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Evaluation Report 2018-19 Commissioned VCS Projects

Commissioned Work and Costs	Funding allocated	Key outputs/outcomes	No. of hours direct delivery	No. of beneficiaries	No. of volunteers supporting delivery	No. of paid workers
<p><u>ACCEPT- Allotment Project Barwell</u></p> <p>To promote wellbeing, confidence and self-esteem and reduce low lying mental health such as feelings of stress, anxiety and depression. To enable new friendships, social networks, connect with nature and develop skills including gardening, cooking, growing fruit and vegetables and other outdoor related activities in which individuals are interested.</p>	£1000	<p>Improved confidence in interacting socially with others, having felt that these skills had been lost due to very limited opportunities to mix with others.</p> <p>Making new friendships and meeting with other beneficiaries on a regular basis, outside of the project meeting times.</p> <p>Building confidence to respond to / make invitations to make connections with others in place of previous fears of rejection and beliefs that they did not have anything to offer.</p> <p>Growing in confidence to use public transport to get to the site and transferring this to travel to other places.</p> <p>Being supported by project staff / following opportunities to be involved in the community in a variety of ways.</p>	229	26	17	3



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		<p>An improvement in physical health through participating in regular physical activity, healthy eating and being outdoors on a regular basis.</p> <p>An improvement in mental health and self-esteem, with a reduction in anxiety and depression.</p> <p>Confidence in their own abilities through having opportunity to use / develop existing skills / pass knowledge on to others.</p> <p>Seeking to transfer skills and habits learned to a healthier active lifestyle in the community.</p>				
<p><u>Burbage Youth Project- BYP Classic Car Restoration</u></p> <p>Delivery of a range of activities around car maintenance and classic car restoration, for young people at risk of social isolation/exclusion, enabling the young person to gain skills and knowledge, raise self-awareness, self-esteem and confidence, increased opportunity with apprenticeship, training / employment and work</p>	£2640	<p>Young people have gained essential skills of vehicle maintenance and restoration</p> <p>Increased confidence, self- esteem and self-worth, improved mental and emotional wellbeing</p> <p>Reduced social isolation/exclusion – happier more fulfilled outlook on life and life's opportunities</p> <p>Developed practical and interpersonal employability skills</p> <p>Established new friendships and supported each other's progress</p> <p>Led to participants volunteering in their community, becoming mentors for other young</p>	176	22	8	1



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experience in a safe controlled workshop.		people Funding has helped to sustain the project for future beneficiaries				
<u>Centre for Fun & Families</u> GroundedHBBC is for 12 children aged 11-16, running for 7 sessions, 2 hours per session, one per week. GroundedHBBC improves each child's life focussing on anger management, self-worth, communication, negotiation skills, self-belief, and the consequences of actions and developing positive alternatives.	£1850	Each topic is addressed through a variety of media including ice-breakers, DVDs, role play, group discussions, team work and challenges. Group work is powerful - the children often comment they did not realize they weren't the only ones feeling as they did. Baseline assessments take place at the outset when experienced practitioners visit the children and their parents / carers to prepare them for the group sessions and to deal with any questions, concerns or barriers to attendance. The assessments are used as a benchmark to monitor progress and effectiveness. Where possible, feedback is also obtained from parents / carers and referrers about the changes resulting from the children attending the group. A group evaluation is produced reporting on individual outcomes for each child.	14	9	1	1
<u>Forget Me Nots</u> To enable the person with dementia and their carers to meet other people in a safe	£1000	Companionship and friendships made. Some have arranged to holiday together. Some people have arranged to meet and go to various outside events, garden centres etc. More interaction between , clients, carers and	162	49	17	0



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non-judgemental environment, so that they can relax, have fun and make new friends. To also facilitate a peer support, understanding and offer advice and signposting to appropriate support as required.		volunteers Happy memories during memorabilia activities. Try new experiences Shared Knowledge Provide carer support for each other.				
<u>George Ward Table Tennis Club for young people</u> Table tennis for young people enabling training and opportunities to attend competitively.	£3000	Encouraged a number of parents to get involved both on the committee and at the club. Three young players are now ambassadors via the England Table Tennis Scheme We have achieved premier club with the Table Tennis England. We have increased our Volunteer coaches by two.	150	69	12	2
<u>Green Towers Hinckley Club for Young People</u> Delivery of a National Climbing Award, with recognised educational qualifications, aimed at financially disadvantaged	£2690.00	Exceeded the targeted number of Young People projected to undertake their NICAS awards within the project start and finish dates All Young People were able to participate as the funding removed ordinarily high Climbing Course Fees Huge growth in the number of Young People with in the Borough achieving Climbing qualifications Healthier, fitter Young People, and supports good mental health Supports local reduction in anti-social behaviour,	212	70	16	1



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<p>young people.</p> <p>To build confidence, self-esteem, support social cohesion and improve physical and mental health & wellbeing. Provision of a recognised qualification</p>		<p>youth crime and street corner gang culture</p> <p>Currently we have a 6-month waiting list of Young People wishing to participate.</p> <p>Extra classes have been opened up to facilitate this. The popularity just continues to grow and we are now in to the 4 year of delivery</p>				
<p><u>Hinckley Museum</u></p> <p>Summer activities for young people and families along with activities.</p>	£1,200	<p>Increase of Children and families accessing the Summer project.</p> <p>The project attracted 3 new volunteers</p> <p>We had two students volunteering with the project this year.</p>	30	581	17	0
<p><u>Hinckley Town Tennis Club – Inclusive Tennis</u></p> <p>To enable the expansion of current provision offering inclusive tennis sessions to those with special needs</p>	£2754	<p>Extending delivery to a 2 hour session over a 10 week period has enabled relationships and trust to be built more quickly, (specifically with children and young people) improving the learning experience for all involved</p> <p>Improved physical fitness and wellbeing, and in</p>	138	385	8	1



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		<p>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>Owing to the success these sessions will be repeated in the Summer</p>				
<p><u>Leicestershire & Rutland Youth Sailing Association – inclusive sailing</u></p> <p>To provide access to qualified LRYSA instructors and safety crew in enabling disadvantages and disabled people to enjoy the sailing experience. To support the ongoing training of volunteer instructors in ensuring sustainability of this offer</p>	£2100	<p>Qualifications achieved:</p> <p>7 students qualified to level 2 power boat/safety boat cover.</p> <p>3 students qualified as keel boat instructors – a requirement for teaching disabled</p> <p>7 students qualified in first aid advanced water safety</p> <p>4 students qualified as RYA dinghy instructors.</p> <p>Which has resulted in the LRYSA being able to respond to an ever increasing demand to train all sections of the community, including: schools, the youth racing team, junior courses, adult courses, those with learning difficulties or disabilities, through our newly qualified volunteers</p>	648	54	12	2



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<p><u>Markfield Mayflower Project</u> - (Markfield Community Association)</p> <p>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.</p> <p>By extending membership to people of all ages and abilities, the housebound and those experiencing loneliness and social isolation</p> <p>Continuing to provide a coordinated rural information and support service as well as social activities through the Mayflower club sessions</p> <p>Provide an additional Monday afternoon social event</p>	<p>£3,000.00</p>	<p>Both the Monday and Wednesday afternoon club sessions have continued to grow in numbers attending. The Monday club that had previously been in threat of closure is now thriving. The Wednesday afternoon club membership continues to grow to the point that, on some sessions, we have had to consider using a larger room.</p> <p>Once again we have been able to put on a full range of activities throughout the year based on social activities, items of interest and health, wellbeing and safety.</p> <p>We are now seeing more and more people who are feeling isolated and lonely joining both the Monday and Wednesday afternoon clubs. This clubs are helping them to gain confidence, meet new friends and have something to look forward to each week.</p> <p>External agencies and voluntary organisation continue to use the project as a platform to promote their services and to provide information relevant to our members. One example is that in October the Monday Afternoon Mayflower Friendship Club hosted the Older Voices Forum meeting. It was certainly well attended, "very lively", informative and appreciated by all.</p> <p>This year we have introduced a "Generational</p>	<p>Approx. 200</p>	<p>On average 56 every week</p>	<p>6</p>	<p>1</p>
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		<p>“element into the project. This includes volunteers from the Mayflower Project giving their time to help children from our Parents and Toddlers group on a “Blooms Project”. This entailed volunteers helping children to “get mucky” planting flower hanging baskets and planters. We have also worked with the Markfield Queen Bees project whereby youngsters have come along to sessions, served tea to members and in return members have taught them how to play old fashioned board games and how to make and play conkers. It was really pleasing to see how they all got on together and enjoyed themselves.</p> <p>What really pleases us is that members have been befriending others by helping them out with transport, taking them for visits and afternoon teas, joining together on their own holidays and trips or simply visiting them at home when they are poorly. This is a resource that we aim to include in the new Markfield Good Neighbour Scheme that will be launched in Markfield during 2020.</p> <p>As part of the Community Centre members have been given “taster” session on other activities available. Members now use other health and wellbeing activities and classes such as Tai Chi, Yoga, Keep Fit, Walking Football, Art Club and</p>				
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		more recently Steady Steps. The taster session of New Age Kurling at the Older Voices Forum has led to a desire to form a voluntary Mayflower New Age Kurling Club. Funding has been achieved and the club started on 8 th January 2020 and is already very popular.				
<u>Pathways Cornerstone Lunch Club</u> To extend the lunch club /social group for people living isolation and loneliness dementia, offering stimulating activities, conversation and friendship.	£1,451	<p>Thanks to the support from the VCS Commissioning the Cornerstone Club is now very successful and self-supporting financially.</p> <p>We have been overwhelmed by the number of guests attending who all have issues around loneliness and isolation.</p> <p>The group has gone from strength to strength and many of the guests have made new friends and in turn encouraged other people in similar circumstances to come along.</p> <p>The funding has enabled a high number of local residents to access activities for their wellbeing.</p>	100	65	5	1



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<p><u>Proton Foundation</u></p> <p>Offering sessions to equip young people to engage with their emotional wellbeing. Giving sessions in anger management and how to manage feelings.</p>	<p>£2610</p>	<p>Overall increase in self-esteem of vulnerable young people as an average result of 14% seeing mental wellbeing increase by 15% and happiness increase by 27% over 104 young people. Young people gaining coping strategies and tools to equip themselves to make good choices for their future.</p> <p>Volunteers gained training</p>	<p>240</p>	<p>108</p>	<p>4</p>	<p>1</p>
<p><u>Ratby Band – Start up Band</u></p> <p>To get young people and their families into music to enrich their lives with confidence and self-esteem and social</p>	<p>£2,835</p>	<p>Progression with young people's music exams.</p> <p>Gain Confidence</p> <p>Overcome barriers to learning</p> <p>Overcome barriers with self esteem</p> <p>Young People giving to the community through music</p> <p>Gain social intergenerational interaction</p> <p>Positive activity participation</p> <p>Make new friends</p> <p>Have fun</p>	<p>450</p>	<p>120</p>	<p>40</p>	<p>5</p>
<p><u>Singing For Health (Earl Shilton)</u></p> <p>To encourage and enable people in the local community</p>	<p>£1,710</p>	<p>Initially people were not confident with their ability to sing, the vocal coaching and weekly sessions have enabled most, if not all of the participants to increase their confidence. There was an</p>	<p>1016</p>	<p>49</p>	<p>12</p>	<p>1</p>



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<p>to take part in a socially inclusive activity which can benefit of their physical and mental health, wellbeing, is enjoyable and accessible.</p>		<p>opportunity in the summer to sing at a local event, some felt comfortable with this but quite a lot didn't, and if we were to perform we wanted people to have a real choice and not feel any pressure. On this occasion we did not take part, however with time participants have grown in confidence. We were asked by Earl Shilton Town Council if we would sing Carols at the Xmas Lights Switch on event. We added carols into the songs sung each week and the group was asked if they would like to sing at this event, there was an almost unanimous yes so we took part in this community event, the few people who didn't take part were on holiday.. All enjoyed the event and which did something for the local community.</p> <p>An additional opportunity at a central venue in Earl Shilton providing an activity at a reasonable price for people to participate in locally, reducing the need for transport and enabling social interaction.</p> <p>An extra session has been needed. The uptake of participants was greater than anticipated and we had a waiting list but with very little drop-out and not much chance of getting in. We have introduced an additional session, numbers as yet are a little bit lower than needed to cover costs</p>				
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		<p>however we are promoting this further.</p> <p>Children's session - having been asked by a few people, (mainly grandparent s in the group), we hope to set up a Children's Singing for Fun session after February half term this year. We have a few interested but will need to promote this to make it sustainable.</p> <p>Amongst the aims of the project were health benefits, some of these have been attained and should increase and improve with continued involvement in the group.</p> <p>Specifically mentioned has been that breathing has improved.</p> <p>" I've struggled with my breathing for a while but now it's much better and I find myself singing in the kitchen"</p> <p>English National Opera 2019 Charity Christmas record for Shelter</p> <p>Through a class member members of the group were invited to take part in a charity recording for Shelter. Two members were able to go to the Colosseum theatre in London and participate in the recording.</p>				
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<p><u>St Catherine's Church – Grave Talk Café and Luncheon Club.</u></p> <p>To provide a safe space for people to discuss the delicate subject of death. Enable people to articulate feelings. For the luncheon club to have the facilities boosted, enabling a safe environment.</p>	<p>£2182.00</p>	<p>We were able to grow our luncheon club and buy new equipment/facilities enabling a safer community environment for beneficiaries.</p> <p>For the Grave Talk Café pilot, the launch went well.</p> <p>8 Volunteers were trained to discuss bereavement issues. Over the sessions we had a good turn out of people attending and had specialist speakers such as Prof. Christina Faull of LOROS to discuss End of Life Care. This touched and greatly helped many members attending. Other topics discussed the facilitating of funerals/music/cremation/burial/written messages.</p> <p>The Grave Talk sessions was a safe space for members to tell us their stories and express emotions within a supportive environment.</p>	<p>130</p>	<p>1130</p>	<p>560</p>	<p>0</p>
<p><u>St James Community Centre – Café Jacques</u></p> <p>A safe community space in a rural area enabling members to meet up, join in activities and have refreshments.</p>	<p>£2322.50</p>	<p>Run by 21 Volunteers this friendly community group offers a friendship group in our local church hall called Café Jacques. Aged between 60 and 100! 50/50 mix of male and female.</p> <p>We held a WW1 Victory Meal with a singer and 112 people attending, who all said it was great to now feel part of the community.</p> <p>We aim to develop the patio area outside in the</p>	<p>232</p>	<p>250</p>	<p>21</p>	<p>0</p>



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		<p>summer and also hold a 1940's evening later in the year. We have had some local people in to talk to the group such as dementia awareness trainers, local area coordinators and a police officer. The key outcomes of this group has:</p> <p>Increased health and wellbeing</p> <p>Reduced social isolation and loneliness</p> <p>Developed sustainable activities for socially isolated older people living in our rural community.</p> <p>Improved access to activities.</p> <p>Increased skills and confidence levels for volunteers, who will have supporting the project.</p> <p>Increased use of a community building.</p>				
<p><u>Thornton Arts Exhibition</u></p> <p>An event giving a platform for local artists in the area to showcase their work. Many of whom attend the art group, bringing the community together.</p>	£2817.50	<p>We gave a platform for local artists, sculptors and photographers to display, and in some cases sell, their work. Provided a new event in the village to replace the outdated annual carnival; it turned out to be very well supported. It is to be repeated in 2020 over the first weekend of July now we have the display panels etc purchased with the grant, and if support continues at the same level it will become a regular annual event open to all, Around £500 was raised over 2 days which has gone towards the upkeep and improvements at</p>	32	300	13	0



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		the village hall to further benefit the villagers and visitors.				
<p><u>Time Out – Time out for Carers</u></p> <p>To enable carers access to an environment to relax together away from their caring responsibilities.</p> <p>Offering a support group for carers to freely express emotions whilst supported by others that understand and have a shared experience</p>	£1,250.00	<p>Last year the group moved towards having a constitution and members agreed to take on roles that they had not previously felt able to do due to personal commitments alongside diminished self-esteem and confidence. These roles are prescribed roles determined by necessity.</p> <p>This year, personal confidence of group members through continual peer support has grown hugely. This has helped to move the group towards its original aim of supporting carers to remember who they are and the skills they have outside of their caring role. Life has thrown situations this year that have given the group a real opportunity to come together and support each other through difficult times and offer opportunities to grow in personal confidence and develop new found skills. Personal pride and realisation of self-worth is priceless and has helped in personal relationships and feelings of connection and appreciation.</p>	102	117	38	0



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<p><u>Upfront Breastfeeding</u></p>	<p>£900</p>	<p>Upfront are a support group to help families establish a breastfeeding relationship and a group for mums to socialize. We run weekly groups with no fee, a dedicated phone services across Hinckley & Bosworth and support via a closed Facebook group.</p> <p>We provide support to families throughout the community via groups, phone support, online support and home visits. Also provides a link to professional care through the NHS. We help raise breastfeeding rates in the local community and normalise breastfeeding for natural term feeding.</p> <p>The funding we received enabled us to buy an outdoor marquee which we were able to put up at the Hinckley Snapdragon festival to allow mums to come and sit down and feed in the shade. We also purchased new toys for the children to play with the toy kitchen is a real hit!</p>	<p>528</p>	<p>505</p>	<p>16</p>	<p>1</p>
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