

# SHIRE Community Solutions Grant PROJECT REPORT FORM (2015/16)



Leicestershire County Council recently awarded you a SHIRE Community Solutions Grant. This document is for you to inform Leicestershire County Council about your project, how the funding was spent and a description of the outcomes achieved as a result of the funding.

Please enclose with this form receipts/invoices of all purchases made with the funding received from Leicestershire County Council.

If you would like any help or advice in completing this form, please call 0116 305 7269 or email [shiregrants@leics.gov.uk](mailto:shiregrants@leics.gov.uk).

## ABOUT YOUR PROJECT

1. Name of Group/Organisation:

Dementia Adventure

2. Project Title:

Volunteer Walk Leader training

3. When did the project start and when did it end?

June 2016 – May 2017

4. Please describe the benefits your project has had on the community (particularly vulnerable individuals) and how your project might help to reduce demand for public services. Include examples of any particular successes of the project.

The grant was provided to fund walk leader training to enable volunteers to set up dementia inclusive walks and other outdoor activities. We were aiming to increase choice and opportunity for people living with dementia in the community, primarily concerning outdoor activity.

A total of 6 training days were provided for a total of 66 delegates. Partner organisations and individuals trained have gone on to set up dementia inclusive activities and have programmes in place to provide opportunity and choice to have a significant impact on people living with dementia in Leicestershire. They have committed to supporting dementia friendly walks and other activities including improved signage, quiet spaces and time in visitor centres (Bradgate Park), improved communication through dementia awareness training and new ideas for indoors nature-based activities.

New initiatives derived from Shires Community Grant Funding to Dementia Adventure:

- Melton Borough Council - Weekly inclusive Health Walk in Long Clawson Village with new sensory element
- Melton Borough Council - Weekly Walk & Talk Sensory stroll in Wilton Park, Melton Mowbray
- Age UK/Hinckley & Bosworth Borough Council - Weekly dementia inclusive walk coordinated by Age UK for Argents Mead Park in Hinckley starting 7th June 2017.
- Age UK/Hinckley & Bosworth Borough Council - Two taster events organised by Age UK at Hollycroft Park and Argents Mead Park, Hinckley on 15th & 17th May as part of Dementia Awareness Week 2017.
- Age UK/Charnwood Borough Council - 6 week walk programme organised by Age UK at Queens Park, Charnwood starting 6th June 2017
- Age UK/Charnwood Borough Council – 19/5/17 – Dementia Awareness Week – Kath Pyke from Dementia Adventure led a sensory stroll on 19/5/17 during Dementia Awareness Week at

More information is available from [www.leics.gov.uk/shiregrants](http://www.leics.gov.uk/shiregrants)

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Queens Park, Loughborough as part of a joint event “Celebrating Choices” (for carers and people living with dementia) with partners Age UK and John Storer House (see poster below)

- Bradgate Park Trst, Newtown Lindford - Planned dementia inclusive visitor event for September 2017. Ongoing outcomes from training include changes to café and visitor centre experience incorporating quiet time visits, reduced noise in visitor centre and trained staff in café.
- Several attendees who also provide Dementia Friends sessions have committed to incorporate the training into their Dementia Friends Train the Trainer scheme.
- The Lodge Trust - Weekly inclusive walk on Lodge Trust grounds which are open to the public from June 2017

Because most partners requested spring training courses, the majority of walk programmes are only just starting to be initiated.

The people living with dementia who have and will participate in these outdoor activities will benefit in many ways. Often a person living with dementia finds that their life changes dramatically, they become socially isolated and often house-bound with little opportunity to enjoy activities they once would have enjoyed. There are huge benefits for all of us in getting outdoors & keeping active. Evidence also shows that engagement with the natural environment can have a positive effect on people living with dementia, improving quality of life and increasing independence. The following health and well- being benefits are well documented and include:

- Improved emotional state
- Improved physical health
- Improved verbal expression
- Improved memory and attention
- Improved awareness
- Improved sense of well-being, independence, self-esteem and control
- Improved social interaction and a sense of belonging
- Prevention of co-morbidities (other health conditions)
- Delaying progression of dementia
- Dampening down of symptoms

## 5. How many people did your project benefit?

66 training delegates.

Due to 5 out of 6 training dates taking place in spring 2017, new walk programmes and other initiatives are just being planned with most starting May/June 2017. This makes it difficult to estimate how many people living with dementia will benefit from this programme. However, we expect those participating to benefit in the ways outlined above.

## 6. How many volunteers were involved in delivering your project?

66 volunteer Walk Leaders.

**7. Were there any factors that were particularly important to the successful implementation of your project?**

The project was most successful where we were able to link with a partner with a shared vision, common goal and enthusiasm for the aims and objectives. For example, Hinckley & Bosworth Borough Council had a well-established Wellbeing Programme and they quickly identified that the Shire Project could help them achieve their own objectives as well as reach new groups of people that they hadn't previously been able to reach. They had really good links within the community which they were able to draw on and share with us. And they were enthusiastic, welcoming and creative with ideas on how best to attract family carers to the activities.

It was also important to link with organisations that could increase our reach and promote the project (e.g. Age UK).

**8. Were there any challenges or barriers in delivering your project? If so how did you overcome them? Is there anything you would do differently if you were to carry out your project again?**

Halfway through the project it became clear that we would not hit our targets in terms of the number of volunteers trained for a variety of reasons including;

- Local authorities no longer have dedicated staff roles for volunteer support and coordination. This translates to difficulty in recruiting and managing volunteers due to capacity and resource constraints.
- Changes in retirement age and benefits schemes puts additional constraints on numbers of volunteers available. Organisations are asking more of their volunteers and conscious of overloading. Viewed as a scarce commodity. VAL online has hundreds of unfilled volunteer role descriptions.
- VASL lost funding this year and therefore there was limited capacity to support us recruiting the volunteers.

The issues identified provided us with some key learning for the future. However, at the end of October, we discussed with Andy Hayes that we expected to train a maximum of 50 volunteers (target originally 105) throughout the full programme and we were successfully able to deliver on this (in fact exceeding the revised target by training 66 volunteers).

We underestimated the time it would take to identify and secure supportive partners. The frequent changes to potential partners due to changes in funding can also make it more difficult to establish relationships and set up ongoing activities. In future we would look for support to identify partners in advance of receiving the funding or build in an implementation phase in the first few months.

The start date of the project coincided with the start of the summer holiday period and therefore it was a difficult time in which to start developing relationships and book training. In a future project we would secure a start date that fits better with the partner organisations. For example, many wanted the training to take place in Spring so that the activities could be set up in late Spring / early Summer.

Capacity cuts within Local Authorities have had an impact on Walks

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programmes managers with local councils who have had funding and posts reduced. Consequent increase in work load has reduced capacity and resources to support start of new walks programme.

**9. Did your project benefit from joint working with any other community groups and organisations – if so could you please outline what these benefits were?**

We have a good working relationship with the Local Access Forum. They have good links with local councillors who helped to encourage support for the programme within local councils.

Age UK became a partner on two of the projects which gave us greater reach for recruiting volunteers, better marketing and promotion and reach into the community.

Volunteer organisations helped us to recruit volunteers. Voluntary Action Leicestershire was extremely proactive and worked with us to develop volunteer online profiles and promote the opportunities.

**10. How do you plan to continue/ sustain the project beyond the period of SHIRE Grant funding?**

The use of volunteers means that the activities are self-sustaining.

Dementia Adventure will be available to support the existing activities with information and resources should they be required.

**11. Do you believe that your project could be replicated to provide benefits to other parts of Leicestershire? If so, what would be needed to successfully implement similar initiatives elsewhere?**

Yes, easily. We would just need similar funding in order to dedicate resource to provide the volunteer training across other parts of the county. It would also be extremely useful if LCC could support us to source and link with relevant partners that have the same vision and objectives.

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## EXPENDITURE

**14. Breakdown of total project costs:**  
(Please provide supporting documents e.g. quotes/invoices/receipts)

Item description	Cost £
Staff costs (salaries inc on costs)	£9,706.58
Training and Consultancy Mileage and Expenses	£283.16
Postage, Freight & Courier	£48.00
Marketing & promotion time allocation	£505.60
Training packs	£305.00
<b>Total project cost:</b>	<b>£10,848.34</b>

	Amount £
Staff costs (salaries inc on costs)	£9,706.58
Training and Consultancy Mileage and Expenses	£283.16
Postage, Freight & Courier	£48.00
<b>Total amount:</b>	<b>£10,037.74</b>

**16. Please detail any in-kind support (e.g. volunteer hours or free professional support)**

We absorbed the cost of the marketing and promotion and training packs.

The following Dementia Adventure professional support was also provided free of charge;

- Fundraiser time (for grant management)
- Senior Management Accountant time (for financial grant management)

**17. Total amount of SHIRE Community Grant claim:**

**£9,975**

**18. Please add any other comments you would like to make**

## AUTHORISED

**Print name:** Kath Vale

**Date:** 23/05/17

**Signature:**

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Please submit copies of all relevant invoices and include any additional information / reports / press cuttings / certificates / photos relating to the project:

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