

Issue 02  
**3together.org.uk**



A 3 Together Big Local publication offering insight into the work in our community.

# NEWS

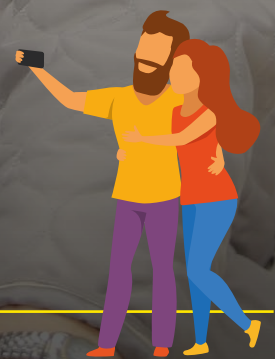


Local Trust | Big Local



## Our Plan 2023-35

Read about what we've done so far and our plans for our final 2 years.



Read all about the 3 Together Big Local inside...



# Community Fund & Covid Response

The 3 Together Big Local Community Fund allows us to get financial support to grass roots organisations doing great things in our community.

In the last 6 years we have awarded \*more than £48,000\* to over 40 organisations working in your area, helping vulnerable individuals, increasing opportunities in schools and helping create an even better place to live.

It has been a pleasure to help these committed groups to help our community, they are often full of incredible ideas but don't always have the resources or money to deliver them. We have funded a wide range of activities from Menopause Support to emotional literacy journals, circus skills to football strips and everything in between.

During Covid, we had to stop most of our usual activities and focused on our Covid Response instead, giving £32,000 to organisations to support people during the various lockdowns. Activities included a virtual community choir, suicide prevention support, equipment for home learning and provision of hot meals.

We are always looking for residents to join our support group who meet regularly to discuss applications and decide on awards. If you want to join or if you have a great idea that will help local residents improve their way of life, create a new skill or can increase a sense of community in the area then we want to hear from you.

**Please email Emma Crow at [emma.crow@groundwork.org.uk](mailto:emma.crow@groundwork.org.uk) or call her on 07587 147777 to discuss an application.**



**We look forward to hearing from you!**

# Transport & Access



**Our partnership with Easington Lane Community Access Point (ELCAP) has seen the provision of a new mini bus as well as a grant for core costs.**

Over the first 5 years of the Big Local programme we committed £135,000 to ELCAP in order to help achieve their aim of providing affordable community transport, reducing social isolation and tackling loneliness.

ELCAP now have 5 mini buses, 2 of which are fully accessible, dedicated to improving access issues for those who are least mobile. The project is managed by transport manager, Dave Ellison, two further staff drivers and a team of volunteers who give their time and energy to this community life-line. The offer from ELCAP is wide ranging and reaches many people within the Big Local area. There are regular trips for community groups, a weekly shopping trip and bespoke door to door pick-ups for medical appointments.

It is often the unexpected things that make the transport project unique, things like helping with falls, replacing plugs and the wonderful Christmas Day transport to lunch for those who would ordinarily be alone.

**With our help, community groups and organisations have been able to improve the lives of our local residents and help support our local community.**



# Community Resources



**We have funded a number of community resources over the past few years, including a new Skate Park at The Flatts, the outdoor gym equipment at ELCAP and the Gym in a Box located at Easington Lane Primary School.**



**However, throughout our community consultations, one topic that kept coming up was the need for a new community facility in Moorsley.**

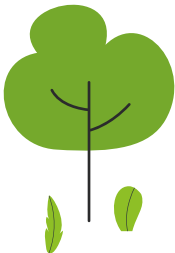
As a result of your comments we have spent the past few years moving forward towards a new pavilion style development which will be located on the site of the existing Hut cabin and former Miners' Welfare Hall.

Unfortunately, Covid meant work on the project was significantly delayed but we have planning permission in place, we have finalised the design of the building, and have a robust plan for the building phase to ensure there is no loss of service or break in community events. We have now completed the tender process and have appointed our lead contractor to bring the project to life.



We have worked with local residents to research a host of various building styles, we've had discussions with builders and architects, we've made sure that the site is fit for building on and making sure we can deliver a new facility that is user friendly and cost effective.

You will notice from the drawings that this is an impressive project, the increase in space will allow more people the opportunity of meeting others, enjoying creative workshops, learning new skills and to feel part of a community that cares for one another.



**For years the Moorsley & District Community Association have dreamed of having a larger space to offer their services, special events and to provide a dedicated focal point for the community to gather.**

**Finally, those dreams are due to come to fruition in 2023.**



# Health & Wellbeing

It is getting better but there is still so much to do. Health and Wellbeing was a key theme in our last plan and remains a priority for the remaining 2 years.



**We wanted to help our community take the next step to improving their physical and emotional health by creating a process to enable access to an alternative to constant medication and endless doctor visits.**

Our Social Prescribing programme pilot in partnership with Sunderland Culture aimed to create a pathway for doctors and chemists to refer individuals and families to experience activities that exercised the body, stimulated the mind and encouraged creativity.

We used arts and culture projects and activities that were prescribed to residents as a means of changing the approach to Health and Well-Being. Although the pilot was impacted by Covid, we still ran a series of innovative and creative projects to improve physical and mental health including a community choir, mindfulness groups, and the Looking In, Looking Out art project.

We also commissioned NE Mindful Walks to run weekly walks in both Moorsley and Easington Lane – they even ran virtual mindful walks during lockdown – and opened up an outdoor gym facility in a shipping container, aka our Gym in a Box, at Easington Lane Primary School, offering community fitness sessions for all the family.

**Chris, our PT, will be starting sessions again on Mondays and Wednesdays at 4.30 & 5.30pm starting on Monday 17th April.**

**“We will also be running some sessions just for dads\* and lads during the school holidays”**

**(\*or uncles, grandads, older brothers...)**



# Plans Going Forward



We are now entering the final couple of years of Big Local with the partnership being due to end in March 2025.

Over the course of last year, the 3 Together Big Local partnership undertook a review of its work over the previous 4 years, consulting with the community and local organisations through a series of events and workshops to create a new 3 year plan.

Community events and surveys told us that people were concerned about crime and anti-social behaviour, litter and the environment and wanted more community facilities. However, people were also really proud of local community spirit and local heritage and existing facilities (ELCAP and the Hut in Moorsley) and green spaces in the area.

This feedback was combined with local insight data, which measures how healthy a community is in terms of various indicators of need, and a theory of change, which identified what the key changes or outcomes 3 Together would like to achieve. We took all of this learning and creative suggestion to create our final action plan which will run until the end of the Big Local funding in March 2025.

## Key Themes

The plan will prioritise the following 5 themes:

- ✓ Community Resources
- ✓ Environment
- ✓ Heritage and Belonging
- ✓ Health and Wellbeing
- ✓ Capacity and Delivery



*Our aim for the next 2 years is to ensure that the remaining money is spent in a way that creates maximum impact and a lasting legacy.*





# Environment

During our consultation events, you have told us that you want to help tackle climate change and environmental issues but don't always feel able to do so.

We want to take this desire and create a platform for genuine and simple actions in order to play our part in this global issue.



**We are starting with an issue which you have told us you want to see action on - litter in the local area.**

Working alongside Robin Baker from the Clean, Green Spaces project, HALO and other partners, we are looking to coordinate regular community litter picks in the area but we need you to make this a success.

If you want to help clean up the area and make it a nicer place to live whilst getting some fresh air, exercise and a good natter with like minded people, get in touch with Justine or Emma and we'll let you know as and when picks are arranged.



## Heritage & Belonging

Heritage means so much more than just knowing about the past. It's about increasing pride in and love of the local area and having a sense of belonging somewhere and is therefore linked to an overall sense of wellbeing.

People in the 3 Together area told us that they are proud of the local heritage and wanted to celebrate this. Over the past few years we have delivered a number of arts projects around this theme and recently contributed to the Hetton Colliery Railway 200 celebrations which culminated in a weekend conference and banquet.

The conference celebrated the educational, cultural and historical importance of the Hetton Colliery Railway and its legacy for future generations. The banquet saw the premiere of two specially commissioned pieces of art: The Hetton Lyons Banner and

an illuminated glass steam locomotive made by people in the local community. Local singer/songwriter Marty Longstaff, aka The Lake Poets, composed and performed a nine minute piece of music to represent Hetton accompanied by Sunderland Male Voice Choir and Houghton Brass Band (report by Margaret Hedley).

Following the success of these bicentennial celebrations, HCR200 will be continuing their work and have lots of plans going forward, both celebrating the heritage of the area and increasing aspirations for the future.

# Meet Our Partnership Board



The 3 Together Partnership Board are the people who guide the overall direction of Big Local. The majority of the members have to be residents living in the area and are responsible for agreeing a shared vision based on the priorities of the community, creating the Big Local plan, overseeing its delivery and reviewing the plan and partnership to make sure they are working in the best way possible for community benefit.

## Our current board consists of:

**Greg Fenton** – resident and newly elected chair

**Alan Jackson, John Ellis, Rita Grey, Carol Smith, Claire Burt** – residents

**Jacky Worthington** – resident and representative of Moorsley Hut

**Dave Geddis** – resident and Hetton Town Councillor

**Shaun Newton** – resident and representative of Easington Lane Community Access Point (ELCAP)

**John Grimes** – resident and representative of Mindful Walks NE

**Jo Woodhall** – deputy head of Hetton Primary School

**Stephen Armstrong** – non-voting member and representative of Groundwork (our local trusted organisation)

The board is also supported by **Simon Underwood**, representative of Local Trust who administer Big Local, **Emma Crow**, project support officer and **Justine Merton-Scott**, project officer.

Emma has been with 3TBL for a number of years now whilst Justine joined in November 2022. Justine grew up in Easington Lane and has returned to the area after many years living away.

We are always looking for interested residents who would like to join the board or one of the support groups set up around specific themes or projects. Our new chair, Greg, explains why he decided to get involved.



*I'd popped into my child's school's community cafe one Friday morning where a side event was showing activities in the area.*

*I had a lovely chat with a couple of people who were looking for local residents who had a bit of free time to meet up and give an insider's view of how money destined for the local area should be spent, amongst other things.*

*I thought that sounded interesting and asked if I could just visit for a session or two to decide if it was something that appeals to me without any commitment.*

*“Please do” was the answer so I attended the next meeting. I knew a few people present and was made to feel welcome immediately as everyone took the time to introduce themselves before I grabbed a coffee, some fig biscuits (delicious but jealously guarded by a certain member!), and sat myself down.*

*One of the members couldn't be there in person so they attended via zoom on the big screen which worked surprisingly well.*

*After a chat the meeting started and various things were discussed, including upcoming local events, several of which I was completely unaware of.*

*The session flew over and I even offered a couple of thoughts which were noted and would be acted upon.*

*Being treated like I had a voice felt great, and knowing that I can make a difference for people like myself in the local area really helped with my self-esteem.*

*I attended a couple more of the sessions and decided that this was definitely something that I wanted to be involved in so I submitted my application to join as a member of the panel and was accepted and notified of my acceptance the very next day.*

*I can't wait for the next session, but when I do I'm bringing a box of biscuits or mince pies - anything other than fig biscuits!*





# Elemore Cycling Hub

As part of the plans to turn the former Elemore Golf Club into an Eco Park and Visitor Centre, we are going to be establishing a community cycling hub.

We particularly want to focus on providing cycling activities for families and people who are new to cycling or lack confidence. We will offer some coach led sessions e.g. learn to ride, as well as led rides with the emphasis on having fun and meeting people in a relaxed setting.

As with all our projects, we need people to make it a success. If you would like to help shape how we set up and run the cycling hub, whether you are already a keen cyclist or not, old or young, we would love you to get involved.



**“You don’t have to have lots of time or experience – enthusiasm and a willingness to help is all that is needed.”**



# We Need You

**“Big Local comes to an end in March 2025 and we want to make sure our last 2 years create lasting impact and change in the local area.”**

However, we can’t do it without YOU – whether you can spare the odd hour to come on a litter pick, want to help look at community grant applications or have some ideas about how we can improve things we want to hear from you.

If you’re interested in finding out more or want to share your ideas, please get in touch or just pop in to see us at Easington Lane Community Access Point for a cuppa and a chat.



Contact:

**justine.merton-scott@groundwork.org.uk**

**M: 07812 497739**

**emma.crow@groundwork.org.uk**

**M: 07587 777147**

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