

INNOVATE & CULTIVATE FUND 2018-19 EVALUATION REPORT

To: **Communities and Partnership Committee**

Meeting Date: **12 March 2020**

From: **Sarah Ferguson, Assistant Director: Housing,
Communities and Youth**

Electoral division(s): **All**

Forward Plan ref: **N/A** *Key decision:* **No**

Purpose: **To provide the Committee with the key findings from the
Innovate and Cultivate Fund 2018-2019 Evaluation Report.**

Recommendation: **The Committee is asked to:**

**Endorse the four proposals outlined in section 3.2
of the report.**

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1. BACKGROUND

1.1 The Innovation Fund was launched in November 2016, with 5 projects receiving approval for funding from April 2017 as a result. Learning from those early rounds, a review and refresh of the fund was carried out resulting in the current Innovate and Cultivate Fund (ICF) as agreed by Communities and Partnership Committee on 24 August 2017.

1.2 A further review was undertaken in 2018 which resulted in the 8th November 2018 Committee endorsing a number of recommendations for improvement:

- To offer more prescriptive guidance to Cultivate applicants in the form of 'Cultivate Seed Fund Projects' to improve the ease and success rate for those applying for Cultivate funding, and supporting an evidence based demand management approach
- To develop community profiles to raise awareness at the local level of where help may be best targeted
- To increase the Cultivate Fund grant threshold from £10,000 to up to £19,000
- To extend the estimated return on investment period to up to 3 years
- To request additional funds from the General Purposes Committee (GCP)

1.3 Further details on the delivery of these recommendations and other changes made during 2018-2019 are included in section 3.1. In particular, on 22 January 2019 the General Purposes Committee received a paper on the Innovate and Cultivate Fund and resolved to transfer a further £1m from the Transformation Fund to the Innovate and Cultivate Fund.

1.4 The fund has two funding streams:

Cultivate: grants of £2,000-£19,000 aimed at encouraging local networks where people help themselves and each other. This is a single stage application process, where the Communities and Partnership Committee consider the final recommendations of the panel before confirming award.

Innovate: grants of £19,001 - £50,000, for projects that demonstrate an innovative approach. This is a two-stage application process where second stage applicants present a more detailed project plan and quarterly activity and budget plans to the panel, after which the Communities and Partnership Committee consider the panel recommendations before confirming award.

1.5 All applicants to the fund are required to demonstrate a number of stated criteria including the following key criteria:

- Project outcomes align with key funding priorities for Children & Families services, Adult Social Care or other council priorities
- Projects show they will reduce pressure on council services and/or offer direct savings for the council
- Projects must be either new, or build on an existing project in a new location or with new beneficiaries

2. KEY FINDINGS

- 2.1** The annual evaluation of the fund has been completed by Cambridgeshire Community Foundation (CCF) who administer the fund on behalf of Cambridgeshire County Council and members of the Innovate and Cultivate Steering Group, which comprises the Chair of the Communities and Partnership Committee, the Assistant Director of Housing, Communities and Youth (Chair of the Steering Group), the Head of Finance, representatives from Adults and Children's Services, CCF, the Strengthening Communities Manager, the ICF fund officer and Transformation team representatives.

This paper summarises the findings of the 2018-2019 evaluation which focuses on applications received during the four funding rounds from 1 May 2018 – 1 August 2019 and completed projects (where final reports were received up to November 2019). The report compares these findings to four funding rounds in 2017-2018.

Funding rounds included in annual evaluation report	
2018-2019 application deadlines	2017-2018 application deadlines (for comparison)
1 August 2018	26 October 2017
1 November 2018	15 December 2017
1 February 2019	9 March 2018
1 August 2019	1 May 2018

2.2 Number of applications

A total of 88 applications were submitted to the Innovate & Cultivate Fund for the four funding rounds of 2018-2019 (46 Innovate and 42 Cultivate).

- This compares to 68 applications submitted during 2017-2018 (34 Innovate and 34 Cultivate).

Of the 88 applications submitted in 2018-2019, 26 applications were awarded funding (11 Innovate and 15 Cultivate).

- This compares with 19 grants awarded to applications submitted during 2017-2018 (7 Innovate and 12 Cultivate).

	2018-2019		2017-2018	
	Innovate	Cultivate	Innovate	Cultivate
Total number of applications	46	42	34	34
Number awarded funding	11	15	7	12
% of applications awarded funding	23.9%	35.7%	20.5%	35.2%

2.3 Service priorities

Of the 88 applications received in 2018-2019, 48 were categorised as focusing on Adult Social Care and 40 on priorities within Children and Families.

- This compares to 33 Adult Social Care, 25 on Children and Families, plus 10 on Waste services and an assortment of undefined service areas during 2017- 2018.

Of the 26 applications awarded funding in 2018-2019, 18 focused on Adult Social Care projects and 8 on Children and Families projects. Four of these had crossover with community engagement.

- This compares to 12 Adult Social Care, 7 Children and Families and 4 with cross over into community engagement during 2017-18

2.4 Geographical areas of delivery

Appendix 1 shows the areas of delivery for all funded projects along with the service priority.

This shows an even spread of funded applications from organisations delivering projects in Cambridge (13), South Cambridgeshire (13) and Huntingdonshire (13), followed closely by East Cambridgeshire (11) and Fenland (10). Twelve of these projects are being delivered in two or more districts with 6 of these delivering countywide.

2.5 Total amount of committed funding.

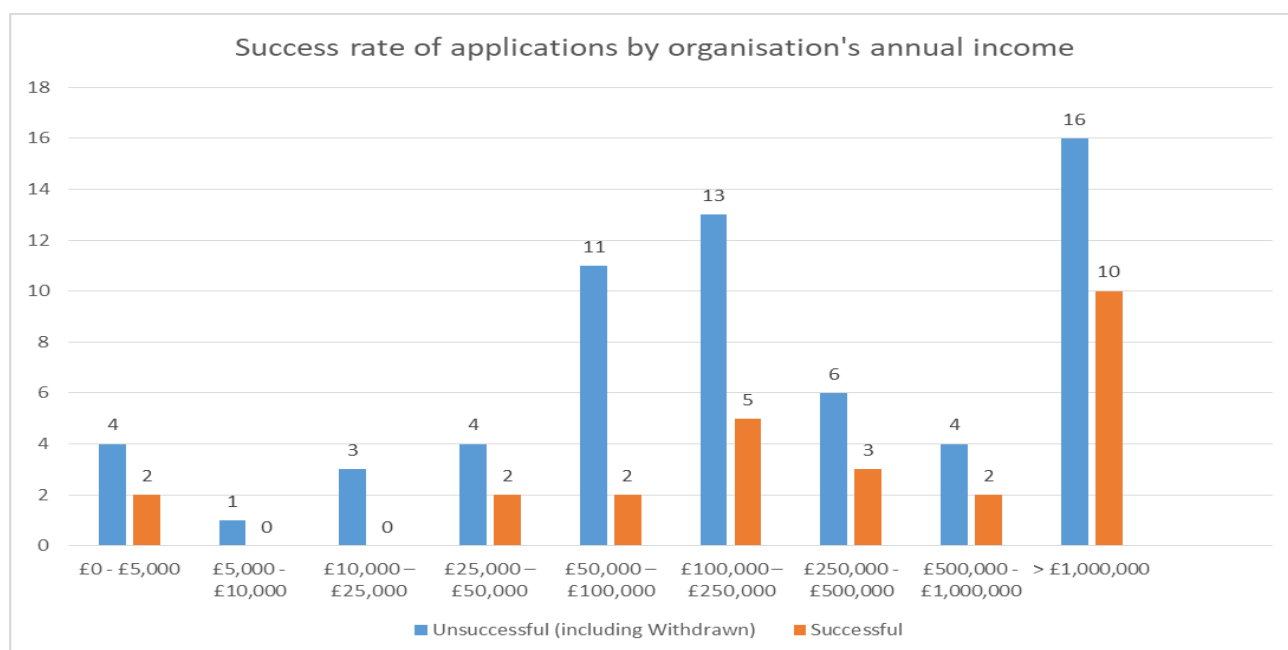
The amount of funding committed during 2018-2019 is up to £673,023.75*.

Including the 5 grants awarded under the early Innovation Fund in 2016-17, the total amount committed to the 50 successful grant applications submitted between December 2016 and 1 August 2019 is up to £1,219,622.75

** At the time of submitting this report, 5 of these applicants are yet to complete grant offer documentation (representing £216,882 in grant offers).*

2.6 Type and size of organisations

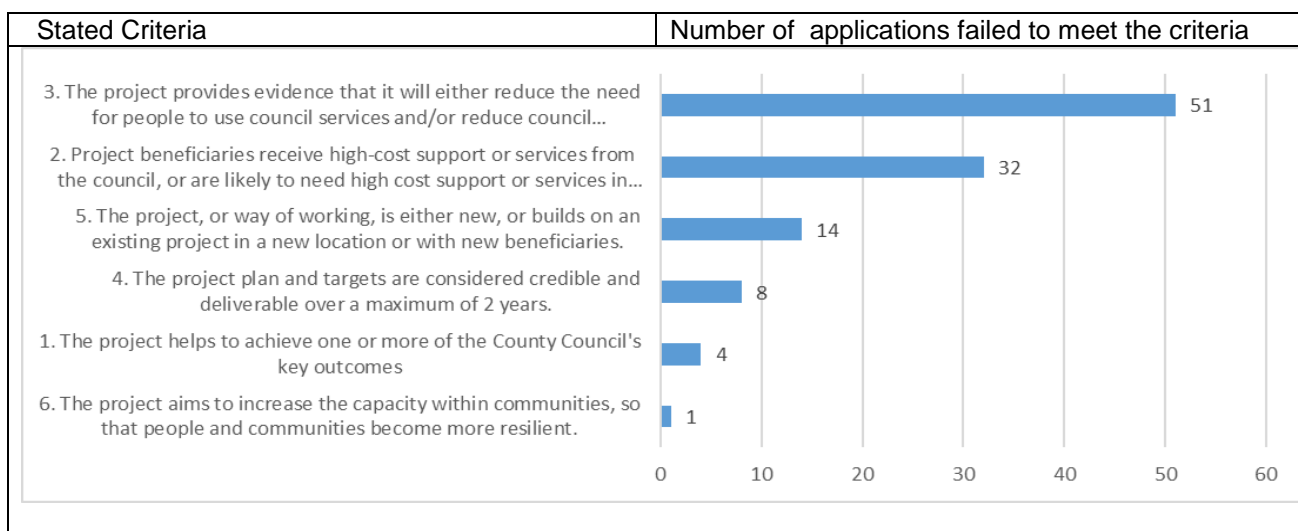
An evaluation of the organisations who applied in 2018-19 and those who receive funding took into account the annual income of the applying organisations. The graph below illustrates the higher number of application submissions and higher success rates of larger, more affluent organisations over smaller voluntary and community organisations.



2.7 Unsuccessful applications

The ICF Recommendation Panel are responsible for scoring each application against the fund criteria using the information provided by the applicant on their proposed project.

Applications were most commonly unsuccessful in securing funding because they did not meet funding criteria relating to demand reduction and return on investment (ROI)



2.8 Alternative support for unsuccessful applications

Where a project clearly has benefits and merits although does not meet the strict criteria of this fund, and where possible, the applicants are supported to realise their ambitions in other ways.

Four unsuccessful applications in 2018-2019 received funding from other funds managed by Cambridgeshire Community Foundation. Unsuccessful applicants had access to Service Lead advice and guidance or were signposted to other avenues for support, for example to Support Cambridgeshire who deliver the County Councils Voluntary and Community Sector Infrastructure Support and were able to help with developing an organisation's structure, policies, funding application skills and training/advice.

2.9 Completed Project Outcomes

Eleven projects completed their funding term during this evaluation period, each of which has submitted a detailed final monitoring report. Extracts from those reports are shown in **Appendix 2**, including more detail on funded amount, return on investment, outcomes and any lessons learnt.

2.10 A summary of the overall evaluation of those completed projects shows Innovate & Cultivate Fund projects are achieving the following key service level outcomes:

Adult Social Care

- 1) Maintaining and maximizing independence
- 2) Connecting to the local community and staying well
- 3) People having greater choice and control over how their care needs are met

Children's Services

- 1) Building connections between the voluntary sector and County Council services
- 2) Supporting emotional well-being in high needs communities

- 3) Youth work in high needs communities
- 4) Community based family support activities in high needs communities

2.11 The 11 completed projects are also achieving the following local-level outcomes:

- Increased resilience of individuals, families and communities
- Reduced loneliness and isolation
- Increased independence
- Development of local support networks
- Greater uptake of preventative services
- Increased friendship circles and social opportunities
- Provision of respite for carers
- Increased volunteering
- Improve skills and confidence of volunteers
- Improved quality of life for beneficiaries
- Reduction in crime and the perception and fear of crime
- Increased sense of personal safety
- Increased feelings of confidence and self esteem
- Increased health and wellbeing
- Improvements in physical, emotional and cognitive ability
- Reduction in school exclusions and improved pupil behaviour management
- Improved mental health of school pupils and young people

2.12 Returns on investment.

In most cases a favourable return on investment has been estimated in line with project proposals and proposed possible returns. It is important to distinguish this from a reduction in actual costs incurred. Many of the projects are geared towards early help and prevention, for example, building community capacity through increased volunteering and community social actions, including those which result in residents living independently for longer within their own homes and communities. These projects can help the Council avoid future cost escalations and delay anticipated increases in demand, rather than leading to savings which can directly reduce the recurrent amount of cash spent on existing services.

The return on investment from all 11 projects has been calculated as follows:

- Total grants committed: £191,220
- Total estimated return on investment, including the grant award: over £284,474

2.13 As part of the annual evaluation, applicants were asked to comment on their experience of the fund.

- 96.8% agreed that the webpage contained sufficient information
- 64.5% received support during the application process from Cambridgeshire Community Foundation and/or Cambridgeshire County Council
- 45.2% of those who responded attended the pre-application advice sessions, and 74.2% found the Cambridgeshire Insights data sets useful
- 58.1% were happy or very happy about the application process, 29% were neutral and 12.9% were unhappy or very unhappy

The written feedback complimented the support received, but the application process was considered lengthy by some, especially for smaller amounts of money and smaller groups.

Comments were made that not all of the process is clear in terms of the part that CCF and the County Council play and that the advice given can be slightly different. More transparency about the decision-making authority/criteria was requested. Comments were also received about the difficulties of presenting an innovative approach whilst also being required to demonstrate evidence as if it has been tested and partnerships already in place.

2.14 Progress of live initiatives

19 of the 32 'live' projects funded by the Innovate & Cultivate Fund had submitted at least one quarterly monitoring report during the evaluation period, with the remainder due at agreed points in the delivery timeframe. A further 5 projects had not yet signed a grant offer agreement. A full list is shown at **Appendix 3**.

The estimated return on investment from those 32 live projects is:

- Total grants committed: £753,441
- Total estimated return on investment, including the grant award: £1,275,620

2.15 Impact on people

As part of the regular monitoring, applicants share feedback and case studies to help demonstrate the impact their project has on the people they support. A small number of these are shown in **Appendix 4**.

3. 2018-2019 CHANGES AND NEXT STEPS

3.1 A number of key changes have already been made to the fund during this reporting period.

1. On 22 January 2019, the General Purposes Committee (GPC) agreed to transfer a further £1m from the Transformation Fund to the Innovate and Cultivate Fund to sustain the fund and continue to enable community groups and organisations to increase their capacity to support our most vulnerable residents while reducing pressure on over-stretched Council services.
2. Following the extension of the fund, the ICF Steering Group considered the contract agreement in place with Cambridgeshire Community Foundation who administer the Innovate & Cultivate Fund, which was due to end 13 November 2019. Taking advice from procurement, finance, LGSS Law and the Joint Commissioning Board, the ICF Steering Group agreed to apply for an exemption waiver. As Chair/representative of the Communities & Partnerships Committee on the Steering Group, Cllr Steve Criswell endorsed this approach. A new 2-year contract was completed with a commencement date of 14 November 2019 which provides stability for the on-going external administration of the fund to November 2021.
3. The maximum funding threshold for Cultivate grants was increased from £10k to £19k in February 2019 to allow for more sustainable and longer-term community projects to be established and to allow larger projects to secure funding via the shorter one-step process. The number of Cultivate grant applications has increased, although comparison with the previous evaluation period is difficult given the change in funding threshold.
4. The high failure rate of grant applications was highlighted in the 2018 evaluation report as being due in part to service leads being unable to estimate sufficient savings/ROI for

many longer-term prevention focused projects within the one to two year project delivery period. The estimated ROI period for project applications was extended to up to 3 years in January 2019 to better reflect the long-term impacts of preventative work and to increase the success rate of projects that do not demonstrate ROI over the limited project lifetime.

5. To improve the success rate for applicants applying for Cultivate funding and to help reduce the workload of overstretched service leads, a set of 4 Cultivate Seed Fund projects were introduced in February 2019 that offer 'off the peg' project models known to meet the criteria of the fund and offer a return on investment, and have an evidence base and track record of success in Cambridgeshire and elsewhere. These projects include setting up new Timebanks, Good Neighbour Schemes, setting up Men's Sheds and enhancing or developing a Dementia Friendly Community. The guidance for each project includes advice on developing community-led projects, estimated costings, grant amount guidelines, and contact details for support organisations who can advise on project development. Funding awards also include a mandatory training and support package from a third sector support organisation.
6. The number of application rounds has increased from 3 to 4 per annum. A forward plan of quarterly Cultivate application deadlines and bi-annual application Innovate deadlines with concomitant pre-application advice sessions was introduced to help organisations plan their future application submissions with sufficient time and support to develop solid project ideas and organise joint or match funding bids. It also offers more opportunities for smaller organisations to apply for Cultivate grants. Applicant feedback indicates that this change was welcomed.
7. To increase applicant knowledge of local area social and economic profiles and raise awareness at the local level of where help may be best targeted, the Business Intelligence Team developed a full set of parish and ward profiles for Cambridgeshire Insight. The team have also led pre-application workshops to encourage applicants to use this resource.
8. Panel scoring criteria was updated to align with key funding priorities for Adult Social Care, Children & Families Services and other council priorities. Scoring against the service key themes/criteria has focused applicants' project proposals more firmly on the fund's target outcomes. These have also been promoted to applicants via the pre-application advice sessions.
9. Lead officers in Adult Social Care and Children & Families developed a common approach for estimating and representing ROI to reduce the difficulty of comparing service lead savings estimations across different services.
10. The ICF Steering Group took on board recommendations for improving project monitoring and evaluation offered in a report by Cambridge University Science and Policy Exchange (CUSPE). This has increased applicant awareness of the importance of including plans for project evaluation in project proposals and improved quarterly monitoring reporting and project evaluations.
11. Officers are currently working with the Cambridgeshire and Peterborough Clinical Commissioning Group (CCG), NHS Integrated Neighbourhoods and Public Health to

find ways to redress the low success rate of grant applications that would potentially offer a return on investment on health outcomes. A member of the South NHS Partner Alliance Primary Care Network (PCN) has been invited to join the steering group and discussions with Public Health are on-going.

3.2 Proposals for 2020-21

As a result of the evaluation set out in the report and following feedback from applicants, service leads, Steering Group, Cambridgeshire Community Foundation and Recommendation Panel members, the ICF Steering Group therefore recommends:

1. **Influencing future commissioning decisions.** The ambition of ICF has always been to identify innovative, alternative or preferred ways of supporting council services which offer better outcomes or return on investment. Service Leads and Assistant Directors/Heads of Service on the Recommendation Panel will continue to have a key role in meeting this ambition and creating a pathway for projects that don't fit a standard commissioning model but should be highlighted as examples of projects that fit the Think Communities ethos, and that could be encouraged to be replicated at the community and place based level.
2. **The introduction of a micro grants stream.** Reflecting on the ICF £2k minimum funding and following feedback from some community groups and Council officers, it is acknowledged that some of the smaller community groups would benefit from a comparatively small amount of funding to kickstart or sustain their locally led place-based work in the community. It is proposed to have £2k per annum made available to each of the five new Think Community Place Coordinators (i.e. £10k in total). They will have the autonomy to identify and award up to £500 per community group to enable local projects that are likely to show a return on that investment, whilst staying within agreed financial and management protocols. Each Coordinator will report on spend and progress via the ICF Steering Group.
3. **The development of new ideas for social action** to act as project models or prescriptive guidance including new Cultivate Seed Fund Models for Children's Services and/or Youth Services.
4. **Targeted communication of specific Council Service challenges** where a ROI could be demonstrated, to encourage groups and organisations to have a greater understanding of our priority services and places.

4. ALIGNMENT WITH CORPORATE PRIORITIES

4.1 A good quality of life for everyone

The focus of the Fund is supporting people to live healthy and independent lives. It focuses upon the most vulnerable groups and enables a locally delivered approach which improves the outcomes for our citizens and communities, as well as to prevent and delay demand for statutory intervention.

4.2 Thriving places for people to live

The Fund affords opportunities for individuals and communities to develop their skills and resilience to undertake initiatives that improve and enable independence, health and well-being.

4.3 The best start for Cambridgeshire's Children

A key focus of the Fund is to enhance delivery against this priority e.g. where the support of the voluntary and community sector could make a real difference to the lives of children and families, providing opportunities for the whole population to succeed and to enable improved outcomes.

4.4 Net zero carbon emissions for Cambridgeshire by 2050

Proposals with a potential impact on carbon emissions will be asked to demonstrate how these will be minimised.

5. SIGNIFICANT IMPLICATIONS

5.1 Resource Implications

The resource implications are contained within the body of the report at 1.3, 2.5, 2.12 and 2.14

5.2 Procurement/Contractual/Council Contract Procedure Rules Implications

Although grants are exempt from procurement regulations, procurement advice has been taken on the grant application process and member involvement in recommending bids for award and final decision of award. Advice was taken on the award of contract to CCF detailed at 3.1 (3)

5.3 Statutory, Legal and Risk Implications

Legal advice has been taken in the setting up of this Fund and in the creation of the grant application and monitoring process. Advice taken on the award of contract to CCF detailed at 3.1 (3)

5.4 Equality and Diversity Implications

The focus of this Fund on supporting the most vulnerable will mean this investment will make a positive contribution to issues of equality.

5.5 Engagement and Communications Implications

The plans for engagement and communication of this Fund are as agreed at 8th November 2018 Committee and as recommended in 3.2 (5)

5.6 Localism and Local Member Involvement

Community empowerment sits at the heart of the Innovate & Cultivate Fund which enhances the opportunity for local community organisations to bid for projects which

harness the energy of their community.

Members play a key role in considering each application on its own merits and against the fund criteria. The Communities and Partnership Committee receive recommendations for funding from the Recommendation Panel.

5.7 Public Health Implications

The Innovate and Cultivate Fund affords opportunities for individuals and communities to develop their skills and resilience to undertake initiatives that improve health and well-being. The approved projects also support interventions to support those most vulnerable to prevent their health and wellbeing needs escalating and service needs increasing.

Implications	Officer Clearance
Have the resource implications been cleared by Finance?	Yes Name of Finance Officers: Tom Kelly and Stephen Howarth
Have the procurement/contractual/ Council Contract Procedure Rules implications been cleared by the LGSS Head of Procurement?	Yes Name of Officer: Gus De Silva
Has the impact on statutory, legal and risk implications been cleared by Monitoring Officer?	Yes Name of Monitoring Officer: Fiona McMillan
Have the equality and diversity implications been cleared by your Service Contact?	Yes Name of Officer: Adrian Chapman
Have any engagement and communication implications been cleared by Communications?	Yes Name of Officer: Matthew Hall
Have any localism and Local Member involvement issues been cleared by your Service Contact?	Yes Name of Officer: Adrian Chapman
Have any Public Health implications been cleared by Public Health	Yes Name of Officer: Val Thomas

Source Documents	Location
Cambridgeshire Community Foundation Innovate and Cultivate Fund application forms and guidance.	Application Form: https://ukcf.secure.force.com/forms/ICF Guidance: https://www.cambscf.org.uk/icf.html

Appendix 1

Chart: Funded projects by service area and geographic area for this evaluation period and previous periods for comparison

	Geographical area of delivery					Focus on service area		
Successful applications submitted 2 May 2018 - 1 August 2019	Cam City	South Cambs	East Cambs	Hunts	Fenland	Adult Social Care	Children & Families	Community Engagement (secondary service area)
Arthur Rank Hospice Charity								
Cambridge Acorn Project CIC								
Cambridge City Council - Safer Communities Team								
Cambridge Early Years Teaching School Alliance								
Centre 33								
Community Care Matters Gamlingay CIC								
Disability Cambridgeshire								
Disability Huntingdonshire								
Hemingford Hub								
Histon & Impington Community								
Huntingdon Town Council								
Lifecraft								
Ormiston Families								
Papworth Trust								
People Potential Possibilities T/A P3								
Pinpoint CIO								
Red2Green								
Romsey Mill								
Royal Mencap Society								
Sawston Parish Council								
Sutton Parish Council								
Switch Now CIC								
Cambridgeshire Police Shrievity Trust								
The Edmund Trust								
The Prospects Trust								
Thera East Anglia of Thera Trust								
TOTALS	13	13	11	13	10	18	8	4

Successful applications submitted December 2016 to 1 st May 2018	Cam City	South Cambs	East Cambs	Hunts	Fenland	Adult Social Care	Children & Families	Community Engagement (secondary service area)
Age UK Cambridgeshire & Peterborough								
British Gymnastics Foundation								
Cambridge Women's Resource Centre								
Cambridgeshire Deaf Association								
Care Network Cambridgeshire								
Carers Trust Cambridgeshire								
CHS Group								
East Leightonstone PCC								
Ely St. John's Primary School								
Godmanchester Town Council								
Hearing Help								
Holy Trinity Church Hildersham PCC								
Houghton & Wyton Time Bank								
Little Miracles CIO								
Meadows Children and Family Wing								
Ramsey Neighbourhoods Trust								
Romsey Mill Trust								
Somersham Parish Council								
South Cambridgeshire District Council								
Stretham Youth Club								
Switch Now CIC								
Cambridgeshire Police Shrievally Trust								
The Cinnamon Network CIO								
The Resilience Group (Blue Smile, CFMS & Relate Cambridge)								
TOTALS	11	12	11	16	8	16	9	5

Summaries from final reports received 2018-2019

Eleven projects completed their funded activity in 2018-19. Their final reports are received and approved by Service Leads and then the Steering Group. These summaries have been prepared by officers supporting the projects.

Little Miracles

£35,000 was awarded to deliver services for families with disabled children across Cambridgeshire.

The data and information provided in the quarterly monitoring reports was not made available in a timely and consistent way, so it is difficult to ascertain if project targets and outcomes were met and therefore the impact these activities have had on reduced, delayed or avoided use of social care services. Nevertheless, valued and effective support has been provided to children and young people with special educational needs and disabilities and their families.

The service lead could therefore not give a figure for any savings to the Council that came from the project. The service lead evaluation and the project returns have been considered further in the context of experience gained from working with other agencies receiving Innovate and Cultivate funding.

Generally the figures for attendance were in line with those planned but do not demonstrate the impact of the work. The Outcome Star scores show high, positive scores for families at the start of the work with them, which reduces the likelihood that the intervention prevented them from needing council services. The case studies show the benefit to individual families but do not make a consistent case that the project has been cost effective. It is confirmed that it is not possible to show that the project made savings for Council services.

Other projects of similar size have been able to meet monitoring requirements and provide evidence of impact.

Positive learning from this project is that a relatively small amount of funding can enable an independent organisation to establish and grow a strong local network. Start up or tapering funding will be considered in future commissioning of family support and possibly social and other activities for children and young people.

The Cambridgeshire Police Shrievally Trust

£10,000 was awarded to run a Bobby Scheme to support families and children who have been victims of crime, especially anti-social behaviour and domestic abuse victims, to help them recover from the trauma and feel safer in their own homes. On receiving referrals, security advisors visit to assess security and fit appropriate security devices. They also provide advice and reassurance and carry out a home fire safety check.

The project met or exceeded its stated aims and targets and supported 99 families. Feedback from both beneficiaries and referring services has all been overwhelmingly positive and the service is clearly hugely valued by both.

The aim of the project was to help reduce the needs of the family escalating and developing into more worrying concerns that require the support of additional, and potentially more long

term, support from council services, such as the Multi Agency Safeguarding Hub and other social care services.

By intervening early to secure the home and provide reassurance and advice, it allows the family to remain in their own home rather than moving into alternative accommodation provided by the local authority or into refuge. This keeps existing support networks in place such as family and friends and can reduce the need for additional professional services to support them. Children can retain their friends and school without breaks in education and parents can stay in employment and not rely on benefits until they secure new employment.

In addition, early intervention by the Bobby Scheme to reduce the risk to families in their own home, can reduce the input required by other services, such as Social workers and other support workers. This means that by reducing the number of visits from these services, costs are saved and allows them to spend more time with other clients. It was estimated that the majority of these families would also be receiving an intervention from a family worker and/or an IDVA (Independent Domestic Violence Adviser).

Taking into account the original investment of £10,000, the estimated cost avoidance savings from this project is £20,731.

Within the IDVA (Independent Domestic Violence Adviser) Service, the Bobby scheme has been highly valued and is a service priority to commission if future funding is available.

Stretham Youth Club

£3,900 was awarded to run a community led drop-in and activities project for over 60s, especially people at risk of loneliness and isolation, and those with disabilities, long-term conditions and mental health needs and carers. The project provided peer support, social and leisure activities, information, advice and signposting and support for health and wellbeing. The project met or exceeded its stated aims and targets and had a growing membership of 40+ beneficiaries who overwhelmingly offered positive feedback about the group. The project also had positive impacts on family and carers by providing respite to family members in their caring responsibilities.

Following on from the Innovate & Cultivate funding, the Young at Heart project has been able to become self-sustaining.

Interventions provided by this project can help to prevent, reduce or delay the need for costly care and support services such as respite care resulting from carer-breakdown or the need for domiciliary (home) care further down the line and in doing so demonstrate potential cost-avoidance savings to the Council. The service lead is therefore confident that this project will show a cost-avoidance return on investment in excess of its £3,900 Innovate & Cultivate Fund grant.

The learning gained from projects such as Young at Heart has helped to inform the County Council's approach to building community capacity at a local, place-based level (which underpins the vision for Think Communities and the Adults Positive Challenge Programme).

Godmanchester Town Council

£5,426 was awarded to set up a Timebank in Godmanchester. Unfortunately although progress was made against key outcomes and emerging signs of wider community

development activity taking place, by the end of the funding period outcomes were not completed fulfilled. The vision for the Timebank differed between the funders and the Town Council. Godmanchester Town Council took the decision to close the Timebank at the end of the funding period. However, the Timebank Co-ordinator was keen to continue the Timebank on a voluntary basis and she is now running the Timebank independently as a volunteer and the Timebank is a member of the Cambridgeshire Timebanking Partnership Group.

Due to the circumstances of the closure of the Timebank it has not been possible to provide an estimate of a potential return on investment for this project. However, as the Timebank will be continuing in a volunteer-led capacity, the longer-term preventative impacts of the Innovate & Cultivate funding will still apply and this could over time provide cost-avoidance return on investment savings to the County Council.

The issues with the Godmanchester Timebank have influenced the County Council's thinking about how we support the growth of the Timebanking movement. Having considered these we have made changes to how Timebanks are funded and supported through the Innovate & Cultivate Fund that are also reflected in the Timebanking Cultivate Seed Fund Model.

Timebanks coming through the Innovate & Cultivate Fund now have a training package built into their funding package. All Timebanks funded by ICF are also required to become signed up members of the Cambridgeshire Timebanking Partnership which provides ongoing support and guidance from colleagues and helps co-ordinators feel less isolated in their roles.

British Gymnastics

£9,999 was awarded to run the Love to Move project, an evidence based seated exercise programme for people living with dementia, Parkinson's disease and their carers. The project delivered the required sessions as outlined in the contract and a total of 87 participants engaged with the project. This far exceeds the 50 people target outlined in the grant agreement. The case studies and information provided through the monitoring of the project demonstrate the positive physical, cognitive and social impacts the class has had on people with dementia and Parkinson's and their carers and families.

The three sessions in Huntingdon are still active. British Gymnastics are working hard to make them sustainable now the grant has come to an end as the participants have clearly benefitted a great deal.

The Parkinson's group have agreed to fund a deliverer themselves as the benefits to them have made such a positive impact on their lives. They also have an extended session every fortnight for those who are more ambulant. Some participants have also been attending a second Love to Move session per week as they feel the benefits and want more.

The savings estimation works on the assumption that the project is able to delay people from needing a medium level care package or stop carer's breakdown and therefore have an impact on respite care costs. Taking into account the original investment of £9,999, the estimated cost avoidance savings from this project is £4,115 and savings will continue to be realised into the future.

This was one of the first ICF funded projects, and although it has clearly demonstrated its impact on older people who are at risk of entering adult social care this is a service that would sit outside of the remit of ASC commissioned services and historically be funded by Public

Health who oversee a number of chair based exercise classes.

However, It is worth noting that the final project report has been shared with the Carers Commissioner due to the impact of this project.

Ely St John's Primary School

£5,000 was awarded to train all school staff in the therapeutic behaviour model and to bring children, staff and parents together to design improvements to the school environment, including the creation of a sensory room. This project fully achieved its targets and outcomes. In summary the project helped vulnerable children and their families, community groups and other schools, by developing the school, its staff and stakeholders as a focal point for maintaining and improving wellbeing and mental health in our community.

The vision embedded a whole community approach, which intervened early to improve children's life chances, and have lasting impact on long term mental health outcomes and their effects has been realised during the time of this project and is now being sustained and further developed.

The direct impact of this project was on the one in ten children with a clinically diagnosed mental health disorder, and the one in seven with a less severe mental health problem. The most severe of these children access specialist teachers from SEND services regularly. Many others also access parent support and family workers. It dramatically reduced demand for high-cost, difficult to access, Child and Adolescent Mental Health services, and Educational Psychologists. This project also dramatically reduced demand on the SEND service.

The school had zero permanent exclusions in the past year and fixed term exclusions continued to reduce from previously high levels. The school now has fixed term exclusion below Cambridgeshire and national levels.

The estimate of project savings is based on reducing demand on the SEND service and SEND specialist teachers, savings from the reduction in school exclusions, and reduced on-going training costs, and amount to a savings of approximately £10,360 per year.

The model embedded by the school offers a sustainable approach to managing children with vulnerabilities and behavioural difficulties and therefore the savings will continue into future years.

Lessons learnt from this project will influence future commissioning, including recognising that the project had high impact on improving attendance particularly by vulnerable pupils and those with SEND and SEMH, it greatly increased the expertise of staff and dramatically improved the school's physical facilities. The model of training developed in the school to train an in house tutor rather than use external trainers is also very cost effective.

Care Network - Connected Communities

£49,475 was awarded to enable local communities and individuals to set up micro enterprises, circles of support and groups to meet the identified needs of their communities.

The delivery of the Connected Communities Project has provided the council with some very constructive learning in regards to developing local based services that provide the right care

and support that helps a person to live in their community.

The funding for this project was £ £49,475, the actual avoided cost saving to the council for respite care and home care cost was £ 8,484. There are several key reasons for this low return on investment:

1. The challenge of developing community capacity in just 12 months, a much longer time scale is needed to develop this market.
2. The skills of this organisation (Care network) is around developing community groups and although they invested in learning the skills needed in supporting social enterprises they were not fully skilled or experienced in this area of work.
3. As this project was delivered in the same localities as the Neighbourhood care Pilot (Soham and St Ives) people were already being supported to prevent them needing commissioned services.

Key learning that is being used by the council in how they commission services that has been evidenced by this project is:

- Highlighting how cost of DBS was a barrier
- Potential need for separate entities for service-user support and PA support (conflict of interest)
- Benefit of PA recruitment following client requirements due to Cambs job market
- The need for separate 'private' and 'public' PA registers
- The need to give a "reasonable " time scale and engage an experienced provider to develop micro enterprises, particularly as Cambridgeshire is a county that is challenging given the cost of living is high, and employment opportunities are wide.

Throughout the life of this project Care Network demonstrated that they worked to overcome the challenges they encountered and provided evidence of the outcomes of it achieved.

Cambridgeshire Hearing Help

Cambridgeshire Hearing Help (CHH) was awarded £4,680 for a one year project in order for them to redesign their technology infrastructure to meet the ever-increasing demand on their community services in the long-term (especially NHS hearing aid maintenance services) ensuring that they could prevent older people's social care needs from escalating. This meant upgrading their server so their staff would be able to work remotely, and streamlining and automating their data entry via a new customer relationship management database, which could be accessed remotely via laptops. By the end of the grant funding period the project had achieved all key outcomes and outputs. There are two groups of people for the CHH project who are beneficiaries of the positive impact of the funding - staff and volunteers from CHH and people who use CHH services. Both groups have benefited enormously from the new CRM system and mobile working set up by CHH. For example, the grant funding has enabled CHH to transfer over to Charity Log and as a result they have made huge efficiencies. Before, CHH said that they were constantly behind on data entry and now, even with numbers of service users continually increasing, they are managing to keep on top of all data entry. This is because data entry is being completed 'out in the field' by all staff and some volunteers as a result of the fact that they can access the database via the internet.

This was a one-off project and the benefits of the capital expenditure on CHH's delivery of its services will be experienced for many years to come. To estimate potential savings, if even

one additional older person with hearing loss per year was prevented or delayed from needing six months of a low level care package through the support of CHH, then the potential cost-avoidance return on investment over a three year period could be £8,921.64.

CHH is a trusted local partner organisation commissioned already by both the County Council and the Cambridgeshire and Peterborough Clinical Commissioning Group. The Innovate & Cultivate Fund grant has enabled CHH to make administrative efficiencies and increased their capacity to meet rising demand on its services, thus adding value to the existing contract.

Age UK Cambridgeshire & Peterborough

£32,740 was awarded to set up 6 new self-sustaining Friendship Clubs for older people in areas of Cambridgeshire where the provision of such services is limited. The project builds on the Friendship Clubs model which had been delivered successfully in Peterborough for 15 years. The project was not able to meet its target to launch six Friendship Clubs during the course of the year and this then had a knock-on effect on membership numbers and attendances. However, the four Friendship Clubs that were launched are well-established, self –funding and sustainable and well-appreciated by their members and linked in to their local communities. Projects such as Friendship Clubs help to build community connections and resilience; people are able to help themselves and each other, leading to a better quality of life and outcomes for club members but also for local volunteers.

Interventions provided by this project can help to prevent, reduce or delay the need for costly care and support services such as respite care resulting from carer-breakdown or the need for domiciliary (home) care further down the line and in doing so demonstrate potential cost-avoidance savings to the Council. The service lead is therefore confident that this project will show a cost-avoidance return on investment in excess of its £32,740 Innovate & Cultivate Fund grant over the three year allowable return on investment period.

The learning gained from projects such as the Age UK Friendship Clubs has helped to inform the County Council's approach to building community capacity at a local, place-based level (which underpins the vision for Think Communities and the Adults Positive Challenge Programme).

Somersham Parish Council

£25,000 was awarded to Somersham Parish Council for a two year project called 'Changing Lives' (£10,000 in year one, £15,000 in year two). The Changing Lives project was set up originally by Somersham Parish Council to support people with neurological conditions and their family carers in the Somersham area. The primary way that the project proposed doing this was by offering a programme of community activities, in particular weekly exercise sessions, that would help to improve the health and wellbeing of the participants as well as linking them and their carers into other support and networks offered by the Somersham and Pidley Timebank.

During the two years of the project running it has:

- Exceeded its target number of beneficiaries participating in the project's activities.
- Exceeded its target number of hours of project activities.
- Met its target number of programme activities being held each week.
- Trialled alternative activity programme sessions.
- Held 'taster days' sessions to encourage new participants to join the project programme.

- Provided detailed case studies and participant feedback to show the impact that these activities have had on individuals who have participated in the programme in terms of their health and wellbeing, social inclusion and links to other activities and services, as well as the benefits to family carers of knowing that their family member is able to access local support.

However, the project was not able to meet its target for carers to take part in the project's activities.

The Changing Lives project is continuing and has been awarded a grant from the National Lottery Community Fund for a further year. In addition participants pay a £4.00 weekly fee for each activity session they attend.

During the two year funding period the Changing Lives project provided case studies to illustrate the potential cost-avoidance return on investment. The potential cost-avoidance savings demonstrated by these case studies were:

Year one = £32,000

Year two = £8,824.82

Total for year one + year two = £40,824.82

Taking into account the original investment of **£25,000**, the estimated cost avoidance savings from this project is **£15,824.82** and savings will continue to be realised into the future.

Projects such as Changing Lives highlight the value of taking a place-based approach to building community capacity, which underpins the vision for Think Communities and the Council's Adult Positive Challenge Programme.

For example, although there were other physical activity opportunities available for Huntingdonshire residents, for example the Stay Stronger for Longer strength and balance classes organised through One Leisure, they were not available in Somersham or its surrounding villages. So having a local offer where residents could attend activities with people they knew and, if needed, get transport to those activities (organised through the Somersham and Pidley Timebank), meant that residents were able to give the activities a try and continue with them on a regular basis.

East Leightonstone Parochial Church Council

£10,000 was awarded to the Thrive Project to employ an outreach youth worker to support the expansion of their after school youth cafes into the areas in Huntingdon, including the Oxmoor. These cafes fit into a wider range of work that they do with young people. The project has achieved its aims and outcomes, supporting 79 youth people through regular engagement with the team of 30 adult volunteers and a further 45 young people in an irregular capacity. The Project works closely with Early Help services at Huntingdon Youth Centre and they are engaged in wider developments taking place in the Oxmoor.

Thrive have been able to demonstrate the impact of their project sufficiently to obtain funding from a school in Wisbech to run it there. The Huntingdonshire project is continuing with other funding sources. There is in addition a benefit from significant community institutions, local churches, engaging with vulnerable members of the community, increasing resilience and cohesion. This model of a community organisation working with schools using non state

funding represents a sustainable approach going forward and one that fits with the Think Community approach.

There is evidence that the service diverted young people from YPW and CHUMS referrals at a higher level than that required to make savings. There will also have been a saving from young people who were maintained at school rather than referred into expensive alternative education provision.

On this basis it is reasonable to say that referrals have been avoided, leading to a saving of £10,550.00 over the course of the 12 month project. This does not reflect ongoing savings from this project.

The project evaluation will be sent to CCC Early Help Services and Commissioning to inform future decision making. However, the model of a community organisation working with schools using non state funding may be a more sustainable approach going forward and one that fits with the Think Community initiative. More information on this approach can be found at <https://www.cambridgeshire.gov.uk/asset-library/imported-assets/Think%20Communities%20Approach.pdf>

Appendix 3

Live projects during 2018-2019, with estimated return on investment

	Funded organisation	Funding round	Amount awarded (up to)	Savings target including grant investment	Project start date	Project end date
1	Holy Trinity Church Hildersham PCC	Oct 17	£10,000	£17,267	02/04/2018	21/05/2020
2	Houghton & Wyton Time Bank	Oct 17	£10,000	£12,027	01/12/2017	21/05/2020
3	Cambridgeshire Deaf Association	Oct 17	£50,000	£69,794	01/04/2018	21/05/2020
4	The Resilience Group (Blue Smile, CFMS & Relate Cambridge)	Oct 17	£31,055	£39,762	01/04/2018	21/05/2020
5	South Cambridgeshire District Council	Dec 17	£10,000	£33,073	01/04/2018	21/05/2020
6	Meadows Children and Family Wing	Mar 18	£49,478	£189,304	04/09/2018	21/02/2020
7	Romsey Mill Trust (Innovate)	Mar 18	£49,063	£104,626	01/08/2018	21/11/2020
8	The Cinnamon Network CIO	Mar 18	£17,800	£23,752	01/04/2018	21/11/2020
9	Cambridge Women's Resource Centre	May 18	£10,000	£12,976	16/07/2018	21/05/2020
10	Ramsey Neighbourhoods Trust	May 18	£7,500	£8,533	03/09/2018	21/11/2019
11	Disability Huntingdonshire (DISH)	Aug 18	£7,767	£11,692	12/08/2018	21/11/2019
12	Romsey Mill Trust (Cultivate)	Aug 18	£9,903	£24,999	02/01/2019	21/01/2020
13	Royal Mencap Society	Nov 18	£50,000	£84,315	01/06/2019	21/06/2020
14	Lifecraft	Nov 18	£49,080	£83,023	01/07/2019	21/01/2021
15	The Cambridgeshire Police Shrievalty Trust	Nov 18	£10,000	£15,988	01/07/2019	21/01/2020
16	Thera East Anglia of Thera Trust	Nov 18	£41,946	£59,913	01/04/2019	21/05/2020
17	Pinpoint CIO	Nov 18	£47,100	£100,650	01/01/2019	21/05/2020
18	Huntingdon Town Council	Nov 18	£50,000	£55,525	01/04/2019	21/05/2021
19	Histon & Impington Community	Nov 18	£2,800	£4,756	05/03/2018	21/11/2020
20	Cambridge City Council - Safer Communities Team	Nov 18	£7,450	£13,727	01/01/2018	21/05/2020
21	The Prospects Trust	Nov 18	£50,000	£58,300	01/06/2019	21/06/2021
22	Sawston Parish Council	May 19	£12,000	£18,109	01/09/2019	21/09/2021

23	Arthur Rank Hospice Charity	May 19	£18,677	£20,598	01/12/2019	21/12/2020
24	Community Care Matters Gamlingay CIC	May 19	£10,720	£13,020	03/09/2019	21/09/2020
25	The Edmund Trust	May 19	£17,498	£21,239	01/09/2019	21/09/2021
26	Cambridge Acorn Project CIC	May 19	£18,450	£28,450	01/01/2020	21/01/2022
27	Hemingford Hub	May 19	£2,380	£2,940	01/09/2019	21/09/2020
28	Cambridge Early Years Teaching School Alliance (Huntingdon Nursery School)	May 19	£8,735	£34,221	30/09/2019	21/07/2020
29	Disability Cambridgeshire	May 19	£18,000	£25,916	01/09/2019	21/09/2021
30	Sutton Parish Council	Aug 19	£11,039	£14,904	01/12/2019	21/12/2021
31	Ormiston Families	Aug 19	£50,000	£55,455	01/01/2020	21/01/2021
32	Papworth Trust	Aug 19	£15,000	£16,766	01/01/2020	21/01/2021
	Recent grant awards – projects not yet started so estimated target savings not finalised.					
33	Red2Green	Aug 19	£27,000	TBC	TBC	TBC
34	Switch Now	Aug 19	£49,500	TBC	TBC	TBC
35	Centre 33	Aug 19	£49,182	TBC	TBC	TBC
36	Ormiston Families	Aug 19	£50,000	TBC	TBC	TBC
37	People Potential Possibilities (P3)	Aug 19	£41,200	TBC	TBC	TBC

Case studies and client feedback for completed and live projects, demonstrating the impact their project has on the people they support.

Stretham Youth Club – Young at Heart Project

During the funding period 100% of attendees to Young at Heart gave positive feedback about the project and its activities. In particular members valued the friendships that they made through the project and the support that they were able to give each other. For example, in quarter two when group members were asked to describe what they felt they were getting out of the Young at Heart group feedback included:

- Friendship
- Company
- Laughter
- Fun
- Socialising
- Cake
- Conversations
- Meeting people
- Warmth, love and laughter
- Lovely friends

In quarter three, when group members were given a short questionnaire to complete, some of the feedback included:

1. Do you feel the group gives you a wider social circle?

- Yes, I have so many more people to talk to, say, hello to in the street, ring up if I need a chat or cup of coffee. The village would be a poorer place without the group.
- I meet people and have company.
- Definitely, I have got to know many more people.
- Yes meeting more people in similar circumstances.
- Yes, going on trips and going for meals.

2. What do you feel the benefits of the group are?

- Meeting different people and just being able to have a drink and relax. There is no pressure to join in if you do not wish to.
- Meeting new people and socialising.
- Gets people out of their homes and socialising with people.
- Opens up new opportunities for learning, going out friendship etc.
- Have fun, have somewhere to come.
- Make lots of friends.

3. How has coming to the group helped you personally?

- The group has helped with isolation and making new friends. Particularly valuable when I

moved into the village.

- Helps you feel you are part of a friendly group.
- Increased confidence to talk and be with new people and make new friends. Also gain new information about different things and opportunities.
- Yes, my confidence to enter a room on my first visit and making new friends.

4. How could the group be improved?

- I think the group is fine as it is. Perhaps a few more trips to interesting places.
- How to you improve on perfection. No seriously we enjoy our Wednesday get together.
- Enjoy it as it is.
- It would be good if we could encourage more men to come.
- Get people to join in more, just enjoy having somewhere to come and have company.
- I love it as it is but enjoy any of the innovations.
- Knitting group, cards, dominos, Stimulation, card making, craft making small items - small cushions, toys (can be sewn by hand) to help make money for the group.

As well as highlighting the wide range of activities on offer through Young at Heart, the quarterly monitoring reports received from the project also showed the positive impact that the Young at Heart project had not only on its members but also on their family and carers. Reports highlighted the importance of the drop-in sessions in providing respite to family members in their caring responsibilities; family members were given piece of mind that their loved ones were able to take part in trusted and safe activities that were supporting their health and wellbeing. For example, in quarter four of the funding period the project asked family and carers for their feedback. This included:

- Grandchild – comes to the group during school holidays as Nan cares for her occasionally. Grandchild feedback that she enjoys coming to the group. If not able to bring the grandchild then Nan would not be able to attend.
- Husband – very good for wife as she meets new people.
- Daughter – Pleased her mother comes to group and makes cakes for the group, otherwise she may not leave house.
- Daughter – Lovely that mum feels connected with new people who now have become friends.

British Gymnastics – Love to Move

Case Study: F who has Alzheimer's was initially reluctant to engage with the Love to Move classes and would seek support from the instructor if he was struggling to keep up. He became visibly frustrated when he was unable to follow the actions and there was concern that he would walk off or refuse to come again. However, with patience and reassurance he has settled into the routine of the sessions and has not missed any. F usually arrives with a smile on his face and although he struggles to communicate verbally, he has gained confidence to participate fully and engage with the group. After 10 weeks, F is now able to pair up with other participants, which is not easy for him, but he remains calm and tries to engage and remain focussed.

Feedback from F's wife: *It is heart-warming to hear the positive comments about F's progress and also his general demeanour at Love to Move. The sessions seem to bring out the best in him. We both benefit from the time spent away from each other which is otherwise 24/7. There is, sadly, no cure for Alzheimer's but sessions like this do make things more bearable.*

I would love to be a fly on the wall observing all this positive behaviour at Love to Move! As you can imagine, I do not experience much of this positivity alone at home with him. Alex is very tired after the session. He likes to make out that he doesn't enjoy it but you can see otherwise. I like the fact that he is a person in his own right at Love to Move rather than an extension of me.

Instructor's feedback: *It has really been heartening to see F at Love to Move in a more relaxed state. His demeanour now resembles very little of the old F but although his condition means he struggles with daily movements he has made progress at Love to Move. He seems to enjoy meeting and recognizing faces and now sits with people even though his conversation is limited. In the beginning he didn't leave my side but now he freely moves about dancing and smiling. Many members struggle in all different avenues but their patience and positivity really shines through and makes a real difference.*

Ely St John's Primary School - Nurture Model

Evidence from Ofsted, December 2018:

"Ely St John's Community Primary School is a calm, caring and creative environment in which positive relationships promote pupils' progress well."

"In 2016/17 The proportion of pupils who were temporarily excluded from school was above the national average. Leaders have made changes to the school's behaviour policy. These focus on encouraging positive conduct and are ensuring that those who have difficulty in managing their behaviour are supported to improve it. Leaders have created areas within school, such as the sensory room, that are welcoming and therapeutic spaces for such pupils. As a result, there are few serious incidents of misbehaviour"

Ofsted comment on student behaviour: "Leaders have made changes to the school's behaviour policy. These focus on encouraging positive conduct and are ensuring that those who have difficulty in managing their behaviour are supported to improve it. Leaders have created areas within school, such as the sensory room, that are welcoming and therapeutic spaces for such pupils. As a result, there are few serious incidents of misbehaviour, and the school has had little need to use the sanction of exclusion. Attendance is high and very few pupils are persistently absent from school."

Evidence from Ofsted December 2019: "Many parents commented positively about the support that staff provide, including for pupils with special educational needs and/or disabilities (SEND). As one parent put it, 'The school is warm, friendly and inclusive, and this is bringing out the best in my children.' Pupils who spoke with us made it clear that teachers help them to learn new things, and to broaden and deepen their understanding. As one pupil put it, 'The best thing about this school is the teachers, and the learning.' As a result, most pupils make good progress and achieve well at the end of Reception and key stage 1, in the phonics screening check and in the national tests at the end of Year 6."

Age UK Cambridgeshire and Peterborough – Friendship Clubs

Client Feedback:

S attends a Friendship Club with her husband T who has dementia.

S said: "It gets him out of the house, otherwise we would just be stuck indoors. Just look at him, he's enjoying it so much, chatting to people and playing indoor bowls with his friends. I think that his physical health has also improved. We walk here together, which is good for both of us. I am his carer, so coming here gives me a little break. I am happy when he is happy. I only wish the club would run more days a week."

R is the wife of RH, who has dementia. R drives RH to the Friendship Club and uses the time when he is there to do things for herself.

What does RH get out of coming to the Friendship Club?

"RH says that he enjoys the company, and having different people to talk to. When he talks, he has to lift up his neck, which is good for his neck muscles, so in a way, this is good for his physical health, too. I think it also makes RH brighter, there is one chap he gets on with very well, it makes him more lively. He really enjoys the activities, he looks forward to going each week. RH has gone on his mobility scooter once, he says that he plans to use it more, once the weather gets better."

How does R benefit from the fact that RH attends the Friendship Club?

"It's my day off, it's lovely. He has a meal, so that's a day when I don't have to cook, and I can just make something simple. It feels like I'm not responsible for RH for a whole morning. And it gives me time to do what I want: sometimes I go shopping and I can take all the time I need. Last week I visited a friend who is poorly, and I wouldn't be able to do that with RH."

Is there anything else you would like to say?

"The helpers are lovely, the way people greet him, they are very patient with RH. The things they do are different every week, it's varied, which means it's more stimulating for RH."

T attends Friendship Club with her mother P who has Parkinson's.

P spent several weeks in hospital last year, followed by five weeks in respite. She also had a care package for two weeks when she returned home. T was very keen for her mum to have more social interaction, as P was feeling very low due to her health and the recent death of her husband.

What does P get out of coming to the Friendship Club?

"She's a different person since going to the club, every week the benefits seem to grow, she is beginning to develop friendships and she looks forward to going. Now she says she does want to live. It's so positive, she enjoys the activities and she shows me what she's made. One week they made a flower bouquet and we went to Dad's grave together, to put the flowers on his grave. She also has a nice hot meal, so she doesn't have to cook that night."

"It's such a big thing for mum, to go out on her own, I know she gets picked up, but for her to go anywhere without my dad is such a first, especially being part of a club. They always did everything together, so it's been a huge step for mum. They are going on a trip soon and she talks about it all the time and even asked me if I would like to come."

How does T benefit from mum going to the Friendship Club?

"It has been a real lifeline for me, I know that she is going to the club and meeting other people, people her own age with whom she can talk about things. For instance, she was thinking about getting a mobility scooter and she asked other members what they thought about it, so she gets opinions from people who understand. And people look out for her, it's not just me who has to look out for her. It's made a massive difference to our relationship, we can be mother and daughter again. I can't thank you enough for all that you do!"

Somersham Parish Council – Changing Lives

Case study: M is 71 years old and lives with her partner who is also her carer:

M was referred to the programme by one of the Changing Lives instructors. The instructor knew M in a professional manner and saw that the class would be beneficial for her to attend. M was suffering from numerous health problems.

M admits that she does not enjoy doing the balance exercises, but she perseveres. After attending the seated exercise class for a year, she now can walk without a stick which she was reliant on before. She still requires a mobility scooter for longer days out, but she is overjoyed that she is now strong enough thanks to these classes to not rely on a walking stick.

This balance improvement has also helped M in everyday tasks at home. While she still requires help from her partner to get in and out of the bath when she showers, she is now able to stand and wash herself without help. She was not able to stand and cook and had to rely on her partner to do it all. She can now do a small bit of cooking and feels like she has gained back some independence from these improvements.

M suffers from emphysema and struggles with her breathing. Since attending these classes, M has found that she can breathe better. This improvement has come from having more ability and range in movement, having more stamina and the classes have helped her lose weight which has had a positive impact on her health. M also suffers with pain in her feet from her arthritis. She has learnt flexible movements for her feet and has found this has relieved some of the aching she was experiencing before.

Some of the health problems M suffers cannot be improved by attending the classes. However, the positive mind-set that these classes put M in, makes her forget about her problems and thankful for what she has. She thoroughly enjoys them and looks forward to them every week. She really misses the class when she is not able to attend.

Also M came along to the recent singing café which was held as part of the Changing Lives programme. M says that normally she would have never come to an event like this. However due to the regular exercise class she has made some new friends and came along with them. She really enjoyed the singing and it helped her remember memories from her younger days and give her a good boost that day. This has given her confidence to attend more events that will be run in the future.

East Leightonstone PCC - Thrive Huntingdon

Feedback from a participating school:

We have referred several students to the Thrive programme. All of these students have been referred due to challenges they experience with mainstream education and associated challenging behaviours in the community (for example, anti-social behaviour and criminality). If we hadn't referred these students to Thrive, they would have been referred to YPW's. Due to their weekly involvement with Thrive, their need for a YPW has decreased and they have not been referred to this service.

Thrive has been successful in engaging challenging students where YPW's have previously been unsuccessful. This may be due to the nature of the activities offered by Thrive, but also because the support offered can be more long term which enables Thrive time to build up much greater trust and therefore better relationships with young people who do not accept support easily.

We have also referred students to Thrive for mental health mentoring who would otherwise have been referred to CAMH for support. Over the course of the mentoring, students have developed the skills to independently cope with their challenges and as a result have not required CAMH support.

Ramsey Neighbourhoods Trust – Ramsey Timebank**Feedback from the son of elderly timebank member:**

"I think the Timebank has been a good thing for my father, because as an elderly man he could feel that he is no longer useful or needed in the community. His visits with another very elderly timebank member in need of company was not only helping them, but also giving Dad enjoyment from the relationship, finding so many things in common. Also, Dad complains of not having enough company - so again this is helping him. When Dad used his gardening skills to help another person, again this was a 'lift' for his 'self-esteem', and something he enjoys doing anyway. That person went on to make delicious cakes for him, putting her cooking skills to use as a 'Timebank' participant. When my father needed a lift, and companionship to go to a medical appointment, once again he received invaluable help."

This story clearly illustrates the main benefits of timebanking. This timebank member feels useful, he knows where he can go for company, he is helping a house-bound member from feeling lonely and in return he has been able to get a lift to an appointment when he needed it and he has benefitted from home baking. His family also have the peace of mind of knowing that there are people providing support for their father. By keeping him active, reducing his chances of feeling lonely and maintaining his feelings of usefulness, Ramsey Timebank has reduced his need for social service intervention or, at the very least, lengthened the time he can feel independent.

Cambridgeshire Police Shrievally Trust – Vulnerable Families Continued

Client feedback: Feedback forms request the client to score out of five the impact of the Bobby Scheme against the four OPCC outcomes. The text in italics below is from the qualitative section of the feedback form.

- **Improved health and wellbeing:** Almost all respondents scored 4 or 5 out of a highest score of 5.

- *'Will take some of my worries, fear and stress away'*
- *'Feel more secure, better sleep, safety with 3 children growing up'*
- *'Given peace of mind to the client who has been very anxious'*
- **Better able to cope with aspects of everyday life:** Almost all respondents scored 4 or 5 out of a highest score of 5.
 - *'Me and my children can get on with our lives'*
 - *'Being able to answer my door more confidently'*
- **Increased feelings of safety:** Almost all respondents scored 4 or 5 out of a highest score of 5.
 - *'Thanks so much for a great job and making my family feel safer in their home'*
 - *'I feel a lot more safe and secure for when my ex-husband comes back from abroad. He can't break in'*
- **Improved sense of empowerment (better informed):** Almost all respondents scored 4 or 5 out of a highest score of 5.
 - *'Very supportive, lots of advice, feel much safer now I have alarms and locks changed'*
 - *'Advice given - beneficial all very well explained'*

Meadows Children and Family Wing – Freedom Forever Together

Client Feedback:

A statement made at the end of the Freedom Programme by a woman about her and her son's journey whilst doing the course:-

"My family have all noticed how much better I am and how my personality has changed for the better since coming on this course. I think I am a better mum; before I used to get angry and be distant from my baby but now I am able to love, enjoy and be there as a mum for her. When I first came to the course I was so anxious and had to have my mum come with me to look after my baby as I did not trust anyone. On the second week, after continued encouragement, reassurance and advice about how my behaviour is picked up by my baby from the staff, I left her in the crèche but I really was not happy about it, but over the weeks I have grown in confidence and use the crèche very happily. Whilst I have grown and changed during the course my baby has also changed – she now sleeps at night, she does not cry in her sleep, she does not shake anymore and is less anxious. We have both changed for the positive".

On the end of programme evaluation, women were asked, 'What do you honestly think would / could of happened to you and your children if you had not accessed this course and the specialist support provided around this course from staff?

Their answers included:

- I would be sinking. I still have a lot to deal with (divorce / child contact / finances) but I feel more hopeful about the future for myself and my children
- If totally honest I don't know as I was in self-destruct mode
- Quite possibly fell for some of the tricks I didn't know about – that I have learnt on the course
- I would still be in the situation, accepting negative behaviours, putting myself and the children in danger
- I could have ended up not knowing the warning signs and ended up with another abuser
- I wouldn't have changed how I feel in myself and I wouldn't have been able to move on
- I wouldn't have been able to stretch my ability to parent whilst holding on to this emotional

trauma

- Sadly it was too late for me and my child but I can now try and heal from this
- It has made me understand the effects of domestic abuse and that this affects the children. It is a long term effect on us all.
- I would probably be dead
- I would not have changed my mindset or ever understood what the social workers were telling me
- I would have committed suicide