

## Innovate and Cultivate Fund - Endorsement of Recommendations (December 2020)

To: Communities and Partnership Committee

Meeting Date: 3 December 2020

From: Adrian Chapman, Service Director: Communities and Safety

Electoral division(s): All, with particular relevance to the following:

- Arbury
- Histon & Impington
- Huntingdon North & Hartford
- Huntingdon West
- Kings Hedges
- Littleport
- St Ives North & Wyton
- St Ives South & Needingworth

Key decision: No

Outcome: To provide the Communities and Partnership Committee with the outcome of the 30 November 2020 Innovate & Cultivate Fund (ICF) Recommendation Panel.

Recommendation: The Communities and Partnership Committee is asked to

Agree to fund the following eight applications through the Innovate funding stream:

- A Mindful Paws - A Mindful Paws
- Caring Together - Counselling for Carers
- Centre 33 - Guided Self-Help for Targeted Young People
- Connected Lives - Connected Lives Cambridgeshire Hub
- KICK - Siblings Project
- Littleport Parish Council - Community Link Worker
- Red Hen Project - Bridging the Gap - Red Hen Early Help
- St Ives Town Council - St Ives Cares Part II

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# 1. Background

- 1.1 The Innovation Fund was initially launched in November 2016. A review and refresh of the fund was carried out the following year resulting in the current Innovate and Cultivate Fund as agreed by Communities and Partnership Committee on 24 August 2017.
- 1.2 In accordance with Committee decision of 24 August 2017, a Recommendation Panel considers applications to the fund and is made up of three County Council Service Leads or Assistant Directors, the Chief Finance Officer or Head of Finance, a senior officer involved in managing the fund, a representative of Cambridgeshire Community Foundation and five elected members from the Communities and Partnership Committee.
- 1.3 The fund is open to voluntary, community and social enterprise sector organisations based in and outside of Cambridgeshire and public sector bodies in Cambridgeshire to deliver projects and ideas that help address the needs of local residents.
- 1.4 There are two funding streams:
- **Cultivate:** grants of £2,000-£15,000 aimed at encouraging local networks where people help themselves and each other. This is a single stage application process, where Communities and Partnership Committee consider the final recommendations of the panel before confirming award.
  - **Innovate:** grants of £15,001 - £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. Main Issues

- 2.1 On 30 November 2020 the Recommendation Panel considered 8 stage two applications to the Innovate funding stream.
- 2.2 The outcome of the panel is that 8 Innovate applications have been recommended for funding and are reported to this Committee for final decision, namely:
- A Mindful Paws - A Mindful Paws
  - Caring Together - Counselling for Carers
  - Centre 33 - Guided Self-Help for Targeted Young People

- Connected Lives - Connected Lives Cambridgeshire Hub
- KICK - Siblings Project
- Littleport Parish Council - Community Link Worker - elderly residents
- Red Hen Project - Bridging the Gap - Red Hen Early Help
- St Ives Town Council - St Ives Cares Part II

2.3 The amount of grant funding committed to date is £1,332,628 for 60 projects. If the Innovate applications recommended to the Communities and Partnership Committee within this report are approved, the total committed will be up to £1,685,748 for 68 projects.

A summary of each of the recommended applications is included as Appendix 1.

### 3. Alignment with corporate priorities

3.1 A good quality of life for everyone

The following bullet point sets out details of implications identified by officers:

- 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.

3.2 Thriving places for people to live

The following bullet point sets out details of implications identified by officers:

- 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.

3.3 The best start for Cambridgeshire's children

The following bullet point sets out details of implications identified by officers:

- 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.

3.4 Net zero carbon emissions for Cambridgeshire by 2050

There are no significant implications for this priority.

## 4. Significant Implications

### 4.1 Resource Implications

The report above sets out the implications for this priority in 2.3 and Appendix 1.

### 4.2 Procurement/Contractual/Council Contract Procedure Rules Implications

The following bullet point sets out details of significant implications identified by officers:

- 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.

### 4.3 Statutory, Legal and Risk Implications

The following bullet point sets out details of significant implications identified by officers:

- Legal advice has been taken in the setting up of this Fund and in the creation of the grant application and monitoring process.

### 4.4 Equality and Diversity Implications

The following bullet point sets out details of significant implications identified by officers:

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

### 4.5 Engagement and Communications Implications

The following bullet point sets out details of significant implications identified by officers:

- The plans for engagement and communication of this Fund are as agreed at 8<sup>th</sup> November 2018 Committee.

### 4.6 Localism and Local Member Involvement

The following bullet points set out details of significant implications identified by officers:

- 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.

#### 4.7 Public Health Implications

The following bullet point sets out details of significant implications identified by officers:

- 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.

Communities and Partnership Committee on 17 January 2019 agreed that officer clearance for future reports of this type would not be necessary, given that the content is repeated except for the information on the actual applications being recommended for funding.

## 5. Source documents

### 5.1 Source documents

Cambridgeshire Community Foundation Innovate and Cultivate Fund Application Form and Guidance.

### 5.2 Location

Application Form:

<https://ukcf.secure.force.com/forms/ICF>

Guidance:

<https://www.cambscf.org.uk/icf.html>

Cultivate Fund applications recommended by the panel to the Communities and Partnership Committee for final decision.

Applicant and Project Name	Project Description	Amount of funding requested
<p><b>A Mindful Paws - A Mindful Paws</b></p>	<p><b>Brief description:</b> to provide talking therapies for young people in Huntingdon that incorporate canine-assisted therapy and mindfulness as well as youth worker interventions and projects such as yoga, music, art and sports.</p> <p>A Mindful Paws will provide emotional and mental health support to young people aged 13-25 years old, including those from disadvantaged and/or complex families. Services will be community-based in Huntingdon and will develop resilience within young people who would otherwise require support from Young People’s Workers, Family Workers, and Social Workers.</p> <p>The interventions are based on feedback from young people who report that current services available to them can seem too formal which often creates a barrier to accessing support.</p> <p>The core offer will be:</p> <ul style="list-style-type: none"> <li>- Canine-Assisted Therapy with an experienced mental health nurse (in CAMHS) offering group and individual sessions.</li> <li>- Mindfulness and individual therapy provided by a mental health nurse and qualified mindfulness practitioner.</li> <li>- Individual support utilising creative methods such as art and craft, tailored to meet the young person's particular needs and interests.</li> <li>- Traditional group youth work interventions</li> </ul> <p>Alongside the core provision, there will be short projects of 8 - 12 weeks with practitioners providing group activities such as yoga, aromatherapy, sports, music therapy, art therapy, bush crafts etc, chosen based on the needs and wishes of the young people.</p>	<p>£50,000</p>

<p><b>Caring Together - Counselling for Carers</b></p>	<p><b>Brief description:</b> to set up a dedicated and specialist carers' counselling service in Cambridgeshire to better support carers' mental health and prevent carer crisis and breakdown.</p> <p>This project is based on the premise that when caring becomes overwhelming, a 'talking therapy' intervention can help to: improve carer health and wellbeing, prevent carer crisis situations arising and consequently reduce crisis social care intervention for the person, or people, being cared for, as well as the carer.</p> <p>This project will provide counselling for adult carers, either face to face (in-person or using technology) or by telephone, for between 6-18 sessions. Replacement care, and other barriers to access, will also be provided/ addressed so that carers are able to access counselling support. Some of these barriers will be addressed through other funding obtained.</p> <p>The service will be provided as an extension to Caring Together's successful volunteer-run Listening Ear service for carers. It will be available to carers throughout Cambridgeshire, in response to identified demand. It will be accessed through both internal and external referral, including self-referral.</p> <p>An in-house counselling service will allow seamless and responsive signposting and access for carers to and from all Caring Together services without delay or needing to repeatedly explain circumstances and history.</p> <p>The funding applied for would enable the recruitment of a dedicated qualified counsellor and establish and embed this project in on-going operations.</p>	<p>£49,998</p>
<p><b>Centre 33 - Guided Self-Help for Targeted Young People</b></p>	<p><b>Brief description:</b> to provide a guided self-help support programme, based on cognitive behavioral therapy principles, that supports siblings of young people known to Early Help, Youth Offending Service or Education Officers.</p> <p>Guided self-help (GSH) is designed to support children who experience anxiety or common behavioural problems by supporting their parents (for those under 13), and working directly with the young person (if aged 13 or over).</p> <p>Children's Wellbeing Practitioners (CWP) at Centre 33 currently offer the following support:</p> <ul style="list-style-type: none"> <li>- For children under 13, the CWP works with parents enabling them to better support their children with an average 6 weekly sessions, with combination of phone, video and</li> </ul>	<p>£49,571</p>

face-to-face appointments. The programme can be adapted to meet different groups of targeted young people.

- For young people aged 13 plus, support is delivered directly, with 8 sessions of support at flexible times.

This project will further develop this work by targeting groups of children and young people who are more at risk of becoming known to statutory services e.g. Early Help, Youth Offending Service, and the Education Directorate (Attendance Officers). Centre 33 will work with these statutory partners to identify children and young people who have older siblings already known to these agencies, where there is an increased potential for them to follow a similar path to their older sibling.

The support offered is particularly effective with young people exhibiting behavioral difficulties, anxiety, fears & worries, mild or moderate low mood, panic disorder & agoraphobia, simple phobia, sleep problems, and stress management.

The guided self-help worker will perform initial assessment interventions with young people, ensuring suitability of programme and where appropriate support access alternative provision including Centre 33's services, community groups or specialist services.

Suitable young people and families will be offered 4-8 sessions that will be:

- Based on need, family choice and adapted to progress made.

- Flexible in terms of time, days, location/medium (e.g. support available by phone, video and/or face-to-face appointments).

- Practical and collaborative, involving 'take home tasks', regular completion of feedback and routine outcome measures including goal tracking.

- An exploration of what factors or perceptions are maintaining unhelpful ways of thinking, psycho-education to equip young people with the tools to understand their own mental health, and a focus on specific strategies around unhelpful thought and behaviour patterns/cycles and techniques to address these.

- Structured and guided by specific intervention/program manuals.

- Tailored to meet individual needs focusing on agreed goal-based outcomes.

The 1 year project expects to work with 70 young people from across Cambridgeshire.

<p><b>Connected Lives - Connected Lives Cambridgeshire Hub</b></p>	<p><b>Brief description:</b> to establish a Cambridgeshire Hub of Connected Lives, providing relationship support services for families, delivering more targeted, attachment-based interventions and working with partner organisations throughout Cambridgeshire</p> <p>The Connected Lives Cambridgeshire Hub draws on a ten-year track record of implementing Circle of Security Parenting groups and related interventions in Westminster, London and three years' outreach work with families in Trumpington, Cambridge.</p> <p>The Connected Lives Cambridgeshire Hub will:</p> <ul style="list-style-type: none"> <li>-offer evidence-based interventions to families before crisis, in an effort to prevent intractable emotional/mental health difficulties later on.</li> <li>- intervene early to reduce the number of families needing to access higher level, expensive services e.g. social care provision.</li> <li>- widen access to families in Trumpington and develop new groups across the county in areas with the highest numbers of cases open to Early Help and Social Care involvement. These will be agreed with CCC teams.</li> <li>- train local practitioners in attachment-informed interventions with the aim of ensuring good practice and promoting sustainability.</li> <li>- embed the ethos of Circle of Security Parenting in stay and play groups in the areas with the highest levels of deprivation.</li> <li>-share a community-based model of support, working at the grassroots and empowering volunteers to participate in local initiatives, so enabling projects to be sustained over time.</li> <li>- offer universal, family-friendly support without the stigma that can be associated with referral to local authority services, with the aim of increasing accessibility and take-up rates.</li> </ul>	<p>£49,996</p>
<p><b>KICK - Siblings Project</b></p>	<p><b>Brief description:</b> to provide a weekly therapeutic support and prevention group for 30 young people who are the siblings of young offenders and at an increased risk of criminal exploitation or entering the criminal justice system.</p> <p>KICK Siblings Projects aims to provide a supportive and therapeutic environment for the siblings of young offenders, aged between 11-14 years. The project will offer prevention work through positive diversionary group activities and support alongside one to one therapeutic support from a KICK worker who will train on a level 3 diploma in Counselling Skills.</p>	<p>£27,089.92</p>

	<p>The group will take place in the Oxmoor area of Huntingdon. The Huntingdonshire Community Safety Partnership 2018/19 Q1/2 Strategic Assessment - Oxmoor report states, '...youth crime in the area of Oxmoor is particularly high' and 'the nature of crime has changed in this demographic, with technology playing a major part. Social media, particularly activity on Snapchat and Instagram, lead to assaults, malicious communications and sexual offences'. The report also discusses the increase of County Lines in the area and that 'Local people are targeted for their vulnerability [...] vulnerable young people who can be enticed to run or sell drugs with the promise of cash or the threat of violence to ensure compliance.'</p> <p>There is currently a gap in provision for siblings of young offenders in this area who may be at risk of criminal exploitation from a very young age. Due to their familial issues it is recognised that these young people will need a higher level of intervention at a younger age than their peers and will have a greater need for services as they get older.</p> <p>The Siblings Project seeks to address this gap in provision and provide early intervention and preventative work to help the siblings of young offenders engage in positive activities and to provide information around online safety and healthy relationships as part of a wider programme of activities.</p> <p>Through taking part in this project the young people will also have the opportunity to work towards an ASDAN Short Course in Activities and receive certification on completion of this.</p>	
<p><b>Littleport Parish Council - Community Link Worker - elderly residents</b></p>	<p><b>Brief description:</b> to create a Well Being Team within the Parish Council and trial a part-time Community Link Worker position to work with elderly residents for a two year period.</p> <p>Littleport Parish Council aspires to increase facilities across the village and create a Well Being Team to support residents. The Community Link Worker for older people is the first step towards building this Well Being Team. The Link Worker will focus on older residents, and work with partner agencies to offer support and advice but also to be a 'lynch pin' to enable partner agencies to channel information, receive support for new initiatives and projects and to create opportunities for older residents, and where appropriate carers, to engage in activities within the community.</p> <p>The main aim is to reduce isolation and loneliness and for older residents and carers to lead happy healthy lives,</p>	<p>£26,926</p>

	<p>remaining active members of the community for the longer term.</p> <p>The project will also help elderly residents and carers to:</p> <ul style="list-style-type: none"> <li>- Access a trusted person who can support with signposting to agencies and organisations and assist with general information.</li> <li>- Increase their network and opportunities for social interaction.</li> <li>- Access transportation via the voluntary car scheme to enable attendance at events and activities.</li> <li>- Reduce loneliness and isolation.</li> <li>- Increase in physical activity.</li> <li>- Improve general wellbeing by assisting older residents to live in their homes for longer.</li> </ul> <p>Additionally the project will encourage volunteering for active older residents who wish to attend activities in a supporting role rather than take part and for residents with long term illness or disabilities who may be unable to work but wish to take part in supporting activities for older residents to increase their social interaction, with a view to improving their own wellbeing.</p>	
<p><b>Red Hen Project - Bridging the Gap - Red Hen Early Help</b></p>	<p><b>Brief description:</b> to provide intensive Early Help support in North Cambridge to vulnerable families with children aged 3-11 years through ongoing 1:1, group and community-based support to prevent further escalation.</p> <p>This project will target and deliver Early Help support to families in North Cambridge with children 3-11 years, where there is a gap in provision, building resilience and capacity within the parents to:</p> <ul style="list-style-type: none"> <li>-safeguard their children</li> <li>-effectively deal with challenges they face</li> <li>-strengthen relationships within their family unit and the wider community</li> </ul> <p>This early intervention work will bridge the gap between preventative and universal services and the current level the Early Help team are working at (Child In Need). The project will offer support to families at step-down from specialist support when they need a reduced level to continue the progress they are making, supporting the efficiency of the Early Help district team.</p> <p>Where appropriate, the project will offer step-down from Social Care for families Red Hen has previously worked with at an Early Help level, building community links and enabling</p>	<p>£49,783</p>

	<p>continuity. The project will also support families where needs are emerging that require preventative interventions.</p> <p>The bulk of the project will:</p> <ul style="list-style-type: none"> <li>-Deliver Early Help/early intervention 1:1 support on a number of key issues: parenting, child development, mental health, housing, benefits, debt, domestic abuse, food poverty, relationship breakdown</li> </ul> <p>In addition the project will</p> <ul style="list-style-type: none"> <li>-Provide a relaxed drop-in offering nutritional breakfast, information, advice and support for parents</li> <li>-Provide or signpost opportunities to build peer support in the community through attending groups and workshops (Raising Children, skills for life, mental health support, CAP budgeting)</li> <li>-Offer trips to build parent’s confidence and exposure to positive opportunities outside their local area; creating happy memories and fostering good family relationships.</li> <li>-Address food poverty by redistributing excess and donated food to families in need.</li> <li>-Create volunteering opportunities to parents to improve confidence and basic skills</li> </ul> <p>The project will also assist families economically affected by Covid, who may find themselves unemployed for the first time and having to navigate the benefits system and financial insecurity. Early assistance with accessing support will ensure the setbacks don't escalate into more serious problems. Links with community partners in the GET (Guidance Education &amp; Training) Group will enable signposting to opportunities to retrain and re-enter employment.</p> <p>The project will be delivered through partnership working with community stakeholders.</p>	
<p><b>St Ives Town Council - St Ives Cares Part II</b></p>	<p><b>Brief description:</b> to develop a place-based neighbourhood support scheme for adults in the community who may be at risk of isolation/loneliness, or who may benefit from additional community support.</p> <p>Building on the legacy of CCC’s ‘Neighbourhood Cares Pilot’ (NCP) and the St Ives Community Hub (formed in response to the coronavirus crisis) this project aims to establish more sustainable Tier 1 provision to strengthen community resilience and provide place-based person-centred support for adults at risk of loneliness or isolation, or who may benefit from being more connected into the community.</p>	<p>£49,752</p>

While the NCP employed a team of project workers to deliver person-centred support in the community, this project aims to recruit community volunteers directly into the model therefore building capacity in a way that NPC was not able to do.

Neighbourhood Volunteers will be given training and skills development to offer support on a street by street level, with a Volunteer Co-ordinator assigned to an appropriate number of streets who will feed into a central reporting point.

The initiative will seek to develop and expand existing provision by working with St Ives Food Bank, St Ives Time Bank and other specialists groups, to foster partnership working and develop provision through data gathering and information sharing

The project will also dovetail with other provision, e.g. CCC Adult Early Help Team, Care Network, and GP-based social prescribing. Primary beneficiaries will be either referred, or self-refer to the project and the project will also reach out to the relatives of adults at risk who would benefit from light-touch back-up support.

Anticipated outputs include:

- 100+ vulnerable adults in St Ives registered.
- Between 30-50 neighbourhood volunteers recruited and trained.
- 30 next of kin contacts registered.
- 50 Personal Community Action Plans developed.

It is intended that the project becomes self-sustaining and fully integrated into the community. A project manager will set-up and run the project with support from a Stakeholder Steering Group. Beneficiary and volunteer representatives will be included in the design, testing, monitoring and evaluation of the project.