

Funding stream: Community Connections and Self Care

Name of grant: Community Connections and Self Care

Grant Award: Total fund of £420,000 per year distributed as four grants of £105,000 for each financial year for the period 2019/20 to 2022/23 subject to annual budget approval; one grant for each geographical locality: the localities being:
Central Ealing; Acton; Southall; and Greenford, Northolt & Perivale.

Voluntary Sector Partnerships are invited to apply for one or more locality grant, ideally on a consortium basis. Each grant would be awarded to a Lead Organisation who would be responsible for distributing the grant to partner organisations for the locality as set out in your partnership agreement.

Section 1 – Service Overview

In each of the four geographical localities we want to grant fund a programme of sustainable community based activities for local people of all ages with the purpose of:

- Strengthening communities by building local networks linking communities to each other, and to relevant community, voluntary and statutory provision.
- Delivering key health and self-care messages and activities to increase health and wellbeing
- Reducing isolation by engaging residents in their local communities
- Increasing activity and independence by raising awareness of existing resources and services and developing new initiatives together, including securing external funding to establish and sustain new projects

We expect projects to build connections with, and make better use of local services and assets such as libraries, community centres, children’s centres, leisure centres, faith groups, youth groups, parks and open spaces, local businesses (e.g. coffee shops, restaurants, pubs) and GP surgeries and pharmacies towards reaching, connecting and supporting communities.

Activities will be welcoming and accessible to everyone, increasing awareness and understanding of differences and abilities; and the challenges faced by vulnerable groups. We are looking for inclusive and enabling programmes with people building self-reliance and supporting each other, for example buddying, befriending and peer support for people with learning disabilities and autism to be able to participate actively in their local communities.

The programme of activities should be co-designed with the local community to ensure relevance and appropriateness; and contribute to reducing loneliness and social isolation, ranging from examples such as gardening to singing and music groups, rambling, sports, reminiscence groups, casserole clubs, knitting, to local history.

We acknowledge the challenge of providing the above within the available funding. We do not anticipate that each area will have the same level of services, but instead a range of services relevant and best fit for each locality and community. We expect volunteering and Active Citizens to play a significant role in your programme. We will work with the successful applicants to establish and strengthen links with existing programmes and services.

We will be facilitating a ‘speed getting to know you’ event early in the application period to enable organisations to learn about each other’s services, and start early discussions about

potential partnership bids. An Information Pack providing information on council and NHS programmes, contact details and maps of local facilities will be made available at the event to help in developing your bid.

Section 2 – Service Outcomes¹

Applicants will need to demonstrate how their proposal will contribute to meeting the following outcomes for people of all ages:

- strengthened communities with greater awareness of and active engagement in local activities
- reduced isolation and loneliness through supportive communities
- increased health and wellbeing through effective strategies which engage children, young people and adults in making healthy choices
- increased activity across all ages with greater independence, self reliance and reduced dependence on statutory services

Section 3 – Service Delivery/Activities Sought

Grant funding will specifically support the following activities:

Activity 1 - Strengthening Communities

Develop a network reflecting the geography, demography and needs of the local area that is relevant and accessible for all ages and communities within the locality.

Develop communication channels appropriate to the diverse needs of the local community: children and families, young people and older adults, people with language needs, people with sensory impairments, people with different abilities, and levels of understanding and knowledge.

Strengthen community cohesion through:

- linking and bringing together people of different backgrounds, faiths and cultures on specific projects to support community initiatives and spaces (environmental, health, learning, social) events.
- intergenerational work with care homes/older people's projects and schools, children's centres and/or youth groups

Activity 2 - Increased Activity and Greater Independence

Link people with statutory services such as Primary Care co-ordinators, Social Care Champions, SAFE, Youth Offending Service, Children's Centres and schools, sports and leisure centres, parks, libraries, to make full use of existing programmes.

Raise awareness of community activities such as quiz nights, youth projects, parenting and family support groups, sports and leisure events, coffee mornings, lunch clubs, walking groups, reading groups, community choirs; and support new groups/activities to be set up.

¹ **Future Ealing Outcomes:** 2. Children and young people fulfil their potential; 3. Children and young people grow up safe from harm; 4. Residents are healthy, active and independent; 6. Crime is down and people feel safe; 9. Ealing is a strong community that promotes diversity with inequality and discrimination reduced.

Close working with the Active Citizens programme and the Volunteer Service towards encouraging greater involvement in volunteering and, encouraging proactive participation in local decision making through involvement in Ward Forums and contributing to Place Based Plans.

Make links with local businesses and retailers to develop joint initiatives.

Advise and support community groups to apply for Small Grants, Ward Forum funds and external funding sources.

Activity 3 - Reducing Social Isolation

Design and deliver an inclusive range of activities targeting individuals and/or groups who are vulnerable or isolated including older people, people with long term conditions, disabilities, autism and mental health issues; vulnerable and isolated children, young people and their families and carers.

Receive referrals from GPs, Care Co-ordinators and Council departments as appropriate, to support people to participate in wider community activities, either as an alternative to, or as complementary support to health and social care support.

Activity 4 - Increasing Health and Wellbeing

Promote health messages, and raise awareness of self-care, working in partnership with the CCG, GPs, pharmacies, Public Health and other relevant health and education services to:

- encourage and support the use of applications such as Health Help Now
- organise local campaigns to promote Five Ways to Wellbeing and Making Every Contact Count and others
- promote healthy life-styles: messages and activities on healthy cooking and eating, increasing physical activity, information on alcohol and smoking, and how to improve mental health.
- facilitate peer support for people with long term conditions
- keep older, frail people with long term conditions mobile and independent as long as possible through exercise and NICE compliant strength and balance training programmes to prevent falls.

Section 4 – Specific Criteria

In the application form and the Service Delivery Plan we will ask you to provide information on:

- your knowledge and experience of the needs of the residents in your chosen locality
- evidence of their involvement in developing your delivery plan
- your approach to delivering the four activities set out in Section 3
- your approach to measuring and demonstrating how these activities are meeting the outcomes identified in Section 2

The applicant will be required to submit with their application the following:

- A service delivery plan based on the criteria covering the period 2019/20 - 2022/23 using the template provided.
- Details of how information will be communicated effectively and take into account the needs of people (and organisations) accessing the service including needs arising from age,

disability, gender, ethnicity, religion and belief, pregnancy and maternity, marriage and civil partnership, sexual orientation, and gender reassignment.

- Details of how you will obtain user feedback and consult users on improving community and voluntary services covered by this commission.

Section 5 – Monitoring and provision of information

The grant recipient will provide quarterly reports to the Council based on sections 1 - 4 above.

Continuation of the grant will be dependent upon meeting the outcomes and delivering the service activities set out above.