

Cambridge City and South Cambridgeshire LSP Reward Grant Fund – Grant Monitoring Update October 2013

Introduction

The Cambridge City and South Cambridgeshire Reward Grant Fund was established by the former LSP for the area. £100,000 of funding was made available for charitable projects aiming to reduce inequalities in Cambridge City and South Cambridgeshire. Applicants had to clearly identify the benefits they planned to deliver for local people and communities and show that they offered value for money. The application process and monitoring of grants awarded has been managed by the Cambridgeshire Community Foundation.

Preference was given to projects covering the following:

- Improving the employability of local people, especially young people, helping them to move into sustainable work.
- Assisting older people to continue to live in their homes and maintain their independence for as long as possible.
- Targeting work with disadvantaged communities where people are living on low incomes or vulnerable because of age, disability or other factors.

Two deadlines were advertised during 2012 and a total of 40 applications were received. Two panel meetings were held in May and November and 27 grants were awarded, totalling £96,680.

The minimum grant awarded was £500 and the maximum was £5,000.

Monitoring reports have been returned by 17 grant recipients to date, accounting for £60,989 of grant funding which has benefitted over 1594 people. Monitoring information is expected from all grant recipients by July 2014, when all funded projects are expected to have been completed.

Outputs

Outputs recorded by grant recipients in the monitoring reports submitted are as follows -

- 49 confidence boosting coaching sessions for disadvantaged, vulnerable and unemployed individuals.
- 15 support groups in rural locations for visually impaired people.
- 3 day trips chosen and planned by people with mental health issues.
- 46 counselling sessions for women who have experienced sexual violence, rape or sexual abuse.
- 80 family support drop-ins for disadvantaged families.
- 56 hours of one to one job coaching for young adults with Autistic Spectrum conditions.
- 24 weekly youth club sessions for Young Carers.

- 24 music sessions for young children and their families.
- 160 arts and crafts workshops for adults with disabilities.
- 20 work experience opportunities for people who are homeless.
- Provision of equipment enabling 30 cadets to participate in camps and other activities.
- Weekly volunteer visits providing support for 42 people with a variety of needs.
- 5 classes per week for 58 students covering Music Production, Studio Skills, Urban Music and Digital DJ Skills.
- 1279 three-course meals provided for 127 vulnerable people including the elderly and homeless.
- 899kg of food surplus reclaimed from Sainsbury's that would have otherwise gone to waste.
- 6 two hour bike maintenance sessions for 6 young people.

Outcomes (defined as changes in people, the environment, or the community that directly result from the activities)

Outcomes reported can be grouped under common themes -

1. Increased confidence

- Increased self-esteem
- Increased confidence to make decisions
- Increased confidence as a parent
- New skills learnt

2. Improved relationships

- Improved ability to interact socially
- Improved relationships with children and others
- More friendships/social interaction and therefore reduced isolation

3. Improved emotional / physical health

- A more positive outlook
- Better able to cope with different situations
- Empowerment
- Improved awareness of and access to healthy eating

Impacts (defined as longer-term changes that affect the wider community and society)

The following impacts were reported -

- More productive in society
- Able to gain employment, leading to a reduction in debt
- Increased independence and less reliance on statutory services
- Reduced social isolation
- Increased community engagement
- Improved mental health recovery
- Reduction in loss of output due to convalescence and sick days

- Reduction in the need for and therefore cost of medical attention
- Healthier lifestyles for families leading to long term health benefits
- Young Carers renewing interest in education and improving their life chances
- Reduced food waste locally

Case studies

The following case studies written by grant recipients demonstrate some of the outcomes and impacts recorded in the monitoring information submitted.

Illuminate Community Group received £2,584 to provide life coaching sessions for disadvantaged, vulnerable and unemployed individuals with the aim of increasing confidence and self-esteem. “X is a single parent who has suffered chronic depression and anxiety after finding her 6 year old daughter was being sexually abused. Following psychotherapy to deal with her emotions she was feeling ready to start to make changes to her life to support herself and her daughter better. However she had been unemployed for some time and felt stuck and fearful. She had an idea about setting up her own creative business but felt no courage to do this. Through the sessions, we looked at becoming clearer about work options. This has resulted in taking up some volunteer work at Cambridge Women’s Resource Centre and has actively started progressing herself employment ideas. Quote “The sessions are all the things I needed to get me to think, understand myself and progress. I am so glad I was given this opportunity and feel so much more positive. I have received different supports and this has worked really well and helped me move forward – Thank You”.”

Cam Sight received a grant of £3,784 to continue running their rural support scheme, which provides support and services for blind and partially sighted people living in the rural areas of Cambridgeshire. “A group member, a lady of 95 was chatting to another member and mentioned the guided bus way. She said she would love to travel on it to St Ives but did not feel confident to do so due to her visual impairment. The other group member despite being registered



blind is a confident traveller and regularly uses the guided bus way. He encouraged her to try and suggested that he could accompany her. They swapped contact details and the next week he accompanied her on a trip to St Ives. She was grateful for the help and support, they both had a lovely day out and a new friendship has developed. Moreover the gentleman who assisted her had his self-esteem boosted by the fact that even though his sight was poorer than hers, he was able to be of help.”

Meadows Children and Family Wing received a grant of £4,447 to continue to work with disadvantaged families.

“This parent has been attending the drop-in for 3 years with her 2 children since she moved to England from Spain. “I was very isolated and did not have any family support in this country, my children would of not had any interaction with other children if they did not attend this group. My children always take part in the activities and really enjoy the lunch time. They enjoy eating with other children and this helps them to engage with other children. My children are beginning to learn English and



it's from attending this group that they receive the English input. The staff are always very supportive and helpful and pick up when I'm not feeling good or have problems. As a result of consistently attending this group I feel that my children have got to know everyone and I am able to talk to other families and share problems. This group is so diverse and is very positive it's like our family".

Forward Gamlingay received a grant of £4,413 to run a weekly support group for young carers in the local area. “One of our young carers is 13 she is a she has 2 younger siblings who she gets up ready for school, she gets their breakfast and walks them to the local school (their Mum is in a wheel chair and lives in a mobile home) the Mum can only leave the home when the Dad is about as he has to lift her out of the mobile. Dad is a builder who works in London and leaves at 5am. Because she has to get her siblings to school, she misses her bus into school so hasn't been attending school. Her Mother is not concerned about her missing school. We have worked with the school and her parents and after attending club and seeing how hard some of the others young carers to ensure that their carer roles don't impact on their education, she asked for our help to make sure she commits to school. We met with the head of her year, explained the situation and he agreed that she could miss the first lesson of the day and come in by public bus. She has attended school every day since the beginning of the spring term.”

Red2Green received a grant of £5,000 to deliver pre-employment support and training for up to 10 people with autism, learning disabilities and mental ill health. “David', who has Asperger Syndrome and a mental illness, came to Advance when he was on benefits and lived at home with his mother who had to do everything for him. However, over time he has worked towards and now achieved AAT Level 3 and is about to start Level 4. He has transformed his life, for as well as being a qualified accountancy technician, he now lives independently and has a girlfriend. He comes to the Friday Drop-In sessions for encouragement and support when he needs to, particularly when his mental health is problematic for him and needs to be able to talk things through with someone who understands his situation. David's work is flourishing and he feels that he has a future. He is also proving to be an inspiring role model to other clients at Advance.”