with drug & alcohol problems and with mental health issues
- Overcome the fear of crime that prevents ordinary people, and those living in isolation, from using the countryside
- Create options for community-based respite for carers and their families
- Create practical and accessible opportunities to diffuse family tensions and stress – e.g., those arising from marriage problems, overcrowding, inter-generational conflict.

We have set out targets for each of our activities; these will used as benchmarks to measure actual performance.

The project will enable us to establish these activities. Post time/funding expiry, we will work with our insourcing partners to continue to provide their professional inputs on a community engagement and 'pro-bono' CSR basis. We will also recruit a small pool of community volunteers (e.g., retired professionals) and graduate placements to run the activities post time/funding-expiry.

In addition, the project coordinator will use the project as a 'case study' to bid for additional

funding from suitable external funding sources.

In 2018 the Trust will start to pick up running costs currently absorbed by the Council; to fund this we will start charging users a small activity fee (between £1 and £5 per session) and we will invite donations from individuals and sponsorship from corporates.

We will also approach local GPs to provide Health on Prescription as a way of funding sessions.

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

This pilot project will provide the research for further funding bids to external funding sources, e.g., Awards for All (£5,000), Comic Relief (£20,000 x 3), BIG Lottery (£25,000 x 5), Sport England (£10,000 x 3) and others specialising in supporting health & wellbeing work.

What resources will be required?

	£
- Capital	850
- Running costs	7,450
- People power volunteers	5,480

Amount required from LIF £ 8,300

Capital:

Floor mats, Music system.

Running Costs

Management & administration: Coordination, reporting, project development.

Insourcing, marketing, fundraising.

Centre & project costs: internet and phone, advertising.

Full cost recovery: insurance, accountancy.

Activities

Yoga – 1 hour x 50 weeks x £10 = £500 Pro Bono

Meditation – 1 hour x 50 weeks x £10 = £500 Pro Bono

Reminiscence Group – 3 hours x 12 months x £10 = £360

Bhangra Fitness – 1 hour x 50 weeks x £10 = £500

Dance Fitness – 1 hour x 50 weeks x £10 = £500

Coffee mornings – 2 hours x 50 x £10 venue hire = £1,000 Pro Bono

Health & Wellbeing Awareness – 2 hours x 12 months x £20 = £480 Pro-Bono

Women Only Health Awareness – 3 hours x 50 weeks x £10 = £1,500. Lead: WHC

Women Only Gardening - Rolling programme of 5 sessions (cost included within Women Only Health Awareness above). Lead WHC.

Sandwell Valley Walks – 2 hours x 10 monthly x £20 = £200,

AONB Walks – 8 hours x 4 x £20 = £640

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

In cash – income from Coffee mornings: £1,000 from food and drink sales.

In Kind – Value: £5, 480

Volunteering is based at a value £12 per hour (Source: CDF) equals £1, 480

Running Costs – £4, 000

- Rent & rates at nil cost but estimated pro-rata for project at £2,200
- Heating & lighting at nil rates but estimated value pro-rata for project at £900
- Telecommunications estimated value pro-rata for project at £600
- Social media marketing at £300

Please note, the Trust is bringing an unused resource (the Pavilion in Hamstead park) back into community use and this project will enable us to deliver much needed services in the ward at neighbourhood level. Your investment will provide valuable seed corn funding from a much bigger local community development agenda and sustainable organisation. This is exactly the sort of innovation we need in Birmingham's neighbourhoods.

Contact person for proposal

Name: Dilbagh Dhami

Telephone: 07976 827222

E-mail: dilbagh.dhami@hwcdt.org

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

Handsworth Wood Neighbourhood Forums 2012-17

Handsworth Wood Community Involvement & Engagement Project – Community Priorities Report 2012

Ward Conferences 2013, 2014, 2015

Handsworth Wood Ward Local Innovation Fund Meeting 28/3/17

Womens Help Centre. 2017

Hamstead Diamonds 2013-17

Handsworth Community Cycling Club

Discussed at

Ward meeting

Date

Signatures of all 3 Ward Councillors

Name NARINDER KAUNER Signature [Signature] Date 13/6/2017

Name P. A. Hamilton Signature [Signature] Date 13/6/2017

Name GURDIAL SINGH ATWAL Signature [Signature] Date 13/6/17

Internal use only

Received: Date

Go to Cabinet Committee – Local Leadership for decision: Date

Approved

Yes	
No	

