

**3 Together Big Local**

**Annual Community Forum (ACF)**

**Date:** Wednesday 20th November 2019

**Time:** 18:00 – 20:45

**Venue:** Heritage Room, ELCAP, Easington Lane

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| **Attendance** | | | |
| Shaun Newton | Chair | Simon Underwood | Big Local Rep |
| Alan Jackson | Resident | Emma Crow | Project Support |
| Jacky Worthington | Resident | Stephen Armstrong | LTO |
| Dave Geddis | Resident | Kevin Clark | Project Officer |
| Laura Ann Hind | Time 4 Calm | Donald Todd | Resident |
| Chris Jackson | School Run Fitness Camp | Lynda Harkus | The Positive Living Company |
| Katy Leask | Heads Up CIC | Carol Grimes | Heads Up CIC |
| John Grimes | Mindful Walks NE | Rita Grey | Resident |
| Jo Woodhall | Hetton Primary School |  |  |
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| Minutes of Meeting | | | |
| 1. **Welcome and Introductions (Shaun Newton):**   The chair welcomed attendees to the meeting and introduced himself then went through briefly what to expect from tonight’s meeting and how it is less formal. | | | |
| 1. **Chair Comments (Shaun Newton):**   SN explained there has been major changes since the last ACF and updating the Terms of Reference was one of these changes. Cllr meeting tonight in Sunderland hence some apologies from DMP members and other regular attenders.  KC suggested due to the new faces and roles of those in the meeting it would be best to do introductions. | | | |
| 1. **Big Local National Update (Simon Underwood):**   SU briefed the room on how the Big Local Started and how it was developed. | | | |
| 1. **Previous Minutes (Printed Minutes Handed Out):**   No comments on the previous minutes, DMP agreed they were a true record. | | | |
| 1. **Project Update:**   **Laura Ann Hind - Time 4 Calm:**  LH reflected on 2 community projects that she plans to deliver Mindfulness group pilots. She explained the 4 main reasons people sign up to these group are bereavement, Stress at work, anxiety and co-dependency, Participants shared how techniques can help with stress and anxiety. Baseline and exit tool was used and showed positive results. The conclusion was that one particular group did very well which was the group that didn’t know each other as they felt more comfortable as fear of being judged when doing it with people who know each other.  **Carol Grimes & Katy Leask – Heads Up CIC:**  CG explained there is not a lot of support for children who are of a school age to recognise emotional literacy, our project will help to educate children from a younger age.  KL explained how so far they have produced a book to help children understand emotional literacy. The project is not yet finished but puppets have been produced with quizzes, interactive games etc all to help the project and the children learn about emotional literacy. KL added they have worked with Hetton Primary School and had 31 children engaged and seen positive results and had positive feedback from the school.  SU discussed the project and an impact it could have nationally as it’s a project delivered by local people and it’s good to have local resources close to the community and big local project.  **Lynda Harkus – The Positive Living Company:**  LH gave a little background about where she is based and what she delivers. The Big Local Health & Wellbeing project’s being delivered by LH are Clinical Intervention and Peer Mentoring.  **Clinical Intervention** – The aim of the project is to support children while they wait for professional support as stress can build up due to Transition period (YR 7), Homework (YR 8), Exams (YR 11) etc. The impact of the stress can be behaviour changes that happen both at school and at home, low school attendance etc.  LH has been working with schools providing 8 sessions from September – November. Children have been working through booklets regarding Positive thinking, what anxiety means, what anxiety is, mindfulness activities, reflection etc. Pupils worked together to find their inner voice and activities were altered to support their learning, build their confidence and to show them they have control of how they are feeling.  Base line reports carried out showing reduced anxiety feelings, also have testimonials from the children and one young female in particular built her confidence and found her inner voice.  **Peer Mentoring** – School are looking to build on ‘Buddying’ System. The peer mentoring programme is focused on a mindful programme supporting others to reduce stress and anxiety through looking at techniques of what they can do and develop a peer mentoring file.  **Chris Jackson – School Run Fitness Camp:**  CJ has years of experience delivering school based fitness sessions. GYM in a Box has various equipment suitable for both adults and children and has been modified to be child friendly so families can be encouraged to train and get fit together. The sessions are suitable from 7 years + and have no maximum age limit, there are a lot of good feedback and success stories from 1 stone weight loss, to better health and improved fitness levels that have had a positive impact on other hobbies such as football. This is proving successful and is helpful across the community and also holds a 5\* review.  KC added there is to be a wet weather policy to be agreed and a nutrition and budget shop session to replace the sessions in the wet weather.  **John Grimes – Mindful Walks NE:**  With the assistance of SN at ELCAP and JW at The Hut the walking project is to help eliminate social isolation, improve mental health etc.  The walks take place once a week from ELCAP and once a week from The Hut. Advertising needs pushing as target audience may not be on social media. Some people wait to see who is attending as they feel more comfortable going with people they don’t know and with people who don’t know others. One of the main reason people like to go is bereavement, people from different backgrounds currently attend the walks which has encouraged them to take part in other events locally and mixing well with others.  KC added JG also could possibly lead Sunderland local authority walks as he is more qualified than the leaders they have but he needs to attend a half day course first.  **Jacky Worthington – The Hut:**  JW spoke about the history of the Hut and where it all began. KC mentioned that the interesting part of the Big Local programme is that Local Trust want Big Local’s to take risks and trust the process. 3 Together Big Local has been really responsible not just in the financial planning but also in the people progression planning and monitoring.  **Shaun Newton – Transport:**  SN was pleased to inform the group of the success and progress of the transport project to date. They currently have 3 busses and 3 drivers and were successful in September with a 4th bus. They have volunteer and paid drivers which is good as they have been successful with another funding bid that has enabled them to order another new bus with a cassette tail lift which should be delivered February/March 2020 and they will look to recruit a further 2 drivers, this will give a total of 5 busses and 4 drivers however one of the older busses will be sold. DG added the service provided is a god send to the community, KC added comments have been made from its users about it being a life line. SN mentioned he a Dave had been to Teasdale to look at busses that are not needed by a project and they are looking at funding for these.  **Kevin Clark - Community Fund:**  KC gave back ground of the community fund and what it is used for. The community fund is a great way to get money to fund the brilliant ideas, activities and events in the community that there aren’t necessarily funds available for, this gives the opportunity to carry out the ideas etc.  Jo.W spoke to the group about the ways the community fund has helped raise the aspirations of the pupils at Hetton Primary School. The school has had various funds for various activities that not only support the children’s learning and experiences but also help the local families as they need people around them who are passionate about the community and its development. The funds have helped to make huge changes and the school priorities the events and funds available.  **Rachel Hamer – Sunderland Culture:**  Social prescribing - Arts can improve mental health and wellbeing, a recent pilot with GP’saround walking seen reductions in GP appointments and hospital visits. As part of the social prescribing there will be an audit of what’s currently on offer in the 3 Together Big Local area to ensure services are not duplicated and will enable a wide variety of things to offer as part of social prescribing, 10 commissions will be sent out in the next few weeks as part of this. We will be working with Hetton GP and in partnership with public health in order to make an impact. | | | |
| 1. **Finance (Stephen Armstrong):**   SA shared the finance update with the group. He discussed the difference between plan 1 budget and plan 2 budget. SA shared the recent spends and totals left in theme pots, KC mentioned that it is hard to keep track of the spends against the themes however Groundwork are looking into this and trying to find the best was to do this.  So we have £1 million plus interest totalling £1,149.500  From Feb 2016 – June 2018 we had spent £229,776 on the following:   * Community Engagement - £69,349 * Young People - £23,176 * Set Up Costs - £32,950 * Community Fund - £10,706 * Community Transport - £72,375 * Project Costs - £21,220   July 2018 was the start of the new plan (years 3-5) with £606,000 to spend  Spends to November 2019:  Themes Spends Budget   * Community Engagement £56,193 £120,000 * Health & Wellbeing £14,295 £ 36,000 * Young People £ 6,777 £ 90,000 * Older People £ 750 £ 6,000 * Transport £33,375 £ 45,000 * Sports, leisure, culture & Heritage £ 3,883 £ 20,000 * Capital £22,615 £190,000 * Environment £ 1,560 £ 45,000 * Totals £139,448 £606,000   To date we have spent the following:   * Set Up £ 32,950 * Years 1 & 2 £196,826 * Years 3, 4 & 5 £139,448 * Total £369,224   £1,149,500 - £369,224 (spends to date) = £780,726 is the balance left in November 2019 | | | |
| 1. **DMP Election Process (Simon Underwood):**   Big Locals set up basic Terms of Reference, ours were reviewed a few month back. Anyone who lives, works or has an interest in the Big Local area can be part of the DMP. There are 10 places, 6 are filled by existing members and 4 places are filled with organisations that have an interest in the area. A further 5 vacancies are available to be filled.  SU asked the group if any current DMP members would like to stand for re-election, DMP present raised their hands and re-elected themselves. SU asked the group if they were happy for the DMP to stand for re-election, those present at meeting were happy for DMP members to stay on the DMP.  2 recommendations for DMP, who will be contacted. | | | |
| 1. **The Year Ahead (Kevin Clark):**   Brilliant night, glad to have the DMP in place, the community have said something and listened then acted. We will be looking at spends on Older people, choir, strength condition, creative spends etc.  The raising aspirations meeting has been set with the local schools for the 5th December.  Ideas put forward that were recently scored, we are looking into carrying them out. These ideas were taken to Hetton Carnival and we gained a lot of input from attendees, listed below are the higher scored ideas.  Great Run Local - have been in touch and are awaiting permission from Sunderland City Council to use Hetton Lyons Country Park.  Looking into the brewing Big Local Beer.  Outdoor activities such as yoga, outdoor cinema etc.  Match funding – We have been looking into match funding and funding available to help with The Hut and other projects. | | | |
| 1. **Close of meeting and Refreshments** | | | |

