

Essential Reference Paper 'C'

List of Allocations Health and Wellbeing Community Fund and Small Grants Allocation 15/16

(Phase 1)

Project overview	Progress status	Project Cost
1. Meet and Eat – increasing wider benefit and sustaining social connectedness a) full course format; b) follow on course format and c) 10 minutes to change your life	<ul style="list-style-type: none"> • First full course format begun at Calton Court, Riversmead Housing Association. Good positive engagement from participants. • Three follow on course formats to begin in 2nd and 3rd week of September and then monthly thereon. • 10 minutes to change life pilot, contacts and agreed delivery to be decided. 	£10000
2. East Herts Children's Centres – supporting healthy eating and nutrition for early years	<ul style="list-style-type: none"> • Two courses already delivered • Three planned for post half term, five will run in total going during 2016. • Train the trainer days delivered with East Herts Children Centres practitioners attending. Equipment and evaluations and training resources provided. 	£10000
3. Increasing participation in sport and physical activity among people aged	<ul style="list-style-type: none"> • East Herts successful bid support for CSAF project entitled Forever Active. • Plans beginning for delivery with Come and Try taster sessions and promotional brand materials 	£10000

<p>50+; match funding of 20K over 2 years to lever in £250K from Sport England.</p>	<p>being produced.</p> <ul style="list-style-type: none"> • Planning stages with Project Management team and Forever Active co-ordinator taking place 	
<p>4. Small grants allocation programme to local groups for health and wellbeing initiatives.</p>	<ul style="list-style-type: none"> • 1st round of Health and Wellbeing Grant funding - three successful recipients with, two projects focusing on mental health and wellbeing and one on physical activity. • 2nd round re-advertised to seek more successful submissions, closing date 23rd October 2015. • 2nd round of Health and Wellbeing grant funding nine bids supported. • Variety of mental health and physical activity/sport combinations supporting local organisations and their residents. 	<p>£15000</p>
<p>5. Hertford Cycling Hub project with focus on increasing cycling amongst women and wider support.</p>	<ul style="list-style-type: none"> • Some delay in this development has meant a review leading to a proposed smaller scale cycling hub project focused on Hertford area and involving building Breeze ride and Sky ride co-ordinators and enabling support of local bike shops. • Three planning meetings have occurred so far, another is planned and a revised proposal is being written with defined costs. 	<p>£5000</p>
<p>6. East Herts Dementia Friendly Homes project supported home living (variety of partners to be involved)</p>	<ul style="list-style-type: none"> • Project progressing well with measures identified to support Dementia Home adaptation for clients and Crossroads Care staff in place to oversee. • First referrals being received and evaluation aspects being undertaken as project progressing. • Guide for those with dementia and their families also being developed. • Additional part-time co-coordinator in post too. 	<p>£29000</p>

<p>7. Green Aiders East Herts development – wider health and wellbeing connections</p>	<ul style="list-style-type: none"> • More feedback received on volunteer involvement and the application and evaluation of health and wellbeing outcomes including physical activity. • Since September, project has been progressing very well, with 18/25 garden clearances completed. 	<p>£10000</p>
<p>8. Herts Mind Network - Exercise to Wellbeing</p>	<ul style="list-style-type: none"> • Courses started in September following wide advertising and targeting of client groups including those in employment. • Evaluation aspects in place to feedback on success of exercise and improvements in wellbeing. 	<p>£8000</p>
<p>9. Future Living Hertford (FLH) - psychological and psycho educational therapy for those recovering from lifestyle addictions</p>	<ul style="list-style-type: none"> • Received verbal report and visited FLH recently. • Former NHS clinical lead supporting data and management of clients along with CEO and other volunteers. • Core work of drug and alcohol recovery intervention continues as well as seeking to expand range of healthy lifestyle support options supporting other targeted groups. 	<p>£10000</p>
<p>10. Active East Herts - Increasing women's participation in Sport and physical activity in the district of East Herts</p>	<ul style="list-style-type: none"> • Bid successful and project plans started for Moving Mums project with schools contacted and first activity sessions expected early October. 9 schools engaged, potential for 21 more to be involved • Using Sport England model for evaluation and capturing participant involvement. • More data and numbers involved will filter through in next 6 months. 	<p>£5000</p>
<p>11. Development of an app which can be used as an interactive map for</p>	<ul style="list-style-type: none"> • East Herts committed to taking part in partnership development of Park app and featuring East Herts parks and open spaces. 	<p>£5000</p>

the parks and open spaces in Hertfordshire	<ul style="list-style-type: none"> • Procurement specification being prepared 	
12. Panshanger Park Run contribution to initiative including targeting of Hertford residents	<ul style="list-style-type: none"> • HCC Public Health Intelligence team working on survey capture for Park run participants. Draft survey expected to be ready in early 2016 with joint working between HCC Public Health and Park Run colleagues. • As soon as survey approved, funds to be transferred before end of March 2016. 	£4500
13. Roll out and wider application of LSx Air Quality project for East Herts and Herts	<ul style="list-style-type: none"> • Meeting planned to engage Sawbridgeworth Secondary school in Air Quality Management Area February 2016 • From this plans can be made to deliver project with school commitment. 	£3000
14. East Herts YMCA - Healthy eating course skills for 18-25 young people	<ul style="list-style-type: none"> • Two out of three cooking skills projects occurred during 2015, 3rd projects planned for early 2016. • Evaluation being collated as project phases occur. 	£3000

Small Grants Allocation - 1st funding round

Wareside: Wareside School Quiet Garden Space' - create a beautiful and tranquil space that can primarily be used as a garden of contemplation and comfort in addition to being an outside 'room' for meetings and even some lessons

Pinewood: We wish to purchase outdoor agility equipment for our pupils. It will be sited between 3 classes where our most vulnerable and youngest pupils are taught in small groups of under 10

pupils per class.

Thirst Youth Café: We would like to use the funding to develop a youth volunteering programme that will offer increased supervision and support to help young people gain the positive mental health and wellbeing benefits of volunteering.

Small Grants Allocation - 2nd funding round:

Name of Grant organisation and amount Awarded:	Age Concern Bishop's Stortford £1500 NOTIFIED 04_12_15
Feedback on submission:	Good bid with clear aim and physical activity benefit to residents attending.
Further guidance on implementing project:	Thank you for submitting the record of your accounts.
Evaluation aspects of project:	This may already be been thought of as part of your measurement of activity levels, but estimating their activity levels at the beginning middle and end of the overall course using simple display cards with "less than 15 minutes", "15-30 minutes", "30 to 45 minutes" activity daily etc. could be a useful measure.

Name of Grant organisation and amount Awarded:	Arts Base NOTIFIED 04_12_15 £1500
Feedback on submission:	Slight concern on proportion of overall management cost as part of wider project costs but overall focused project concept
Further guidance on implementing project:	Condition to assign East Herts Grant contribution to delivery including tutor/instructor time and any equipment, promotional costs. May want to contact Herts Young Carers as they may be able to assist with those who have learning disabilities in the Ware and Hertford area to attend the project.
Evaluation aspects of project:	Implement evaluation as suggested which has been considered well.

Name of Grant organisation and amount Awarded:	Brickendon Bike Storage NOTIFIED £1500
Feedback on submission:	Good concept and innovative, enabling and encouraging cycling
Further guidance on implementing project:	If any other similar examples take opportunity to learn from these and the bike users' experience. Could involve Parish Council and adjoining areas in promoting usage and uptake.
Evaluation aspects of project:	It would be good to have any web comments from users in terms of anecdotal feedback made through strava and other biking media formats. Additional project evaluation aspects have been well considered.

Name of Grant organisation and amount Awarded:	Datchworth School PTA Fitness Trail £1500 NOTIFIED 04_12_15
Feedback on submission:	Clear concepts, with clear benefit physical activity and wellbeing for children and sustainable project scope.
Further guidance on implementing project:	Can you indicate the timescale of the implementation of the project subject to raising the available funds? Can the East Herts Grant be spent within the first twelve months or sooner on purchasing a part of the fitness trail equipment?
Evaluation aspects of project:	Please include the evaluation aspects mentioned in the submission, in particular referencing the children's experience of their physiological responses and experiences of using the equipment.

Name of Grant organisation and amount Awarded:	Get Hooked on Fishing £1500 NOTIFIED 04_12_15
Feedback on submission:	Strong bid with good mental health and new skills learning for project participants
Further guidance on implementing project:	n/a
Evaluation aspects of project:	Evaluation well documented in bid, interested in the personal skills and wellbeing development of those who will take part.

Name of Grant organisation and amount Awarded:	Mind in Mid Herts £1500 NOTIFIED 04_12_15
Feedback on submission:	We would like to award the same amount as other successful applicants. Perhaps this extra amount can be further used to develop the work in supporting your clients
Further guidance on implementing project:	Perhaps learn from Hertfordshire Health Walks or support Mind in Mid Herts staff to attend Health Walk leader training from recognised provider. Your focus is a wellbeing walk but would still be good to have the training aspects as it covers planning or a route and first aid, safety aspects etc.
Evaluation aspects of project:	Evaluation aspects look strong and involve recognised ways of measuring wellbeing.

Name of Grant organisation and amount Awarded:	Stanstead Abbots Parish Council £1500 NOTIFIED 04_12_15
Feedback on submission:	Liked the concept and innovation of the bid with focus on community activity
Further guidance on implementing project:	Defining further who will benefit from it, how you will record more clearly who will use it and making sure the table tennis bats available for those to play are secured or accessed through a simple

	combination lock storage cabinet.
Evaluation aspects of project:	<p>Relying on social media alone may not</p> <ul style="list-style-type: none">a) reflect all the different ages who use the facility thereby perhaps needing some additional format to capture who uses itb) as a method of capturing who plays continue to be used once word of mouth and use of facility increases.