

Case Study/Anecdotal Evidence from 2017/18 VCS Commissioning Evaluation.

RATBY NEW BEGINNERS BAND

“The new beginners are fantastic and a credit to all involved, I am thrilled that we have managed to get this new band established” – existing band member

“He’s so pleased to be part of this band, I can see how it has increased his confidence and his approach to other aspects of his life. He takes such pride in his new instrument its so encouraging to him really look after something properly, and he is so committed to practicing outside of the band sessions” – a parent

“Brilliant to have new instruments, which just wouldn’t be affordable to most of these children, its just fantastic to have this funding”- Conductor

Young Players:

“ I love having a new instrument, it feels really special and helps me to play the notes better”

“ My new instrument is really shiny and I like playing it”

“ I have not been playing all that long and I feel my playing has improved because I now have a new instrument that I am proud of and I feel a real part of the band”

“ We look the same as the other bands now, really smart”

HINCKLEY TENNIS CLUB – INCLUSIVE TENNIS

Achieve with Us:

“Our clients are always enthusiastic to play tennis whatever the weather, and always come back smiling”

“One Inclusive member has joined the general club and has had 100% attendance”

"The group have formed some lovely friendships through the tennis sessions"

Volunteer Coach "It is always a pleasure to teach the Inclusive club members"

AWU members:

"I couldn't play tennis before and now I love to play and coach said I am really getting good at the game"

"I love tennis"

"I like playing tennis and it makes me feel happy when the sun is shining and I can play"

PATHWAYS CORNERSTONE PROJECT

"I managed to get a part time job due to my volunteering experience at the Cornerstone Club".

"I really feel this club supports me and other members to feel part of something".

"I love all the activities".

"I have met lots of people and made some nice friends"

"I would be quite lonely without the Pathways meeting"

"Pathways is a really friendly place with lots of nice things to do, I don't know what I would do if I didn't have that to go to"

"I like the luncheon club as we always have a nice lunch and a good chat"

THE BARN OWLS BARWELL

"We have been really happy with the support from Dial a Ride. We couldn't have attended at times without it."

"I use a scooter to get to group on the nice weather; I struggle in the winter times. This has been a real help to ensuring that I get out and about."

"Lovely to get out, as I don't often have the opportunity anymore, I enjoy everything about what this projects offers"

"I live on my own and love the company at the club"

"I look forward to going to the Barn Owls and I always know I will have a nice time"

"I have met some lovely people at Barn Owls"

"I can now get out to the club and meet my friends again"

TIME OUT FOR CARERS

"This morning I was worried and stressed and now I feel that I can cope, the session was 'totally absorbing and made me forget all the stuff I have had to deal with, it was a perfect time away"

"I felt so isolated being the carer for my family member and I was asked if I wanted to have some Art Therapy. I had never done anything like this and just a couple of hours out of my usual caring role gave me a real break and charged my batteries"

"I felt guilty at first going to the sessions and then I met other people in the same situation of being a full time carer and realised that I needed to have some me time too and this has helped me cope better"

"I have met some lovely new friends and we support each other"

"We have had some nice days doing the Art and also arranged to meet up for a chat and a coffee to support each other"

"Really enjoyed learning some new techniques for art, and ones that I've always wanted to try and now I am doing it for myself! I could never afford to pay for it myself nor would I have the confidence to go to workshops or classes myself, so this is just a brilliant opportunity" - participant

"To produce art that we were proud of and then have it displayed in an exhibition gave us a hug sense of achievement. It is so far away from anything that I would have the opportunity to be involved in without the group"- participant

GREEN TOWERS – INDOOR CLIMBING

Coach:

“The Young People have really enjoyed the indoor climbing, you can see them grow in confidence over the weeks”

“We have a high number of youngsters come to GT now for the indoor climbing and many of these have attended week on week and achieved the NICA certificates”

“It is great to see the young people taking part in the indoor climbing. It gives them a real goal and purpose and keeps them from getting bored, many of them come along with their friends to try it out”

Young People:

“I have never been climbing before, I was a bit nervous but now I just love climbing right to the top of the wall”

“I can get to the top and ring the bell”

“Me and my friend follow the coloured markers on the wall and imagine we are climbing a big rock outside”

“We have enjoyed taking the awards and have also used what we have learnt on the residential trips”

“I have met loads of new mates”

“I have just started and I sometimes watch the older groups and think to myself I will still be doing this when I am their age and gives me a goal to work towards. I like climbing”

SPORT IN DESFORD – FITBITS

Whilst participants did not comment individually, the following captures the factors of most importance to them in participating in this project:

1. Sleep patterns – All participants found the device useful for recording their sleep patterns. This created a new learning behaviour on their individual sleep patterns. Over time using the device whilst asleep, the quality of sleep participants had, especially deep sleep improved greatly.
2. Prompts / Alerts – Participants found the prompting to move via the vibration from the watch was a useful reminder to carry out some activity. A female participant with arthritis commented that the increased movement through the prompts helped managed her pain more effectively. She was also able to reduce her pain medications. There was also a feel good factor by participants if they achieved their targets.
3. Heart Rate – The Heart Rate display on the watch was a useful guide to the intensity levels of their activity, this created a learning behaviour to pay attention to their body signals during activity to become aware of how they were feeling at the different intensity levels.
4. Focus – All participants said the Fit bit created an awareness of what amount of activity they were doing on a daily basis, and the feel good factor of achieving their targets. This created a focus to try and maintain their goals on a daily basis.
5. Longevity – All participants commented that the watch had created positive changes in their behaviour towards increasing their activity levels in the long term. Participants were selected with existing health conditions to use the Fit bit, and by increasing their own activity levels were able to improve their quality of life, a self help approach to managing their health conditions. A successful outcome for all participants using the device.

FORGET ME NOT

“The group has helped my Mother to experience fun activities and also to point the family in the right direction for advice on dementia care issues”.

Member: “I love coming to the group, I have made lots of friends and don’t feel quite as lonely any more”.

“I didn’t used to go out much but now I have this lovely group to go to”

“I have learnt a lot about dementia and how to help my Mum more”

“It is lovely coming to the group as everyone is friendly and we have a lovely chat and a laugh”

“We have been on some trips and I would never have done this before as I am a widow, but going with out with the group gave me

the company and the confidence”

“I like doing all the different things at the group such as crafts, poetry, singing, or when someone comes in to talk about interesting things”

“We have had some lovely afternoons with tea and cakes and lots of chatting to each other which is really nice as I don’t have many visitors at home”

ACCEPT ALLOTMENT

“Tuesday is my favourite day of the week. This has been brought about by my involvement with a wonderful project called Jobs' Well, which has been the beginning of a new season in my life. It has given us all, as participants, a wonderful opportunity to work together to create a space which is only limited by our imagination and energy”

“I have always understood the benefits of being outdoors and gardening, but due to difficult issues I have faced I had become isolated, depressed, lost confidence and saw very few people on a weekly basis. The chance to meet up with others, to socialise, share food, experiences and knowledge in this safe, green space has been life changing.”

“Although I felt apprehensive in the first two weeks, I was made to feel so welcome and really enjoy our times together each Tuesday. I have also made new friends who I see outside of the meeting times. I am now living alone so am really pleased to be learning new gardening skills at Job’s Well which I am putting into practice on my garden at home. I am so thankful to be involved. “

“Chopping down brambles, bushes and dead trees and then burning them is quite symbolic of what is taking place in my personal development. This creates space for new beginnings. Firm friendships have been established with other group members and several of us have joined in other local community activities together. Not only has it given us the opportunity to go on walks, have picnics and enjoy kayaking, we have joined in church group activities and now I have opened up my home for gatherings, which, not that long ago, I would not have imagined possible”.

DIAL A RIDE

“I am a Volunteer driver and this experience makes me feel part of the community. I feel privileged to be part of a worthy initiative”.

“I live in an isolated area and the trips out with Dial a Ride help me to get out and have contact with the outside world”

"This is so important to have this in our community"

"I wouldn't be able to get out to my little coffee mornings without dial a ride getting me there"

"I have regular appointments at the Health Centre and rely on Dial a Ride to get me there on time. They have never let me down"

"Our group love going out and about. We use Dial a Ride we have been to lots of different local places for a trip out"

MAYFLOWER PROJECT MARKFIELD

"I am 45 and wheelchair bound. Going to the Mayflower club with my carer helps me to get out of the house"

"I am 90 years young and go to the club twice a week. I have made lots of friends and had lots of fun".

"I lost my wife last year and had not been out of the house only to the shops. I got very lonely on my own. We went everywhere together. Since coming to the Mayflower club I have made some new friends"

"If this club wasn't running I would not see anyone all week"

"I love coming to the Mayflower club. I know that Ron will always have something fun for us to do and we always leave smiling and laughing"

"We have lots of activities to take part in and they are always fun and different"

"I enjoy the celebration teas such as the Royal Wedding tea parties"

"The club is so friendly with lots of members from around the village, I don't know what I would do without my weekly outing to the Community Centre"

EMMAUS

"There's a huge stigma around homeless people. When I was on the street, some people would deliberately cross the road to avoid walking past me. No one would make eye contact. They tar all homeless people with the same brush – that we're all

alcoholics and drug addicts - but we're not. None of us actually ever made the decision 'I want to go out and sleep on the street' – we've all got our own stories which led us down that path, they are all different, and the support I have had through Emmaus to share, learn and move forward has been so important"

"I have been part of the Emmaus team for some time and I have learnt lots of skills which I can put to good use when I move on"

"I was part of the PAT testing team and found the training and the job very interesting. I now check all the electrical goods that are donated. This helps the charity as we can sell the PAT tested electrical items. Some are really big such as washing machines and dryers and some are small such as hairdryers or games.

"Being at Emmaus has given me some confidence and self worth"

"I like feeling part of something that matters and helping people"

"I lost everything but now I have found companionship and a purpose in life through Emmaus"

"I am part of the team and I meet some really interesting people. Before I came to Emmaus I was very withdrawn and felt anxious about what people thought of me"

HINCKLEY MUSEUM

"I am pleased to see that Hinckley Town's places of interest are being supported for future generations" – visitor

"All of the members of the museum are happy that our town's heritage is being supported.

" We can now make our visitors more comfortable"

"The Museum is a very important part of the history of Hinckley and it is important that we invest in the Museum to ensure its future"

"It is lovely that we have been recognised and carry on our good work promoting our towns heritage"

"We have such great feedback from all of our visitors particularly the young children from the schools, they are fascinated at the

historic pictures and items around the museum”

“We ensure that we hold a number of historic exhibitions throughout the year and we have a large number of visitors to these”

“Helping at the Museum is really interesting and I have met lots of new friends and gained confidence to speak more with the public”

“I love volunteering at the Museum, it gives me a lovely interest and a purpose”