

Communities Strategy Delivery Planning Workshops

Overview – January to March 2015

Activity One: WHO within Leicestershire communities most needs help and support? (ALL GROUPS)

- Everyone is vulnerable...in some shape or form...at some point in their life
- It is usually a combination of things/events that make someone vulnerable
- Practical barriers – time, money, access, information – often make people vulnerable
- There is a difference between a short term problem or change in circumstance and long term, more permanent vulnerability

Carers

Young carers

Dependent partner

Older People

Old and frail

Chronic Illness

Poor/declining health

Long Term Condition(s)

Dementia

Mental Health problems

Learning disabilities

In care homes

Physically disabled

Limited mobility

Discharged from hospital

Isolated/lonely/living alone

No social support

New to area/community

Housebound

No family nearby

Rural deprived

Rurally isolated young people

No money/low income

In debt

Asset rich but cash poor

Living in fuel/food poverty

No access to transport

Can't get to work, training, volunteering

Men – less likely to ask for help

Bereaved

In transition

Sedentary job/lifestyle

Long term unemployed/workless

Recently made redundant

No qualifications

Young people

Teenagers

Looked after Children

Not in Education, Employment, Training

Special Educational Needs (SEN)

Young who 'fall through the cracks'

At risk of abuse

Households with problems

Victims of domestic violence

Digitally excluded

New parents

Single parents, particularly low income

Young families

Substance abuse problems

Gypsies and Travellers

LGBT

Homeless

Unsuitable housing

Hoarders

Afraid of crime

Victims of crime/abuse/ASB

Ex-offenders

At risk of offending

Communication problems

Immigrant and refugee communities

Activity Two: WHAT could communities possibly do...?

POSSIBILITY THINKING – HOW CAN COMMUNITIES HELP PEOPLE TO BE MORE PHYSICALLY HEALTHY AND MENTALLY ACTIVE (WORKSHOP 1)

The Top Ten

- Festivals, Fetes and Community events
- Community Allotments
- Singing/Community Choirs
- Signposting – make it a community responsibility
- Audit existing community space and use it better
- Good Neighbour/buddy/befriending/'adopt a Grandparent/Grandchild' schemes
- Database of clubs, groups and events
- Fundraising and volunteering
- Welcome packs
- Better links between schools/colleges and older people's groups

Other ideas

Information and Advice/Awareness raising - volunteer information champions, "what's on" leaflets, information points/boards, apps for phones and tablets

Social activities - 'Street Meet' – meet the neighbours, 'Play Street', family picnics, village v village challenges, day trips, tea and chat groups, pub quizzes, litter picks, fashion shows, visits to parks/leisure centres, karaoke

Groups and Clubs - walking, film, orienteering, book borrowing/reading, art, cultural visits, drama, chess/sudoku/crossword, old men's coffee club, IT, DIY, martial arts

Work and Volunteering - one day volunteering tasters, volunteer champions, links with local businesses, work exercise schemes

Sport and Physical Activity - climbing walls, bike pool, pram walks, twinning with known sports clubs, tea dances, community running, exercise on prescription, intergenerational Wii-Fit Challenge, skate park, Over 65 5-a-side, fitness monitors, cycling competitions

Food projects – healthy eating groups, lunch groups, communal food growing, cooking groups, vegetable shows, community orchard

Volunteering – dog-walking for others, shopping, look after footpaths, Timebanking, training to lead activities, volunteer at youth club, 'care for the carer' project, volunteer taxi service/community buses

Others – use sports statistics to improve maths

POSSIBILITY THINKING – HOW CAN COMMUNITIES HELP AND SUPPORT OLDER PEOPLE (WORKSHOP 2)?

Top Ten Ideas

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- Help with transport e.g. community car share/lift scheme
 - Practical support – DIY/Handyperson
 - Befriending/dating/buddy schemes
 - Good local health services
 - Someone to check up on me – Good Neighbours
 - Help to get out and about
 - Internet/Free Wi-Fi
 - Help with heavy/awkward items
 - Help to stay healthy
 - Opportunities to be/feel useful
 - Opportunities for social interaction
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Other Ideas

How I want to be treated...as an individual with a life, someone with skills, opportunities to help others, help to navigate the system, stay independent, respected, 'ask my opinion – don't assume'

Skills and Strengths – helping out at the school e.g. help kids with reading, creative writing, IT sessions, social media training, U3A/U4A

Practical support - cleaning, ironing, shopping, getting up and going to bed, form filling/banking, writing letters, with pets, delivering medicine, snow clearing, changing light bulbs/smoke alarms/batteries, decorating, hairdressing, altering clothes

Information and advice - benefits/pension, reducing living costs, bereavement, mental health, dementia awareness, one stop shop, finding information, fuel poverty, local groups, medical information and advice, advocacy

Friendship and Companionship - watching TV, quizzes, communal meals, daily phone call, lunch club and talks, film club, people to go on holiday with, help me to cook, street events, intergenerational work with schools/young people

Getting out and about - walk with me, trips out (theatre/concerts/stately homes/gardens), seats in bus stops, accessible pavements, door to door transport, disabled access

Sharing resources - allotments, share school and older people's buses, cook and share spare food, grow veg in my field, share my house and/or car, clothes and food swaps

Groups and Clubs – lunch, book, knitting, cycling, walking, gardening, cooking, art/craft, drama, dancing, fishing, cinema, yoga, singing, holistic therapies

Keeping safe – emergency contacts, alarm/pendant, help me to keep safe/avoid accidents, community wardens, emergency planning

POSSIBILITY THINKING – HOW CAN COMMUNITIES IMPROVE THEIR ENVIRONMENT (WORKSHOP 3)?

Top Ten Ideas

- Neighbourhood/Village Plans and ‘placecheck surveys’
- Up-skill communities to do things themselves
- Involve young people in community activities from the beginning
- Invest in community benefit projects e.g. energy, housing, libraries
- Understand where to go and who to ask
- Link up disused railway lines
- Community ‘bring and share’ lunch
- Everyone plant a tree
- Community champions to get people to volunteer more
- Celebrate good practice and use social media

Other Ideas

General – take ownership of spare land

Sharing – library of garden equipment/furniture, Boris bikes/bike pool, wellington boot pool, collective buying e.g. fuel/oil

Traffic, transport and access – parking charter, cycle parking, traffic surveys, creative traffic calming, traffic enforcement, car club/share scheme, community transport, walking school buses, car free days, informal cycling and walking routes, walking leaflets, new circular footpaths

Housing – influence planning, work with developers to consider community demographics, landlords to set affordable rents and maintain properties, build homes closer to jobs and services, more elderly people’s accommodation

Community buildings – reclaim empty buildings e.g. shops, community shops, farmers markets, condense number to improve facilities, share community buildings, new buildings to meet environmental criteria, take over and tailor library services

Green – protect verges, plant trees and bulbs, community allotments (on or by parks, pub gardens, sports pitches)/orchards and woodlands, tree and heritage wardens,

Community Events and Skills – local training/skills development, skills bank/audit, community planting, outdoor events and activities, school/community events, litter picking,

Resources – raise funds, go for grants, donations button on website, loans from the Council, use local expertise, equipment bank, prizes, get ideas from young people

Key Relationships – neighbouring communities, County and District Councils (need to trust communities and relax rules), landowners, Wildlife Trusts, charities, Footpaths Association

Promotion – local newspapers/radio/tv, send people into schools, Twitter, Facebook, social networking, user groups and access groups

POSSIBILITY THINKING – HOW CAN I HELP AND SUPPORT YOUNG PEOPLE IN MY COMMUNITY (WORKSHOP 4)?

Top Ten Ideas

- Youth Groups and Clubs
- Open up community facilities to young people
- Town and Parish Council Youth Champions
- Use libraries as community hubs for young people
- Personal buddies/mentors – particularly for looked after children (LAC)
- Understand who the young people are and what they want
- Youth Councils/Youth Plan – developed by/with young people
- Co-design by local young people/Parish Council/Youth Council/VCS
- Local community hub for information and advice for young people
- Intergenerational work – people of all ages working alongside each other on projects

Other Ideas

Attitudes and Stereotypes – respect young people, empower young people, be honest, resist judgement, tackle stereotypes, make them be proud to be part of the community, raise the profile of young people, annual events celebrating success

Engaging and Involving – talk to them - ask them what they want/need, listen and connect to them, include them, offer them responsibility, ensure the ‘youth voice’ is heard, make meetings accessible – time and style, youth charter, intergenerational buddy scheme, fundraise with and for young people

Information, Advice and Support – local advocates, help with self advocacy and ‘speaking up’ family support, mentoring and peer mentoring, befriending, community helpline, respite care, parent/carer share scheme, make an extra meal/packed lunch, lift share scheme to help access work and training, role models

Work, Training and Skills – Business sponsorship and support, paid or voluntary work experience, career planning help, work tasters/open days with local companies, role swaps, ‘how to cook’ classes, parenting classes, life skills classes, timebanking for young people, youth volunteering projects/opportunities

Facilities and Spaces – safe spaces, reclaim spaces and places for young people e.g. youth café/internet café, youth run facilities in each community, opens spaces/parks/recreation centres, look at existing shared space that isn’t used, skate parks, climbing wall, sports and play equipment

Activities, Groups and Clubs – organised activities, carnival, youth music event, tackling areas of wasteland, Young Farmers, Duke of Edinburgh, drama, weekends away e.g. narrowboat, before and after school clubs, church related clubs, family camp, uniformed organisations, youth choir, youth magazine, boxing, chess/ludo, gardening, sports, creative arts

IT – It club, website/blog, community app, social media projects

POSSIBILITY THINKING – HOW CAN I HELP PEOPLE IN MY COMMUNITY TO GET FROM A TO B (WORKSHOP 6)?

Top Ten Ideas

- More/better publicity e.g. use local websites/Facebook pages
- Community car pool
- Help people to move to better connected communities
- Employers to encourage bus and community transport use
- Work with bus companies/other providers
- Shared cars and bikes and promotion of car sharing
- Good Neighbour schemes
- Generate community engagement through meetings and events
- Time banking
- Promotions e.g. special bus passes, reduced rate travel days, travel passports

Other Ideas

Employers and Work – Extend ‘wheels to work’ scheme, employers ‘leave your car at home’ day, encourage home working, business sponsored transport, different schools hours to align to parents work patterns, industry to change shift patterns, ‘job carving’, build transport into job/apprenticeship opportunities

Education and Information – Provide integrated and accessible travel information, advertising at local facilities and bus stops, community notice boards, educate children, walking routes guide

Different Types of Transport – Car sharing, community buses, circular buses in communities, taxi brokerage, self-drive vehicles, bikes at bus stops, walking buses/school buses, demand responsive transport, encourage walking and cycling, more through routes rather than town terminals, cycle parking, ticketing across providers, trams, helicopters, new train station

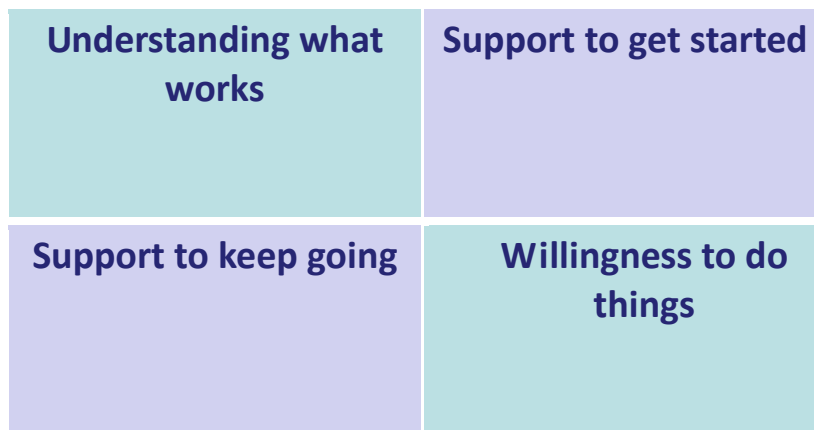
Services to People – Digital services, re-open village shops, supermarkets to support other deliveries, more mobile facilities, transport links to GP surgeries/opportunities to relocate GP surgeries

Incentives and Disincentives – Free petrol/road tax, cheap/free travel on buses e.g. to pubs, subsidised driving lessons, charge for road use, increase car park fees

Social dimensions – Buses as social activities e.g. lunch club buses/group outings and play date buses, link volunteers to individual service users, time banking, intergenerational buddy schemes

Other – encourage family/street self help, reinstate Ivanhoe line, safer walking and cycling, fundraising to pay volunteer expenses

Activity Three: HOW can we 'Unlock Community Capacity' - ALL?



Willingness to do things

- Understand local needs and wants
- Who owns this need?
- Common, shared aim/purpose/goal
- What is it going to do for me?
- Encourage social responsibility
- Organising structure – to get started
- Get 'buy-in' from the community and stakeholders – ambassadors
- A place to meet
- Make it easy at first - build confidence and enthusiasm
- Reduce fear of failure and reassure about safeguarding, red tape
- Cross-generational – involve all members of the community
- Make people/volunteers feel valued
- Agencies to have open minds and think creatively
- Social aspects – make it fun!

Understanding what works

- Has this been done before – where; how; when?
- Did it work – what were the issues, gaps, successes?
- Does any of it already exist here?
- Identify good practice/best practice and tailor to community
- Case studies – local, national and international
- Understand the community...find out what people want (market research)!
- Understand what motivates people - ask – don't assume
- Identify key stakeholders
- Audit local expertise, skills and equipment
- Match skills to jobs
- Community asset mapping
- Parishes/communities to work together – match-making
- Identify potential barriers
- Identify opportunities to join up services
- Talk about ideas and possibilities

Support to get started

- **Audit of existing services/activities**
- **Assess needs and opportunities**
- **Identify key individuals/champions – people to drive it**
- **Mentoring from similar groups**
- **Toolkits**
- **VCS infrastructure support e.g. business planning**
- **Register of local volunteers – time bank?**
- **Training and development of volunteers (including safeguarding)**
- **Initial ‘investment’ of time**
- **Easy to access funding/sponsorship (local businesses) – is it required?**
- **Professional/specialist support/facilitation**
- **Space, equipment, transport**
- **Publicity/promotion/marketing**
- **Access to what is already there/here e.g. meeting places/networks**

Support to keep going

- **Networks of people with different skills/knowledge**
- **Sustainable income/resources – income generation**
- **Sustainable volunteer/champion base – willing to give time**
- **Ongoing support, training and development**
- **On-going communication – websites/social media/press**
- **Fresh ideas/keep it fresh – ongoing engagement**
- **Champions to nurture ideas**
- **Celebrate achievements/successes, including case studies**
- **Recognition and rewards**
- **Share information**
- **Strong relationships**
- **Flexibility**
- **Reviewing and learning**