

Appendix 1

VCS Commissioning outcomes 2017/18 - Evaluation Report

Commissioned Work and Costs	Funding allocated	Key outputs/outcomes	No. of hours of direct delivery	No. of beneficiaries	No. of volunteers supporting delivery
Ratby new beginners band Ratby Community Band has been playing brass music for over 100 years. There are 5 different age groups of bands with over 145 musicians of all abilities who meet each week to gain skills, enrich lives of both players and audiences. The aim of this project is to get the whole family involved to form a unique intergenerational beginner band.	£2,000	<p>Establishment of the new beginner's band with 8 players having new instruments, one of the youngest members is 4 years old.</p> <p>All beginners have remained with the band, and a number have progressed to the junior band ensuring continuity/sustainability of band provision at all levels</p> <p>The Beginners have played at a number of key community events including the community Summer Fair open Day and Christmas Concert.</p> <p>New band members have</p>	450 including performances	8 new players 250 community concert for village	3

		increased in confidence/self esteem through learning and performing			
Lifeguards Save a Baby's Life The Leicestershire Lifeguards are a community group of highly trained Volunteers who often work in conjunction with the First Responder Team. They run various training sessions across the community. The Save the Babies Life project is a free course aimed at all parents and families and the general public who wish to ensure they have these skills to deal with a medical emergency. All of the training is governed by the Royal Life Saving Society.	£2,306	Parents and families have gained confidence with emergency situations such as CPR Rural locations have benefitted due to the Emergency Services having more difficulties with arrival times. An attendee was able to perform the correct procedure and did save a baby's life, without this training the result would have been devastating.	50	120 +Wider community	2
Hinckley Tennis Club Inclusive Tennis	£1,590	Dedicated sessions have enabled relationships and trust	100	25	2

<p>To enable the expansion of current provision offering inclusive tennis sessions to those with additional physical and learning needs.</p> <p>To offer a pilot summer activity programme integrating the two groups.</p>		<p>to be built more quickly, (specifically with children and young people) improving the learning experience for all involved</p> <p>Treated as equals and with respect at all the inter school activities.</p> <p>Improved physical fitness and wellbeing, and in turn improved emotional health and wellbeing</p> <p>Increased confidence, self esteem and self worth, through the acquisition of a new skill/experience</p>			
<p>Pathways Cornerstone Project A weekly session at the Pathways Centre, offering tea, chat, friendship and varied activities: crafts, games, knitting, puzzles, seated exercise, etc. open to all members of the community, aimed</p>	£1,639	<p>Elderly groups, including dementia clients and carers took part in inclusive activities</p> <p>Improved, mental health and communication.</p> <p>Improved physically mobility.</p> <p>Reduced Isolation and loneliness</p>	75 + 60	72	5

helping to reduce social isolation and loneliness		Make new friends			
The Barn Owls (Barwell) To support the ongoing development of this important group, which was set up to ensure older residents of Shilton and Barwell do not feel isolated and have the opportunity to get together in a safe environment, with a range of activities and support. The group was set up with the support of VCS commissioning funds, and is widely used by older residents, their carers and families	£920	<p>Owing to the success of the group, it has grown in popularity, and as a result group members have gained in confidence and as well as an expansive range of activities, have begun to arrange trips, and invite speakers to present on a range of health, wellbeing and safety sessions. This has contributed to improved mental health and physical wellbeing.</p> <p>The group has linked up with H&B dial ride to enable more members to attend the group, and utilised H&B Community transport to organise trips</p> <p>The trusted and close friendships members have developed, ensures people are supported at particularly important times, e.g. if</p>	37	33	2

		<p>someone has no family the group will organise a Birthday celebration, and everyone will make cards</p> <p>Elderly groups, including dementia clients and carers have also taken part in inclusive activities</p>			
<p>Time out for Carers Barwell & Surrounding areas</p> <p>To enable carers access to an environment to relax together away from their caring responsibilities. Offering a support group for carers to freely express emotions whilst supported by others that understand and have a shared experience</p>	£960	<p>All group members have expressed that their emotional/mental health and wellbeing has improved by taking part in the group and its activities</p> <p>Members are now committed to establishing a constituted group, to ensure the group continues and enables them to access relevant funding streams/begin fund raising</p>	26	60	15
<p>Lawrence House Independent living skills</p> <p>The aim of this project is to offer training sessions</p>	£1873.00	<p>Successful well attended training sessions, and the establishment of a supportive learning and development environment which has</p>	48	15	0

engaging with young people who reside at Lawrence House, to learn new skills and develop confidence to enable them to live independently e.g. preparing young people to manage a budget, basic cooking skills, adhering to tenancy contracts and prevention of homelessness.		enabled young people attending to have ongoing open conversations with other residents at Lawrence House. Sharing learning and experience has helped younger residents to actively think about how they can tackle fears and concerns, as well as being more aware of and the importance of making healthy life choices			
Green Towers Indoor climbing awards Delivery of a National Climbing Award, with recognised educational qualifications, aimed at financially disadvantaged young people. To build confidence, self-esteem, support social cohesion and improve physical and mental health & wellbeing	£2820.00	Exceeded the targeted number of Young People projected to undertake their Climbing Qualifications Physically fitter young people, which has contributed to good mental health and wellbeing Provision of a meaningful positive engagement opportunity for young people Facilitation of additional classes owing to ongoing popularity	192	69	12

Provision of a recognised qualification					
Sport in Desford – Fitbits Provision of Fitbits for individuals referred to SiD via the H&B health referral process	£660.00	All participants reported that the wearing of the Fitbit has resulted in: Motivation to move more, and helped to maintain that motivation day after day Improved physical mobility Improved self confidence through positive self management i.e. monitoring heart rate, sleep patterns Improved social interaction and support, built friendships with others who are part of the programme whilst using gym facilities at SiD	40	12	1
Forget me Not – Desford and surrounding area Provision of weekly support group, providing a safe, relaxed community environment	£1,400.00	People with Dementia and those caring for people with Dementia in this rural location have felt more supported. The group has increased in numbers and members have	80	42	17

for people with dementia and or memory loss, to socialise and have an enjoyable time. The group also welcomes families and the group's carers. The weekly activities also enables the sharing of experiences, knowledge and information to help reduce social isolation and loneliness, and to keep people safe.		<p>taken part in a variety of activities, both fun and informative.</p> <p>The group has had a number of people give their time to ensure the group can run safely and effectively. This has grown to 17 Volunteers now taking part.</p> <p>The members have enjoyed a trip, organised and supported by the group's volunteers.</p> <p>There has been reduced strain on families and carers with a wider understanding of dementia /memory loss.</p> <p>Through the group, access to 1-1 therapeutic sessions have been established.</p> <p>The group has contributed to a dementia friendly community, with opportunities for the wider public to get involved.</p>			
ACCEPT Gardening Project	£2000.00	Time in a safe, peaceful space to make decisions about the	240	50+	4

<p>To promote wellbeing, confidence and self-esteem and reduce low lying mental health such as feelings of stress, anxiety and depression. This will be achieved through providing opportunities to form new friendships, connect with nature and develop skills including gardening, cooking, growing fruit and vegetables and other outdoor related activities in which individuals are interested</p>		<p>future. Higher levels of self-esteem and improved quality of life and wellbeing. Connecting with the healing power of nature. Experiencing acceptance, a sense of belonging and ownership of the project. Developing skills to manage life more effectively. Gaining knowledge and skills with regards to cooking, healthy eating and growing fruit and vegetables, which have been transferred to home. Learning to build healthy relationships with those, who have faced similar experiences, as well as other community members. Confidence in abilities through overcoming fears and learning new skills, which can be used in personal time as well as other community settings. Being less isolated, safer and having supportive friendships. Opportunity to participate in other community activities and</p>			
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		make new connections.			
Dial a Ride – Access to Services To develop a promotion/recruitment programme to attract volunteer drivers who use their own cars to enable elderly and disabled passengers to access social activities and everyday services and activities.	£1,590.00	The project enabled recruitment of 9 new Volunteers Increased number of passenger journeys Enabled more of the client group to access affordable transport. Supported clients with various health and mobility needs to access community transport in rural locations where the transport is limited. Increased health and wellbeing for clients and volunteers. Reduced social isolation and loneliness. Enabled new friendships and access to various groups and activities available in the Borough. Better promotion of Dial a Ride Services and the organisations	26	28	8

		offer.			
Leicestershire & Rutland Youth Sailing Association – inclusive sailing To provide access to qualified LRYSA instructors and safety crew in enabling disadvantaged and young people with learning and physical additional needs to enjoy the sailing experience To support the ongoing training of volunteer instructors in ensuring sustainability of the LRYSA and the delivery to the beneficiaries.	£1580.00	10 autistic pupils passed a level 1 qualification 14 pupils will go on to take level 2 in 2019 6 pupils have enrolled in the Saturday Club All of the young people involved enjoyed their first sailing experience. Teacher's feedback: The young people involved became more confident on the water and in themselves. The qualification gave them a real sense of achievement.	26	28	8
BYP Counselling To reduce the number of young people within the Borough becoming at risk, vulnerable, isolated or socially excluded through issues effecting	£2,750	Young people remaining in education/training or employment due to counselling support. Improved family integration	110	40	0

their emotional/mental health and wellbeing, by offering a free accessible, professional counselling service		<p>Reduction of young people at risk and more young people staying safe.</p> <p>Improved emotional health and wellbeing and in turn physical health and wellbeing</p> <p>Increased confidence, self-esteem and self- worth.</p>			
<p>BYP Leap</p> <p>This project was aimed at reducing the risks to young people within our Borough of becoming insular, socially isolated, experiencing feelings of loneliness and isolation, abandonment, becoming vulnerable and at risk of developing a multiplicity of complex issues, which in turn effects their mental health and well being. The project is unique and through the VCS grant could offer post counselling 1-1 support, picking up on issues that may arise</p>	£1,480.00	<p>Feedback from clients include:</p> <p>Reduction in self harming practices.</p> <p>Reduction in alcohol use</p> <p>A wider understanding of emotional triggers and how to cope with this.</p> <p>Improved positive thoughts.</p> <p>Gained knowledge on subjects such as self help and coping strategies.</p> <p>Better family relations</p> <p>Positive outlook on life.</p>	110	30	0

within a Counselling session but could not be addressed at that point due to the nature of the Counselling delivery guidelines.					
LGBT Proud 2 B Continuing from the highly successful Proud Generation, this group was formed as a collaborative project between Next Generation, Leics LGBT Centre and Leicestershire Police. The groups aim was to offer a variety of support and social activities, bringing the LGBT community together and giving the wider community a better understanding of LGBT issues.	£2,000.00	<p>The group was successful with around 6- 10 LGBT members attending on a weekly basis.</p> <p>Signposting to support services. Referral pathways.</p> <p>A number of safety discussions were completed by the Police and this gave the group a wider awareness of safety e.g ASB incidents, hate crime reporting</p> <p>Received sexual health training from qualified staff.</p> <p>Raised awareness on bullying and young people's LGBT issues , including 'coming out'</p>	96	13	2

Markfield Mayflower Project The Mayflower project has grown from a small number of local residents in need of support, through the previous VCS Commissioning grants. The most recent aim is to build on the success of the existing Mayflower Club - Provision of co-ordinated support for vulnerable people over the age of 50 and their carers, to enable improved health, happiness and wellbeing.	£3000.00	Membership continues at 50+ members for weekly sessions Continue to attract new members who have disabilities, are housebound or suffering from loneliness Continue to deliver a comprehensive programme of fun, informative activities aimed at maintaining good physical and mental health and wellbeing Achieved a 100% satisfaction level with Mayflower Club members Reduced Social Isolation and loneliness. Increased positive mental health. Members have received a variety of information including safety and health issues.	200	52	5
Community Houses volunteers To support and enable	£1,110.00 £851.45 £1,000.00	Participants have improved levels of confidence, and a sense of achievement through	734	646	21

<p>volunteers in the priority neighbourhoods of Wykin, Barwell and Earl Shilton to develop and delivery a broad range of community events and activities.</p> <p>To support families and individuals who have become socially isolated to enjoy neighbourhood activities as a first non-threatening step to inclusion</p> <p>To deliver a range of activities such as Arts, Crafts, Baking and cake decorating, basic meal preparations, cooking on a budget.</p>		<p>learning new creative skills.</p> <p>An increase in the number of members of the community engaging with community activities</p> <p>An increase in the establishment of friendships and support networks for community members, leading to improved emotional wellbeing</p> <p>Improved confidence of community volunteers who have supported activities, which has led to them initiating other activities within the community</p> <p>Very well attended by the local community enabling a sense of pride and belonging.</p> <p>All of the groups involved have been part of the planning, sourcing materials and often the delivery too.</p> <p>The VCS Grants have brought</p>			
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		all 3 Community Houses together with shared responsibilities, skill sharing and delivery of the various activities.			
Emmaus To support homeless adults to overcome homelessness, social isolation, low self-esteem and loneliness through provision of a safe home environment, voluntary work, acquisition of new skills, improved health & wellbeing, and healthier life style choices, dedicated support and access to specialist agencies in addressing drugs and alcohol addictions	£2,000.00	During the 3 month period, 18 formerly homeless adults were supported to overcome homelessness, social isolation, low self-esteem and loneliness through provision of safe home, voluntary work, learn new skills, improve health and wellbeing, reduce intake of alcohol and harmful substances, make healthier life style choices through help from a dedicated Support Manager, Business Manager, and specialist agencies. 2 companions undertook further training.	88	21	3
Hinckley Museum The Museum is a key part of Hinckley's Heritage and has a high	£2,226.00	The Museum received the VCS Grant to replace the carpets in all of the main public area. This promoted a sense of pride in	20	200+ per year	6

<p>number of activities and public visits each year. The Museum is constantly promoting historical events and educating all ages through exhibitions and events.</p> <p>The high Volume footfall has really took a toll on the main carpeted area and it was to this purpose this heritage grant was applied for.</p>		<p>our historic buildings within Hinckley to all our visitors both within and those visiting from out of the Borough.</p> <p>The carpet enabled a higher number of school projects to take place as the children had a comfortable floor to sit on whilst they were told all about the Museum and other historical facts.</p> <p>Feed back has been that all involved in the Museum are thrilled at the new look area and it has given a real feel good factor when they show the public around.</p>			
<p>Desford Primary Garden Project</p> <p>This new and inspiring little gardening project was set up and delivered by a group of Church/School Volunteers. The aim of</p>	£2,353.00	<p>The Children have learnt about the various seasons and the science and method behind growing flowers, fruit and</p>	72	25	4

<p>the project is to offer extra curriculum sessions to young children. The group is inclusive and mainly has young people who are suffering with anxiety or have additional learning needs. The children work from raised beds and small greenhouses growing a variety of flowers, fruit and vegetables.</p>		<p>vegetables.</p> <p>Raised confidence and an interest in the subject.</p> <p>Outdoor 'feel good' activity</p> <p>Raised awareness of healthy food</p> <p>An increase in concentration and motor skills.</p>			
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