

Committee: Health and Wellbeing Board

Date: 25 November 2014

Wards: All

Subject: Community Health and Wellbeing Fund – Progress Report

Lead officer: Ian Beever, Interim CEO, MVSC

Lead member: Councillor Caroline Cooper- Marbiah

Forward Plan reference number: n/a

Contact officer: Ian Beever

RECOMMENDATIONS:

- i) To note the progress in the delivery of the Community Health and Wellbeing Fund in east Merton.**
- ii) To note that the East Merton Health Fund is now fully spent and consider the potential for future investment in similar programmes in the future.**

1. EXECUTIVE SUMMARY AND PURPOSE OF REPORT

- 1.1 This report sets out the progress of the east Merton Community Health and Wellbeing Fund to date.

2. DETAILS

- 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 25 July to consider the 8 applications received totalling £60,237. 5 were successful and £31,813 was awarded. A list of funded groups is attached as Appendix 3

The criteria were looked at but considered to be broad enough. However, due to the disappointing number of applications received in Round 3 a MVSC Development Worker carried out some outreach work to target specific groups to develop projects that fitted the criteria well.

- 2.6 Round 4 has was launched in October 2013. The panel met on 11th December and awarded 9 grants totalling £63,206. This left an underspend of approximately £12K to carry forward into year 3.

As a result of the outreach the volume of applications increased but there were still some issues with the quality of submissions.

Year Three

- 2.7 MVSC has been funded by Public Health to conduct specific development work with small community organisations in the east of the borough. The aim is to build their skills and capacity to support more of the public health agenda.

MVSC is also sub-contracted by Richmond and Hounslow Community NHS Trust to recruit and train community health champions to work with residents, all of whom are associated with a voluntary or community group. This is mostly focused in the east of the borough and with those communities that are harder to engage or have specific health needs. The aim is to tackle health inequalities and support health promotion from within communities themselves. This approach also supports the aims and objectives of the Merton Partnership Volunteering Strategy and the Merton Health and Wellbeing Strategy.

As a direct result of both of these pieces of work, we have managed to identify organisations and project ideas that would really add value to the programmes identified above. The Development Team at MVSC have been working directly with these groups to formulate project ideas for the Community Health and Wellbeing Fund.

Following discussions with the Director of Public Health; it was proposed that for the year three allocation of £67,058, there would be merit in adopting a commissioning approach. This would ensure that projects linked to the Health Champions programme and the development support to smaller organisations could be funded.

This approach has also had real benefit by enabling MVSC to facilitate partnership bids, in some cases between organisations who have never worked together before. By enabling more joint working this will support more

collaboration in the future, something that will be essential in the current financial climate.

Year Three allocation:

- 2.8 Further to recommendation adopted by the board at our meeting on 29th July 2014, the funds for year three were divided between commissioned activity and open application. The panel received eight applications through the open application process, which was launched in September 2014. They met on the 15th October and approved four application, totalling £20,000. A further 6 projects have been commissioned (totally £47,058) to deliver specific initiatives and will work in conjunction with the growing cohort of Health Champions to ensure strong linkage to the programmes being delivered by public health and the Health and Wellbeing Strategy.

Monitoring

- 2.9 Monitoring of all groups funded in Year One and Two (up to and including round three awards) 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.

Initial mid grant monitoring of projects allocated funds under round four has also taken place and again the panel is asked to note that these projects are progressing well and there are, with the exception of one project, the female swimming being delivered by The Women's Empowerment Project, no concerns with regards to achieving delivery targets.

With regards to the Women Empowerment Project, there has been change in personnel that has led to a disruption to the coordination and delivery of the project, assurances have been given that this will be back on track soon. A further monitoring meeting has been diarised for December 2014.

3.0 SUMMARY & RECOMMENDATION

A final evaluation of the programme and its impact will be prepared in April 2015.

APPENDIX 1 – 5

List of successful applications, including groups being commissioned) - rounds one, two, three, four and five.

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.	6,600
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/Group	Outputs/Outcomes	Amount Awarded
1. 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.	10,000.00
2. 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.	2,235.00
6. 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.	9,895.00
9. 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.	10,000.00
10. 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.	10,000.00
11. 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.	3,100.00
12. 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.	5,551.00

13. 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.	5,000.00
16. 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.	7,425.00
	Total	£63,206

Appendix 5: List of funded groups – Year Three, 5th Round, November 2014

Open Application		
Organisation/Group	Outputs/Outcomes	Amount Awarded
Home Start Merton	To provide a programme of exercise/ nutrition sessions and money for life sessions, leading to increased knowledge and practical skills around healthy diet, increase physical exercise amongst families and tools for better financial budgeting and management.	5000.00
Jigsaw 4 U	To provide sessional worker for ½ day per week to support and advise young people experiencing domestic violence, which will see an positive impact on their health and well-being and provide them with tools to aid resilience	5000.00
Personal Independence Support CIC	To work in collaboration with MPS (Police) to provide a 14 week frontline specialist support worker to attend 999 calls to domestic incidents in Merton. Providing crisis, post crisis support, risk assessment and signposting.	6000.00
South West London Law Centres Limited	To provide a programme of money management workshops in GP surgeries for adults, carers and family members who have money worries which are affecting their mental health and well-being. Working in partnership with Healthwatch, Livewell Merton, MVSC and complimenting other initiatives in the borough promoting financial resilience.	4000.00
	Total	£20,000

Commissioned Projects		
Organisation/Group	Outputs/Outcomes	Amount Awarded
Home Start Merton	To provide a programme of CHEW (Children Eating Well) cook and eat sessions for parents and carers of children, focusing on early year's diet and nutritional education.	3,500.00
Youth Partnership	<p>Mitcham Youth Partnership (MiYP) – 6 members:</p> <ul style="list-style-type: none"> - <i>Association for Polish Family</i> - <i>Colliers Wood Woodcraft Folk</i> - <i>Mitcham Town Community Trust</i> - <i>North East Mitcham Community Assoc</i> - <i>Uptown UK</i> - <i>Fulham F.C. Foundation</i> <p>To augment the MiYP offer with focused projects and initiatives that will encourage healthy lifestyles and promote/provide wellbeing-enhancing youth activities. This will include working with Live Well Merton to train up Young Community Health Champions.</p>	17,806.00
Positive Network	Working in partnership with Dig Merton, to facilitate elderly users, women with low to moderate mental health issues and local families on low income, design and develop a functional kitchen garden at Taylor Road Day Centre. Selection of produce to be grown will be used for the bases of a reminiscence project and once harvested, will be used in a programme of Healthy Cook n Eat sessions, surplus will be distributed free to users and local families.	6,5000.00
Fair Green Shoppers Health Hub (Consortium- Living Waters Parish, Fusion, Hope UK,	To provide a menu of open air health oriented information and exercise sessions in the heart of Mitcham town centre. These will include; fortnightly Zumba/dancercise sessions, healthy cooking demonstrations (with distribution of free food parcels), alcohol/drug awareness, smoking cessations and weight management information days.	5,000.00
African Education Cultural & Health Organisation	To provide a programme of Cook and Eat workshops, looking specifically at the nutritional and health properties of traditional multi-cultural diets. Providing complimentary exercise and craft sessions that will lead to increase physical activity and positive impact on cross cultural understanding and mental well-being.	7,5000.00

Friends In St Helier (F.I.S.H)	To provide regular Pilates and chair based exercise sessions for elderly users, plus a programme of health based information and advice sessions on; smoking cessation, keeping warm in winter, hearing problems and resolutions, mobility aids and home adaptations, fuelling the body on a budget .	6,751.00
	Total	£47,058

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