

Outer West Community Committee Wellbeing Fund Project Summary - Gardening for Wellbeing

Project Name	Gardening for Wellbeing
Amount applied for	£3260
Lead Organisation	The Conservation Volunteers – Hollybush Conservation Centre
Ward/Neighbourhood	The project will be open to all Outer West residents but recruitment will target the priority areas.

Business Plan Objective	<ul style="list-style-type: none"> • Provide opportunities for people to get jobs, volunteer or learn new skills • Promote healthy lifestyles and tackle health inequalities
--------------------------------	--

Project Summary

This project will aim to engage more residents of Outer West, especially those from priority groups in the environmental activity programmes run by TCV. “Gardening for Wellbeing” is aimed at adults who have had a prolonged absence from the labour market due to health issues, particularly mental health, and would like to start to participate in some meaningful activity again.

Older men, especially those not in work, are recognised by NHS and Leeds Public Health as being at increased risk of suicide, and there is support but little funding for this demographic. This group makes up a large number of our most vulnerable volunteers.

This is a distinct new offer – we have acted on volunteer feedback and our reflections on the past few years, during which we have dealt with a growing number of volunteers experiencing crisis, to build this new proposition. Our aim is to retain the safety and non-judgemental support that Hollybush is renowned for; but also to encourage more proactive engagement on positive pathways.

This programme was part funded for April to October by Inner West area committee, however as reported we still had significant numbers of Outer west residents in need of our service.

We are seeking additional funding to recruit and support/mentor new participants from Outer West areas and we will use our local network to solicit referrals and assist us to promote the programme

This grant will fund targeted outreach in Outer West (Swinnow, Worley /Farnley), the cost of travel/transport to courses and activities at Hollybush* and the mentoring and support of individuals from outer west

*TCV recognises that Hollybush is not in Outer West. Mental Health professionals acknowledge that motivating people to widen their horizons and travel to new opportunities is an important milestone in recovery and the journey to employment.

TCV Hollybush worked with 28 residents of Outer West in August to October 2015. 14 of whom attended 5 or more times. Of these 14 8 are identified as having significant barriers to employment, primarily mental health and related issues, two of whom require significant support due to recurring issues of ill health.

10 new people were recruited in this period with 3 going on to attend more than 5 times. We have recruited from Outer West to our short course programmes not to the Garden groups funded by Inner West.

This has been achieved without any targeted recruitment in Outer West. As some of our funding was restricted to other areas we have by due diligence been focusing effort to fulfil that funding. For instance in Inner West in the same period there were 21 new recruits.

From this we feel there is demand from outer west for our programmes and also that we have been unable to offer ongoing support to the most vulnerable Outer West participants due to the lack of Outer West funding for the

garden group.

From the IMD data we know there are pockets of deprivation within the Outer West Area. The Patient Empowerment Programme is expanding and we know they need to have well supported community activity to refer people to. TCV Hollybush has been working with PEP to support a number of issues with major problems in their lives.

The Leeds Joint Strategic Needs Assessment is built around No Health without Mental Health, and recognises that Mental Health is a fundamental part of health and impacts on other health determinants and poor mental health impacts on others in home, work and other settings.

Targets for the project and how success will be measured

This application is for 3 months only

- Number of participants recruited in the target group from Outer West: Target 17
- Number of participants who attend five or more sessions: Target 6 (inevitably low as those starting late Feb onwards will struggle at once per week)
- Number of participants who contribute to running sessions: Target 2
- Number of participants who become key volunteers: Target 1

% of participants who attend five or more sessions report

- Making new friends (address social isolation)
- Learning new skills
- Improved mental and physical health (using Short Edinburgh Warwick scale)
- % Taking up other activities elsewhere
- Progression from Hollybush towards the labour market
- Case studies will also be used to provide a more in-depth qualitative analysis.
- The above methodology and tools have been used by TCV and Hollybush now to good effect for several years to demonstrate outcomes and progression.

How the project will be promoted and/or participation encouraged

We have budgeted for some staff time for promotion and publicity and to have bespoke promotional material designed and printed to distribute across local networks, and display in local venues.

We will use our existing network of referral partners to promote the project and encourage participation. Our Volunteer Co-ordinator regularly spends time in Jobcentres in the city, so she would be able to promote this in the Jobcentres and JobShops in the target areas. We have existing good links to Pudsey JobCentre.

We also have regular contact with BARCA including the PEP programme, and Leeds Mind who will play a key supporting role in terms of promotion and referrals. We also get a number of referrals from day and inpatient mental health centres, so we would ensure that they are kept informed of new provision that is suitable for their patients.

We would look to use any lists of groups we can access e.g. Children Centres, School Clusters GP surgeries. We would also look to promote and encourage participation through local health centres and GP surgeries, to target those with mental health needs who are looking to progress on their recovery journeys through participation and learning.

Some of the participants in this group may also be existing learners on our short courses who come from the target areas, many of these are unable to cope with a full day of activity and the garden group allows

them to continue activity with TCV and to stay in touch and consider further courses.

Exit strategy/How the project will continue after the funding

TCV is close to submitting the Stage 2 for a Big Lottery bid in partnership with Leeds Mind and Hyde Park Source. This will fund a two session per week garden project at Hollybush for 2016-19 and the recruitment, mentoring and support of priority individuals from across Leeds.

TCV will seek to renew its contract for Adult and Community Learning so we can continue to offer short course both at Hollybush and Community Settings

TCV is also in dialogue with the Leeds West Clinical Commissioning Group about them supporting the work TCV does to support those with low to moderate mental health needs, we hope in due course to be successful in a commissioning round. Senior mental health professionals have for some recognised the value of our work and been supportive, sadly commissioning rounds take time to be put in place.

Other organisations involved

TCV works closely with many agencies to gain referrals for our projects. Key to this programme is the Patient Empowerment Programme (Barca, Leeds Mind and Tocuystone etal) and the JobCentre.

We will also be working with Barca and others to identify local sites to deliver short courses close to the Communities, we will be focusing on the priority neighbourhoods of Swinnow, Farnley and Wortley but also tempered by places that are reasonably served by buses.

Financial Information

Revenue funding requested	£3,260
Total cost of project	£3,260
Match funding/Other funding sources	N/A

Full Breakdown of Costs – Per Money Buddy Per Year

Item	Wellbeing	Other (with funding body)	Date of Decision
Volunteer Coordinator 6 hours per week £305 pcm			
Project Officer running Sessions 3.5 hours per week £172 pcm			
Manager (overview and reporting) 1 hour per week £95cm			
All for 3 months	£1,716		
Refreshments	£60		
Travel	£330		
Training	£150		
Materials	£105		
Insurance	£60		
Printing	£200		
Premises	£150		
Overheads (Safeguarding, H&S, Finance, HR, Payroll)	£489		

Details of volunteers

Volunteer Hours	Key Volunteers helping to run the groups and support individuals 2 per session 3 hours (inc set up etc) 2 per week 12 weeks Pro rata for Outer West 30% =44 hours at £486 Admin support, 6 hours pw 30% 12 weeks =21 hours at £238
------------------------	---

Details of funding from previous years

2015-16 Inner West £5,943 for Gardening to Health
2014-15 Inner West - £4,340 to run the Active After Working Life Group for over-55s. This group was very successful and the volunteers carried on running it themselves for 9 months after the funding period. (Grant ref IW1418R)
Inner West Area Committee £4,210 (Gardening Towards Employment, placements with Leeds Housing)
Parks Core Grant 15-16 £8232 14-15 £10,290 (9 days work plus partnership fundraising for work on Parks Land) since 1986
Parks and Countryside SLA £6,550 (24 days of work on Nature Conservation Sites) ended 13-14 after 7 years

Wykebeck Pride Access to Nature £18,925 (weekly task in NE Leeds as part of LCC/Groundwork/TCV project) ended March 2014

Social services Adult Social Care £83,638,(24 spaces 2 days a week adults with Learning Disability 48 weeks per year) to 13-14 Successfully retendered for £66,500

Ideas that Change Lives for Cafe Development £10k plus £2k

Leeds Public Health Suicide Prevention Green Man Project. 2015 £7k

Employment and Skills Adult and Community Learning 15-16 £47,407 Skills for Jobs contract £61,500 14-15 (Gardening, Woodwork and Wood skills) expanded gradually from 11-12 at £2,500

Area Support Team Comments