

Committee: Health and Wellbeing Board

Date: 25 March 2014

Agenda item:

Wards: All

Subject: Merton Community Health and Wellbeing Fund – Progress Report

Lead officer: Ian Beever, Chief Executive, MVSC

Forward Plan reference number:

Contact officer: Beverley Burton, MVSC

Recommendations:

- A. To note the progress in the delivery of the Merton Community Health and Wellbeing Fund in East Merton.
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1. Purpose of report and executive summary

To inform members of the Health and Wellbeing Board of the progress in the delivery of the Merton Community Health and Wellbeing Fund in East Merton.

2. DETAILS

Background

- 2.1 In November 2011 the Shadow Health and Wellbeing Board was awarded £315,000 from the Performance Reward Grant Fund, to set up a grants programme for health and wellbeing projects in the east of Merton. The fund is being delivered using compact-approved application packs and decision-making processes. The fund is administered by MVSC with decisions being made by a multi-agency panel.
- 2.2 The fund was launched in May 2012 at a specific event chaired by the council leader and attended by over 70 organisations with follow up publicity on Merton Connected.

Year One

- 2.3 A total of £70k was available in Year One and the maximum grant to an individual organisation was set at £10k for projects lasting up to 1 year. Although oversubscribed, few applications met the criteria – just £35,780 was awarded in July 2012. A list of funded groups is attached as Appendix 1.
- 2.4 A second round launched in October 2012 and 14 applications totalling £81,614 were received. The panel approved 7 grants totalling £39,220 and the Year One fund was committed. A list of funded groups is attached as Appendix 2.

Year Two

- 2.5 In May 2013 Round 3 was launched with a total of £105k available in the Fund as an extra £35k was added by the PCT. The panel met on 25th July to consider the 8 applications received totalling £60,237. 5 were successful and £31,813 was awarded leaving a balance of £68,187 to be spent. A list of funded groups is attached as Appendix 3

The criteria was looked at but considered to be broad enough however, due to the disappointing number of applications received in Round 3 MVSC Development Worker carried out some outreach, to target specific groups to work up projects that will fit the criteria well.

Round 4 received 17 applications totalling £108,395. The panel met on 11th December and awarded 9 groups a total of £63,206 leaving a rollover of 4,981.00. A list of funded groups is attached as Appendix 4

Monitoring

- 2.6 Monitoring of groups funded in Round1 has now taken place and members are asked to note that all the groups visited so far have reached or exceeded their delivery targets and have used the funding well. There are still 3 groups that have not completed monitoring forms but this was due to their start dates being delayed due to compliance of grants conditions not being met, or changes in circumstance.
- 2.7 I am currently monitoring Round 2 applicants and apart from 2 groups, who I have not yet been able to contact, all have either been visited or I have received the monitoring information requested.

Next Steps

- 2.7 There is an aspiration to attract further external funding to sustain the fund long term, to support the voluntary sector to deliver Community Plan priorities. This work was taken forward through the Transforming Local Infrastructure (TLI) project led by MVSC.
- 2.8 On 17 May 2013 local businesses, charities and public bodies came together to launch a pilot of the new Merton Community Fund which encourages local giving either via donation or via a regular standing order – just £1 a month from every household would generate almost £1 million a year of new money. The council has agreed to promote this new Fund amongst their employees and we hope to encourage others to do the same.

A formal launch was held at Cannizaro House on 5th September which was coupled with a press campaign. Round 1 of Merton Community Fund will be launched this year.

- 2.9 MVSC is also involved in the development of United Way London which links global corporate companies with local communities. This scheme was launched last year at the Tower of London and has already generated

enormous interest with initial London wide priorities being agreed as Youth Employment and social isolation.

- 3. Alternative options**
None for the purpose of this report.
- 4. Consultation undertaken or proposed**
None for the purpose of this report.
- 5. Timetable**
As set out in the report.
- 6. Financial, resource and property implications**
None for the purpose of this report.
- 7. Legal and statutory implications**
None for the purpose of this report.
- 8. Human rights, equalities and community cohesion implications**
The East Merton Community health and Wellbeing Fund is targeted at tackling health inequalities.
- 9. Crime and Disorder implications**
None for the purpose of this report.
- 10. Risk management and health and safety implications**
None for the purpose of this report.
- 11. Appendices – the following documents are to be published with this report and form part of the report**
List of successful applications in years one and two – Rounds 1, 2, 3 & 4
- 12. Background papers**
None for the purpose of this report.

Appendix 1: List of funded groups – Year One 1st Round July 2012

Organisation	Outputs/Outcomes	Amount Awarded
Alzheimer's Society - Sutton & Merton Office	To co-ordinate and facilitate a 3 hour monthly dementia cafe for up to 40 people living with early to moderate dementia and their carers, providing information, activities and social interaction.	6,904
Jigsaw4U	To provide staffing hours to deliver a grief support service including initial assessment, 1:1 work, peer group support and referral to other agencies for 10 children and young people.	7,000
Merton & Morden Guild of Social Service	In partnership with the Merton African Caribbean Elders Organisation, to deliver 2 x 12 week specialist exercise courses for stroke survivors with 40 follow on exercise classes for up to 16 people who will then be encouraged to participate in other community activities.	5,128
Merton BMX Club	To pay for the start up costs of a new BMX club to operate at the new track in Acacia Road. The Council are working with British Cycling to support the formation of the club which will be run by local volunteers and will provide equipment and track time for up to 48 young people each week.	2,000
St Mark's Family Centre	To run 10 x Food-Fit-Fun sessions during school holidays focussing on healthy food awareness in a fun accessible format for parents who are suffering from mental health issues and their children aged 6 - 12. Providing a crèche for under 5's to support the activities	5,167
South Thames Crossroads	To provide a six week x 1 hour a week life coaching course for 50 carers to enable them to develop the life skills to cope with the reality of their situation and provide coaching training sessions for 12 volunteers.	5,000
United in Dance	To provide 4 street dance classes a week over 36 weeks for children and young people and a level 2 Dance leaders Award accredited through Sports leaders UK, offered to 12 over 16 participants to enable them to teach dance in the community.	4,581
	Total	35,780

Appendix 2: List of funded groups – Year One, 2nd Round, December 2012

Organisation	Outputs/Outcomes	Amount Awarded
Association for the Polish Family	To provide information and advice to enable members of the Polish community to remain healthy. To employ a part time outreach worker to provide appropriate cultural and linguistic support around alcohol misuse and domestic violence with the aim of raising awareness of healthy living and increasing the reporting of domestic violence	6,150
Cardiac Exercise Club	To establish opportunities for residents in the east of Merton with cardiac and chronic obstructive pulmonary disease (COPD) to engage in supervised exercise activities leading to improved sense of well being, physical stamina and health	1,483
Colliers Wood Resident Association	To create a community garden on unused land which will provide weekly gardening activities and give opportunities for local residents and their families to learn about growing, cooking and preserving organic fruit and vegetables and increase healthy activity and healthy living	1,000
Jeremiah Project	To extend a monthly healthy breakfast club currently held at a temporary accommodation venue in Mitcham, to schools, community events and other sheltered accommodation. Funding also wanted for the salary of a parish nurse who attends the sessions and offers health checks, advice on healthier eating, holistic health care and makes referrals to other agencies.	3,500
Merton & Wandsworth Asylum Welcome	To deliver healthy multi-ethnic cooking sessions for refugee and asylum seeker families, culminating in the production of a recipe book. To take families to new outdoor spaces to encourage participation in physical activities.	6,800
Mitcham Cricket Club	To enable more local girls and boys to regularly participate in cricket sessions and to develop a girls squad. To enable more adults and children to coach and play cricket by developing their coaching capacity and providing winter, indoor training facilities.	4,772
North East Mitcham Community Association	To provide 48 weekly falls prevention exercise classes incorporating extended chair based exercise and cardiac rehabilitation and 48 social sessions, leading to a reduced risk of stroke, diabetes and high blood pressure.	6,000
South London African Women's Organisation	To provide a series of health and wellbeing workshops and seminars for BME women living with HIV. Also to arrange visits to walk in clinics and A & E departments, to reduce fear and understand the way they operate.	5,000
South London Tamil Welfare Group	43 drop-ins for Tamil elders including keep fit sessions, plus workshops to raise awareness of health issues in partnership with Merton & Sutton PCT and Livewell to improve health and well being.	4,515
	Total	39,220

Appendix 3: List of funded groups – Year Two, 3rd Round, July 2013

Organisation	Outputs/Outcomes	Amount Awarded
Age UK	To create and run a sustainable programme of health and wellbeing focused activities for older people in east Merton including: gentle exercise, dance based groups, walking, board games and quiz & mental agility sessions. The sessions will reduce isolation, improve sense of wellbeing and motivation and provide a gateway to other opportunities and support.	9,640
Deen City Farm	Four multi-week pilot projects designed around the Five Ways to Wellbeing framework, two with local schools and two with adults. The projects will use interaction with animals and nature to enhance emotional literacy. The adult programme would include a heavier focus on healthy eating, physical activity through volunteering and learning new skills.	2,992
Ethnic Minority Centre	A series of workshops to promote healthier physical and mental lifestyles to east Merton communities, including 12 yoga sessions for older people, 12 dance sessions for young people, 12 multi-cultural music sessions and 4 'Live Well' sessions delivered in conjunction with LiveWell, SWL Recovery College and the NHS.	4,380
Personal Independence Support CIC	Provide young people aged 11-16 years of age, who have experienced domestic and sexual violence with support groups and drop in sessions to enable them to break destructive damaging cycles that are often embedded across generations.	6,680
St Mark's Family Centre	To develop, run and maintain a web based support forum for parents who are unable to get on-going support and do not meet statutory mental health thresholds. Supported and regulated by a qualified mental health support worker, the forum will enable members to access support at any time and lead to increased mental health resilience and improved coping strategies.	8,121
	Total	31,813

Appendix 4: List of funded groups – Year Two, 4th Round, November 2013

Organisation	Outputs/Outcomes	Amount Awarded
Association for the Polish Family	To employ an outreach worker for 16 hours a week to help Polish and East European communities increase their knowledge of health services available and how to use them which will influence a healthier lifestyle and enable them to overcome their cultural and social barriers to live a better life.	10,000
Attic Theatre	To put on 4 performances throughout East Merton of Ma Kelly's Game, the play that promotes health and wellbeing and encourages the uptake and increase of physical activity to over 55's.	2,235
Focus-4-1	The project seeks to promote health and wellbeing to Adult Mental Health Service users and carers, through delivering weekly sessions and events and producing an A - Z guide of mental health and physical health services and agencies available to Merton residents leading to a reduction in ill health and improved uptake of health and screening services, especially from people from ethnic minority communities.	9,895
Jigsaw4U	To provide staffing hours of 7 hours a week which will contribute to the delivery of a grief support service for young people in Merton, including initial assessment, 1:1 work, peer group support and referral to other agencies for 15 children and young people.	10,000
Merton Centre for Independent Living	To deliver 140 home visit advice service sessions primarily for people with multiple or complex support needs and to develop a monthly user-led support group run by volunteers which will encourage service users to share knowledge and skills, and enable them to gain confidence in their abilities.	10,000
Merton Street Pastors	To recruit and train 5 more street pastors to join the Mitcham team and equip them with the supplies they need to help people stay well and make a positive difference to the health and wellbeing of the people they engage with. To research and populate the 'Your Night' mobile phone application with the contact details of local support agencies.	3,100
North East Mitcham Community Association	To provide 48 weekly falls prevention exercise classes incorporating extended chair based exercise and cardiac rehabilitation and 48 social sessions, leading to a reduced risk of stroke, diabetes and high blood pressure.	5,551
North Mitcham Park Friends & Heritage Group	To employ a gardener to work with volunteers at a weekly gardening project for 3 hours which will include warm up exercises, gardening then a warm down. The project will promote health and wellbeing and sessions will finish with refreshments.	5,000
The Women's Empowerment Project	To provide subsidised opportunities for women to get involved in physical activities and acquire skills, specifically through providing swimming lessons for women who do not know how to swim or are weak swimmers and have been advised to lead a more active lifestyle, setting up walks across the east of the borough to utilise open and free spaces and to train volunteer walk leaders to lead groups. Also to train community sports leaders who can support their communities in being more active.	7,425
	Total	63,206

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